



Eat Your Heart Out: The Look Good, Feel Good, Silver Lining Cookbook

Dean Sheremet

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A get-healthy, get-strong cookbook from a celebrity ex

Looking--and feeling--good *is* the best revenge. So when Dean Sheremet's marriage to LeAnn Rimes went up in smoke, he decided to put his life back together, recipe-by-recipe. And it worked. EAT YOUR HEART OUT will appeal to anyone who's ever wanted to begin again, whether it's about looks, love, or work. With ultra healthy versions of comfort foods, teas and smoothies to improve your mood, foods that boost your metabolism, and more, this is the go-to cookbook for looking and feeling your best. Recipes include:

- Japanese Fried Chicken
- Butternut Squash Lasagna
- Tumeric, Honey, and Ginger Tea
- Protein Greens
- Spicy Avocado Toast
- Cherry Walnut Protein Spread

With a modern fresh look in photography and design, this will be a go-to cookbook for any home cook.

80 color photographs

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Paul Howard:

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Laveta Blodgett:

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Edward Yung:

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