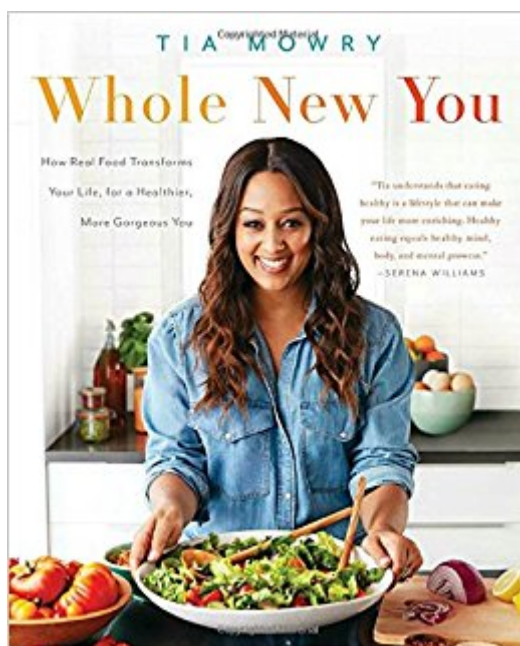


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# Whole New You: How Real Food Transforms Your Life, For A Healthier, More Gorgeous You



## Synopsis

From the star of the Cooking Channel's *Tia Mowry at Home* comes a timely clean-eating cookbook that will change the way you think about what you eat and jump-start your journey to a healthier, more gorgeous you. When actress Tia Mowry landed her breakthrough role on the sitcom *Sister, Sister*, she swapped home-cooked meals for catering spreads. But her teen-dream diet of candies and carbs turned into a nightmare when she developed endometriosis, a painful disease that affects one in ten women worldwide. Two years and two surgeries later, some surprising advice from her doctor inspired Tia to radically change one of the most basic elements of her life: her diet. After ditching the dairy and the refined sugars and processed foods, Tia's pain receded drastically. What's more, her migraines stopped, her skin cleared up, and she was finally able to get pregnant. Drawing on the latest research on whole plant foods, inflammation, and gut flora, *Whole New You* chronicles Tia's journey to wellness and provides all the resources you need to feel better, including a ten-day menu plan to begin your healthy life, more than 100 delicious recipes, lighter versions of your favorite comfort food recipes, including "Buttermilk Fried Chicken and Crispy Collard Chips," healthy recipes for your kids, tips and tricks for eating on the go, complementary approaches, such as acupuncture and yoga, for whole body healing. Like a trusted friend, Tia recounts both her setbacks and her triumphs and shows you how to listen to what your body is telling you. With *Whole New You*, your healing begins now. Praise for *Whole New You*: "Simple and flavorful . . . Readers looking to jump-start a healthier diet will find this book encouraging and useful as both coach and guide." —Booklist "I'm on the go 24/7 and am always in search of healthy, easy meal options. This book delivers with maximum flavor every single time." —Morris Chestnut, actor and author of *The Cut* "No one ever said healthy meals can't be prepared in delicious ways, and my friend Tia shows us that she is the one to make that happen!" —Chloë Grace Moretz, actress "Tia [Mowry] understands that eating healthy is a lifestyle that can make your life more enriching. Healthy eating equals healthy mind, body, and mental prowess." —Serena Williams "Whole New You is a must-read for anyone who wants to eat better, live healthier, and learn something along the way. Tia's recipes are so delicious and this book definitely had me going back for seconds!" —Naya Rivera, actress, mom, and author of *Sorry Not Sorry* "Tia's passion for creating a sustainable, happy, and healthy lifestyle is contagious. *Whole New You* empowers us to transform our health in a fun and easy way. Her personal story of transformation and recovery inspires us to

get in the kitchen, enjoy the process of cooking, and start living radiantly well.~•~ •Tara Stiles, founder of Strala Yoga ~•~“Tia Mowry has a wealth of knowledge that will change your life. With this book, you can fuel your body with delicious recipes that will help you function at your best so you feel amazing! Buy ten copies and share them with your friends! I will be sharing her book with everyone.~•~ •Jeanette Jenkins, founder and president of The Hollywood Trainer LLC

## Book Information

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## Customer Reviews

~•~“Simple and flavorful . . . Readers looking to jump-start a healthier diet will find this book encouraging and useful as both coach and guide.~•~ •Booklist~•~“I~•~m on the go 24/7 and am always in search of healthy, easy meal options. This book delivers with maximum flavor every single time.~•~ •Morris Chestnut, actor and author of ~•~ The Cut~•~“No one ever said healthy meals can~•~t be prepared in delicious ways, and my friend Tia shows us that she is the one to make that happen!~•~ •Chlo~•~ Grace Moretz, actress~•~“Tia [Mowry] understands that eating healthy is a lifestyle that can make your life more enriching. Healthy eating equals healthy mind, body, and mental prowess.~•~ •Serena Williams~•~“Whole New You~•~ is a must-read for anyone who wants to eat better, live healthier, and learn something along the way. Tia~•~s recipes are so delicious and this book definitely had me going back for seconds!~•~ •Naya Rivera, actress, mom, and author of ~•~ Sorry Not Sorry~•~“Tia~•~s passion for creating

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•Tara Stiles, founder of Strala Yoga

“Tia Mowry has a wealth of knowledge that will change your life. With this book, you can fuel your body with delicious recipes that will help you function at your best so you feel *Â* amazing! Buy ten copies and share them with your friends! I will be sharing her book with everyone.”

•Jeanette Jenkins, founder and president of The Hollywood Trainer LLC

Tia Mowry is an actress and producer known for the sitcom *Sister, Sister* and now starring in the Cooking Channel's *Tia Mowry at Home*. She is also the co-host of the Food Network's *Food Network Star: Kids* and the host of the podcast *Mostly Mom with Tia Mowry*. She is married to Cory Hardrict, and they have one child.

I am thoroughly enjoying this book. First, it's more than a cookbook as she gives more than just a list of recipes. I love how she gives you her story and reason for writing the book (it's not the normal introduction in my opinion- it's honest and personal); I love that she explains why certain foods or "foods" aren't good for our body (she did her research); and I love how she provides tools to help you transition to your whole foods journey (a self assessment, 10 day meal plan, goal sheet). Lastly, I enjoy her writing tone which makes it easier to read and take in all the health info. It flows nicely, one section into the other. Other things that I appreciate in this book- Tia Tips and a look into common health topics like GMOs, dairy and calcium, iodine in table salt. I've already been into changing up my current diet to a more healthy lifestyle. I buy organic and don't really eat fast or processed foods. But for some reason I feel more prepared after reading the first parts of this book. Now, I haven't tried any recipes yet and I will be updating my review after I do, but they all look good, healthy and I hope they are tasty. If not, I'm sure I can use my creativity to spruce them up a bit.

\*Update\* I've tried a few recipes so far. The asparagus soup was really good! My first time having it or making it and I really liked it. It was creamy, not sure how since no cream was used but it turned out yummy. The Ginger Lime Roasted carrots were okay. I think the next time I make it I'll steam them instead, then toss them in the sauce. The roasted carrots were too chewy for me. I like a soft bite. The Salmon Croquettes were very flavorful- the only downside was that mine didn't stick together so well. Some of them did but some fell apart in the pan, which I think could be due to me not mixing them well enough. I will try again because the flavor was on point.

Love the color and personal life experiences, can't wait to try, some of these recipes. Doesn't feel like a cookbook, it's like reading a novel.

This book is amazing, it is very informative (you can tell she did her research) and I love how she ties her personal journey into it. This helps the reader connect with the author and realize just how passionate she is about getting this information out to the world. Being 24 myself and struggling with endo this book will be so helpful in getting my diet where it needs to be. I would definitely recommend!

I have to start by saying that I was a huge fan of Sister Sister when I was younger, I always enjoyed T&T's beautiful big smiles. With that said, it is so nice reading this book, I know what her voice sounds like, her facial expressions, is almost as if she reading it to me, and then the most important part comes. The way she explains things, the way she presents the information is very down to earth just to put it in a way. She talks about her personal health issues and how she had to switch her eating habits in order to get healthy, I don't think most people or at least most people's books I've read, can really understand the necessity of making these amazing life changes, so they just write from what they hear, have studied, but Tia is passing on the info that she lived herself, and so she explains things better I would say, maybe is a different feeling she used as she knows how hard it is to change the eating habits. I am not done reading it, but from what I've read so far I actually for once feel comfortable that these are doable changes I can have for myself and my family and keep it ongoing, unlike other books I've read and get all excited and try to switch everything around in the kitchen and everyone at home is angry and miserable and we go back to our bad habits faster than I can write it. I've already recommended it to my friend. This is a must have book if you need to make changes in order to gain control of your whole body!!! Thank you Tia.

This book is presented in an easy to read format. Tons of good information about the right foods to eat and the why you should eat them. Several of the recipes, I felt, used ingredients, that are a bit 'exotic' and pricey. These meals don't really appeal to my family as much as I'd hoped. I can see where they would be beneficial to folks that have dietary concerns--but for me, this book was a miss.

Love this book I have tried three recipes from this book .I truly recommend this book. Thanks

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I'm learning more and more about the wonderful world of vegetables! I mean pizza made with cauliflower instead of flour?? Who would have thought! Well Tia certainly did! Thank you for this awesome book.

Love it!!! "Whole New You" is more than a cookbook. Tia opens up about her past and how changing her diet improved her health. It's a great book. I like trying new things and like versatility in the kitchen. I am starting a cookbook collection and excited to say this is my first book.

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