

Why Cut The Sugars and Grains?

There are a bajillion science books written by smartie pants people that explain the years and years of damage we've been doing to ourselves by eating foods with processed sugars, grains, and gluten. Go read those books to shift your paradigm, and then use this cookbook to apply a new way of eating.

What this book IS: I will show you how to clean out the kitchen, restock the pantry, shop, plan, and cook the meals that won't have you missing sugars or grains AT ALL. I've loaded this cookbook with veggie and protein recipes that incorporate great tasting fats to make sure you've eaten well and that you get full. I encourage you to experiment with the recipes, swap out proteins, substitute anything you like, have FUN in the kitchen. If you are out of onions, try a recipe with garlic and vice versa. Then write me an email telling me about your successes. This book is intended to inspire your mind to think of what to cook for you and your family in a way that is fun, creative, and most of all nourishing.

What this book is NOT: This book is NOT a diet book. This book will not make you watch portions or restrict calories. You will not be counting anything except measuring ingredients and how happy you are to be eating real food. I trust that you are a grownup, and as such, you can be in tune with the physical

sensation of hunger, and on the flip-side, what it feels like to be full. If you are not eating sugars and grains, the only measuring you will do is sensing when you are hungry and only then starting to eat; and then to sense when you are full, so that you can then stop eating. This might be a revolutionary idea to some folks ... you know ... being all in touch with one's hunger instincts. I promise that once you've cut out the processed crap and add in healthy fats and real food, you're gonna feel like a new person. One who is in control of your food choices and your body, and that's one of the happiest feelings I know!

A note on sweet stuff:

I know a lot of low carb diets out there advocate using artificial sweeteners (Equal®, Stevia, NutraSweet®, Sweet'n Low®, Splenda®, etc.) to get you through those moments when you are having a sweets craving. I have not included any recipes that have artificial sweeteners in them. The sole purpose of this book is to teach you how to cook and eat real food. I want you to feel what it's like to go a few weeks at a time without eating something sweet and processed. If you decide to indulge, make sure it's not in response to stress, which causes you to eat garbage food made with crap ingredients that leave you feeling empty physically AND emotionally.

See to it that you are out celebrating life. Make your treats special, and make eating real food a daily practice. The sweetness of a strawberry can't truly be appreciated until you've gone without processed sugars for awhile. That strawberry will start to taste so sweet, you will hardly believe that fruit could taste so good. You will have a moment where you think the barista put sugar in your coffee when really you just taste all the flavors in heavy cream. Your addiction to sugar will be broken once and for all, and you will feel exhilarated being free to choose food based on what will nourish you.

There are a few recipes that contain some natural sweeteners in the desserts chapter. I have revised and refined my recipes tens of times to make sure the splurge recipes in the desserts section contain the LEAST amount of sugar possible to make the recipe work (and still feel like the homemade splurge that it's intended to be). If you are cutting the processed sugars and grains, a homemade grain-free dessert will be a delightful treat that won't derail your progress.

A note on olive oil:

If you care about food even in the slightest, then what I'm about to say WILL shock you. According to a yearly study at UC Davis, 69 percent of our

country's supply of olive oil in grocery stores is not real 100 percent olive oil. It has been stepped on. That means that our beloved olive oil, the goldeny-greenish elixir that's at the heart and base of many of our meals, has been cut with cheaper seed oils like cottonseed, canola, sunflower and safflower oils, and sometimes even treated with chemicals to deodorize or to dye the oil so that you can't tell it's NOT REAL OLIVE OIL.

When I say to use olive oil, I mean buy the good stuff. There are nice Italian brands with a DOP certification, lovely brands from California, France, Spain, Greece, the Middle East, and Africa, but you've gotta do your research. Of course, I adore my Villa Cappelli olive oil, as I've stayed on their property and seen them make the oil with my own two eyes. All I'm sayin' is that if you are grabbing the first pretty olive oil bottle you see off the grocery store shelves, you need to take a closer look. Do not buy olive oil based on what's the cheapest or the 'lightest,' which is food marketer speak for "This oil has been cut with cheaper garbage oil to save us some money, but we're gonna make you think we're doing it for your own good."

In this book, when a recipe calls for olive oil, I mean nice, high-quality, 100 percent extra virgin olive oil. If there are other nice oils you prefer, feel

free to substitute nut oils, coconut oil, or avocado oil, and the same rules of quality apply. As my friend Torri says, “Go make good choices!”

A note about soy sauce:

The second ingredient listed in most soy sauces is wheat. I cannot eat wheat because I have Celiac. And don’t get me started on all the foods I have to avoid at Asian restaurants that don’t cook with or carry gluten free soy sauce. So in this book, whenever a recipe calls for “soy sauce,” I always use wheat-free tamari or gluten-free soy sauce every single time without exception. If you have a gluten allergy or Celiac, I strongly urge you to do the same.

A note about food issues:

The title of this book isn’t EAT HAPPY, DAMMIT, AND THE ONLY WAY TO DO IT IS TO EAT JUST LIKE I TELL YOU TO EAT. The title is *EAT HAPPY* because I want you to figure out what you like to eat that makes you happy. I don’t want you to have to count carbs or fat grams or any macros for that matter—or any calories or micros either, while we’re at it. I want you to retrain your brain to love eating real food, to feel full when you ARE full, and to live your life free from the bondage of diets.

If you find that you are the kind of

person who does better without dairy, then you’ll find plenty of dairy-free recipes in this book, plus many more recipes that can be easily made dairy-free with a substitution or two. If you don’t do certain kinds of nuts, I get it. I am highly allergic to macadamia nuts, so you won’t find any macadamia nut recipes in *EAT HAPPY*. If you’d like to substitute macadamias for another nut, please feel free to do so.

The point is, this stuff is fluid. Do the best you can with what you’ve got in the fridge. Buy the nicest ingredients you are able to, or that are available to you, and have fun making dinner with your family and friends. Recipes are ever evolving, and I encourage you to substitute with whatever strikes your fancy. Then tweet me a pic because I love seeing what all y’all get inspired to make.