



[Well + Good](#). Copyright © 2019 by Well+Good. Photographs copyright © 2019 by Johnny Miller. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

Our Summary:

[Well + Good, 100 Healthy Recipes + Expert Advice For Better Living](#) could become your go-to book for healthy recipes and wellness wisdom. With input from experts and authorities that take you into the kitchens of celebrities such as Elle Macpherson, Venus Williams, and Misty Copeland, this book seeks to be your guide and trusted advisor as you navigate the ever-expanding and often confusing world of wellness. [Well + Good](#), the brainchild of journalists Alexia Brue and Melissa Gelula, provides 100 recipes that are cooked by the celebrity contributor, which they say they cook for themselves – even on their busiest of days. It's with this can-do attitude that the authors help you plan for and eat vegan,

paleo, gluten free and Keto. Plus, you'll gain the benefits of better skin, better sleep, better sex, better mood, better focus, better digestion, and better energy. Who doesn't want that?

What you need to know

Get it: [Well + Good](#), copyright © 2019 by Well+Good. Published by Clarkson Potter, an imprint of Penguin Random House, LLC, April 16, 2019 Hardcover \$29.99 ([Amazon \\$17.99](#); [Kindle \\$15.99](#))*

See it: 256 pages organized in chapters according to how the Well + Good website readers eat, i.e., *Morning Meals, Smoothies + Smoothie Bowls, Light Fare, Mains, Sweets + Snacks, Cocktails, Coffees + Turbo-Charged Tonics*. Each chapter also includes introductory *Good Advice* for eating for better skin, mood, digestion, etc., which is the authors' "eating for wellness" platform.

Make it: 100 recipes, self-described as "healthy" though no nutritional information is provided. Food and drink concepts curated from celebrity and wellness notorieties that have been crafted into recipes by the Well + Good staff writers.

Chef Donna's Review:

[Well + Good](#) offers 100 recipes that reflect a modern way of thinking about eating for wellness. Each recipe provides information that helps you choose not only the health benefit you get by eating it (i.e., better mood, digestion, sleep, etc.) but also how it fits into a variety of dietary platforms. Add a bit of information that helps you understand ingredients plus some home kitchen tips for success, and this book can be your everyday roadmap to feeling better through food. With everything from morning meals like *Almond-Butter Cherry-Berry Overnight Oats* or *Honey Matcha Glazed Donuts* to main dishes that include *Shaved Radicchio, Parmesan and Truffle Pizza* to *Whitefish Nicoise Salad and Chia and Flax Chicken Tenders*, meals for each day are covered in some engaging and delicious ways.

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Dive in and you'll quickly note there's nothing particularly new or original, nor are there any trending ideas here, which oddly enough is refreshing. [Well + Good](#) is a collection of celebrity recipes and health tidbits from media personalities, which is what makes it special. These are the people that – like us – have full days packed with activities, only apparently unlike us, manage to keep health and wellness at the forefront of their eating. While they may have personal chefs, these are the recipes that they say are their go-to meals: simple enough to make by themselves and easy enough to bring into your home kitchen.

While some of the recipes in [Well + Good](#) make you scratch your head as you look for odd ingredients, like *Baharat*, the Middle Eastern spice blend, spirulina powder, the algae super-food, or pickled daikon, there are plenty of references online and sources for purchasing these ingredients.

If [Well + Good](#) falls short, it's in its indexing. Many of the recipes have clever names like *Rock + Roll Granola* and *PMS Busting Brownies*. But you won't find them under P or R in the index. You'll have to look under G for granola and B for brownie. Or you'll have to guess which ingredient they might have chosen to highlight. They show the granola under oats and the brownies are listed with other recipes that use sweet potatoes. This is on point for today's ingredient-first kitchen culture, for sure, but a real challenge if the kitschy name is all you remember about the recipe and you're searching for it.

At the end of [Well + Good](#), the authors provide a page-by-page listing of the recipes (a bit confusing as you scour the list looking for a page number that comes after the non-alphabetized recipe names) that categorizes each recipe according to its health benefits and dietary platforms. From this chart you can identify the recipes that are dairy-free, gluten-free, ketogenic, low FODMAP, and low inflammation, as well as land on paleo, vegan, and vegetarian recipes. From there, you can choose whether you want to address better digestion, better energy, better focus, better mood, better sex, better skin, or better sleep. While the chart may be appealing, practically speaking it's all a bit overwhelming.

In the end, though, [Well + Good](#) gives you a beautiful pictorial of what good food can look like, if only (by the author's own admission), at the hands of highly talented food stylists. Still, this book provides plenty of ideas for nudging along your health-food game. You won't find a lot of information about eating at the vast number of dietary platforms the recipes support or the keys to being successful within each of them. But you will find solid, straightforward, relatively easy recipes that don't require a lot of time; ultimately you end up with the benefits for better health and wellness. And, who doesn't want that?

Recipes to cook from [Well + Good](#). Copyright © 2019 by Well+Good. Reprinted with permission by Clarkson Potter, an imprint of Penguin Random House, LLC.

[Blue Magic Smoothie Bowl](#)

[Shaved Radicchio, Parmesan + Truffle Pizza](#)

[White Bean Egg Bake](#)

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