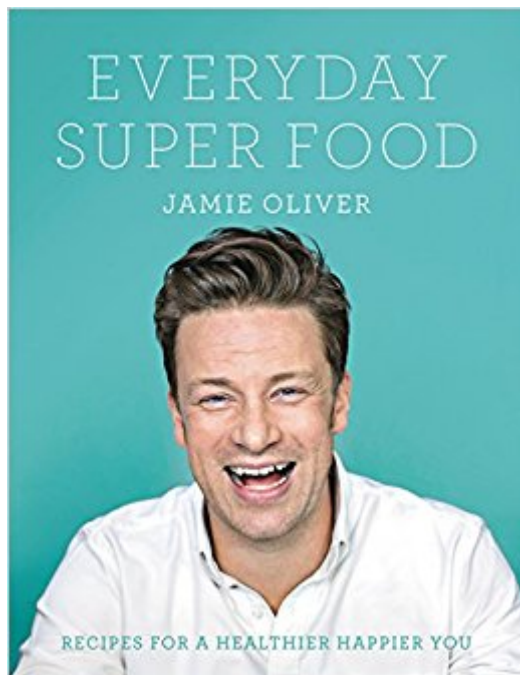


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# Everyday Super Food



## Synopsis

This is the most personal book I've ever written, and in order to write it I've been on a complete journey through the world of health and nutrition. Now, using the thing I know best – incredible food – my wish is that this book will inspire and empower you to live the healthiest, happiest, most productive life you can. Food is there to be enjoyed, shared, and celebrated, and healthy, nourishing food should be colorful, delicious, and fun. This book is full of well-rounded, balanced recipes that will fill you up and tickle your taste buds, and because I've done all the hard work on the nutrition front, you can be sure that every choice is a good choice. If you pick up just a handful of ideas from this book, it will change the way you think about food, arming you with the knowledge to get it right on the food front, most of the time. Love, Jamie xxx

## Book Information

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## Customer Reviews

Jamie Oliver started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. After leaving school he began a career as a chef that took him to the River Café, where he was famously spotted by a television production company. His television and publishing career began in 1999 with The Naked Chef series. Since then he has set up Fifteen restaurant in London, changed school dinners in the UK and revolutionized home cooking. His charity, The Jamie Oliver Foundation, seeks to improve people's lives through food. He writes for publications in the UK and around the world, including his own Jamie Magazine. Jamie lives in London and Essex with his wife Jools and their children.

I am a big fan of Jamie Oliver and I was so pleased to hear the premise of this new book was around super foods and balanced eating; not low calorie foods but making nutritionally balanced meals that will still bring you in under your recommended calories for the day. Perfect. I have posted a full recipe list at the end of this review for those wondering what kind of recipes are in the book. I have to start this review with a summary in that I really do love this book, it's a wonderful addition to my (growing) collection of Jamie's books, plus I know that I should be eating a bit better and this book really has sincerely given me a fresh burst of inspiration. I made one of the best pasta dishes I've had in a long time from this book (Skinny Carbonara)... without cream. Before actually trying it I wasn't sure if I would be ok with replacing the cream in my carbonara with natural yoghurt (and a few other changes), but honestly it was an absolute dream, the skinny carbonara tasted fresh and light and was still filling (thanks to the whole wheat pasta). You can tell these recipes are really well researched and thought through but it tasted so good too! Unlike Jamie's other books I think this one may have a very slightly narrower appeal; all the recipes look very tasty indeed but there are some, my parents for example, who are very traditional shall we say, and wouldn't dream of blitzing up dates and mixing them with spices to make 'energy balls', or taking cream out of pasta dishes for that matter! But they do love all of Jamie's other books. Personally I love this book as it's about making tasty and balanced meals and it's packed full of beautiful pictures too. The book is full of doable super food recipes, split by meal time and a really nice section at the back of the book with advice on living well. I've uploaded a couple of images of my skinny carbonara and 'happiness pasta' that I have already made from this book (thanks to some pre-release recipes I had). In short if you are looking to eat a more balanced, nutritionally dense diet and want a book packed with doable recipes, with lots of images as well as calorie information, then this is one of the best out there in my opinion and I have a room literally stacked full of cook books. So that's my summary, but if you want a bit more detail about the book please read on.

### FIRST IMPRESSIONS & PAGE LAYOUT

\*\*\*\*\*When I first got the book I absolutely loved how it felt and looked; in line with its theme the book has a very 'clean' and fresh layout, that's a little paired back. Every recipe page has a photo (huge bonus for me) and also has the following information: Recipe subtitle explaining health benefits of the super foods in the recipe listed  
Serving size  
Prep time  
Ingredients in g  
Method  
Nutritional info per serving: calories, fat, sat fat, protein, carbs, sugar, fibre

### SECTIONS

\*\*\*\*\*The book is split into 4

main recipe sections, split by meal time: Breakfast (up to 400 calories) Lunch (up to 600 calories) Dinner (up to 600 calories) Snacks and Drinks (varies) I love this, I'm not a calorie counter (although my wife is), but this means I can do recipes from this book knowing I will be staying under my daily recommended calories (2500 for me, 2000 for my wife), with the option for additional snacks. The last section of the book after the recipes is called *How to Live Well*, it has the following sub sections: My philosophy in this book and the balanced plate, illustrious veg and fruit, Celebrating good carbohydrates, The power of protein, Fat is essential, Dipping into dairy, Drink water and thrive, Alcohol, Vote for organic food, Revolutionise shopping, The basics of sleep, Do you want to live to be 100 years old, As you can probably tell from the section headers, the last 40 pages of the book are dedicated more to generic diet advice. For the book Jamie has taken advice from experts in the world of nutrition, health and sleep and put it into bite sized chunks of advice. It's definitely worth checking out this section once you've got over the excitement of the recipes; although if I'm honest it was the recipes and trying them out that I was most excited about.

### RECIPES ON TEST

I have tried three recipes so far and all have come out very well, and very different to any pasta dishes that I would typically make (I have uploaded a couple of images of my attempts). It is nice to be able to make healthy meals where the ingredients are very easy to come by. Other health books that I own require a specific trip to a health foods store but not the case with these recipes. I made Happiness Pasta and this was lovely, using ricotta and aubergines and with no meat it was very tasty indeed, and having the calorie information to hand is such a huge bonus. Small changes made this recipe healthier than how I would normally cook including steaming the aubergine with the chillies was absolutely beautiful, whereas normally I would griddle it with a good lug of oil. Same with the skinny carbonara and differences, as I normally make a very fat carbonara. This one contained fat free natural yoghurt in place of cream and I was sceptical but it was genuinely absolutely gorgeous. It was fresh, zingy, I would never have dreamt of doing a pasta dish like this with yoghurt and lemon, I did wonder if I was potentially going to end up wasting ingredients as I was making this and it all came together at the end as with all of Jamie's recipes over the years. I also made the Energy Balls which were basically medjool dates blitzed up with some lovely spices, and coated in blitzed pumpkin seeds, but these were devoured very quickly, which I take as a huge compliment, so whilst the basis of the recipes are healthy I think we have to work on our portion control.

### SUMMARY

I have high expectations with Jamie's books as I've found all his others to be

the ones I reference most out of my entire collection, and this Everyday Super Food book is a wonderful addition to my shelf. I feel like I've grown up cooking from all of Jamie's books, and this Super Food book is quite timely for me as I start to feel a little more like I should start to take care of my body and be conscious of what I eat as I approach my mid-thirties. And true to form Jamie has given me inspirational recipes with unfussy and easy to find ingredients, I like that you don't have to take a special trip to the health foods store to do these recipes, Jamie has made them accessible and tasty. I really can't think of a more reliable cook book author. I love Jamie's other books and I'm over the moon with this one. Love it.

RECIPE

LIST\*\*\*\*\*BREAKFASTBaked eggs & cherry tomatoes, ricotta on toastAwesome granola dust - nuts, seeds, oats and fruits galoreMicrowave poached egg - smashed avo and seeded toastSmoothie pancakes - berries, banana, yoghurt and nutsMexican pan cooked brekkie - eggs, beans, tomatoes and mushroomsBlack rice pudding & mango, lime, passion fruit and coconutFiggy banana bread & blood orange and nut butterSilken omelette & spinach, tomato, parmesan and ryePretty fruit pots & trendy chia and nut milkProtein porridge & blended oats, seeds, nuts and quinoaVeggie not kedgeree & spiced rice, veg, eggs and yoghurtFruit soups & yoghurt and granola dustHarissa waffles & sesame fried eggs and carrot saladRye soda breadPerfect porridge bars & nuts, seeds, fruit and spicesBreakfast popovers & cheese, ham, mushroom and tomatoBerry pocket egg breadRainbow open wrapScrambled eggs part oneSmoked salmon and spring onion eggsSpinach, parmesan and chilli eggsScrambled eggs part twoTomato cheese and basic eggsMushroom and marmite eggsQuick homemade tortillaToasted oats with mango, blueberries and yoghurtSweet potato muffins - chilli, cheese and seedsEpic fruit saladSuperfood protein loaf (and topping ideas galore)Post gym super salad & chicken, quinoa and loadsa vegHealthy cheese and corn pancakes, smoky bacon and caramelized bananaSexy stewed prunes & toast, banana, yoghurt, almondsMy bircher muesli & fruit, nuts, yoghurt, seedsPan cooked mushrooms & tomato, pancetta, spinach and cheeseEarl grey banana bread & griddled peaches, yoghurt and nutsLUNCHTasty fish tacos & game changing kiwi, lime and chilli salsaAsian crispy beef & brown rice, noodles and loadsa saladHappiness pasta & tomato, aubergine and ricottaOrange garden salad & bresola and giant rye crispbreadsHealthy chicken CaesarSprouting seed salad & smoky bacon and balsamic dressingAmazing Mexican tomato soup & sweet potato chips, feta and

tortilla Tomato and olive spaghetti, garlic bread and sardine sprinkles Easy scandi crispbreads  
ÄfÄçÄ â ¬Ä â œ picked herrings and rainbow veg Portable jam salads Skinny carbonara  
ÄfÄçÄ â ¬Ä â œ smoky bacon, peas, almonds and basil Roasted sweet potatoes  
ÄfÄçÄ â ¬Ä â œ black beans and jalapeno tomato salsa Beets and sardines ÄfÄçÄ â ¬Ä â œ  
horseradish, yog and rye bread Super green soup ÄfÄçÄ â ¬Ä â œ chickpeas, veg and smoky  
chorizo Herby pasta salad ÄfÄçÄ â ¬Ä â œ radishes, apples, feta and bresola Hot smoked trout  
ÄfÄçÄ â ¬Ä â œ green lentils, fresh tomato sauce Tasty veg omelette ÄfÄçÄ â ¬Ä â œ tomato  
and chilli salsa Cosy squash soup ÄfÄçÄ â ¬Ä â œ chickpea salad flatbreads Seared tuna  
ÄfÄçÄ â ¬Ä â œ Sicilian couscous and green Healthy chicken club ÄfÄçÄ â ¬Ä â œ tomato,  
lettuce, pear and tarragon Chicken and garlic bread kebabs Wholewheat spaghetti, sprouting  
broccoli, chilli and lemon Mexican gazpacho ÄfÄçÄ â ¬Ä â œ flatbreads and garnishes Super  
summer salad ÄfÄçÄ â ¬Ä â œ watermelon, radishes, quinoa and feta Asian green salad  
ÄfÄçÄ â ¬Ä â œ tofu, noodles and sesame Seared turmeric chicken ÄfÄçÄ â ¬Ä â œ houmous,  
peppers, couscous and greens Salmon ceviche ÄfÄçÄ â ¬Ä â œ chopped salad and black rice  
balls Asian stir fried veg ÄfÄçÄ â ¬Ä â œ crispy sesame noodle omelette Squash it veg sandwich  
ÄfÄçÄ â ¬Ä â œ houmous, avocado and cottage cheese My Russian salad ÄfÄçÄ â ¬Ä â œ  
golden paprika chicken Sesame seared salmon ÄfÄçÄ â ¬Ä â œ tahini avocado and shred  
salad Grilled corn and quinoa salad DINNER Bombay chicken and cauli ÄfÄçÄ â ¬Ä â œ  
poppadoms, rice and spinach Mega veggie burgers ÄfÄçÄ â ¬Ä â œ garden salad and basil  
dressing Spelt spaghetti ÄfÄçÄ â ¬Ä â œ vine tomatoes and baked ricotta Seared golden chicken  
ÄfÄçÄ â ¬Ä â œ mint sauce and spring veg fest Easy curried fish stew Golden salmon steaks  
ÄfÄçÄ â ¬Ä â œ sweet peas and smashed veg Delicious squash daal ÄfÄçÄ â ¬Ä â œ special  
fried eggs and poppadoms Roasted squash laksa bake ÄfÄçÄ â ¬Ä â œ chicken, lemongrass,  
peanuts and rice Golden chicken skewers ÄfÄçÄ â ¬Ä â œ yellow pepper sauce and black  
quinoa Roasted mustard mackerel ÄfÄçÄ â ¬Ä â œ rainbow beets and bulgar wheat Super squash  
lasagne Sizzling Moroccan prawns ÄfÄçÄ â ¬Ä â œ fluffy couscous and rainbow salsa Asian  
steamed fish ÄfÄçÄ â ¬Ä â œ black rice, greens and chilli sauce Smoky veggie feijoada  
ÄfÄçÄ â ¬Ä â œ black beans, squash, peppers and okra Crumbed pesto fish ÄfÄçÄ â ¬Ä â œ  
roast cherry vines, spuds and greens Harissa roasted aubergine ÄfÄçÄ â ¬Ä â œ pomegranate,  
pistachios and olives Tasty samosas ÄfÄçÄ â ¬Ä â œ beef, onion and sweet potato Veggie ramen  
ÄfÄçÄ â ¬Ä â œ walnut, miso, kimchee and fried eggs Indian roasted cauliflower  
ÄfÄçÄ â ¬Ä â œ pineapple, chilli and coronation dressing Roasted carrot and squash salad  
ÄfÄçÄ â ¬Ä â œ millet, apple, jalapeno and pomegranate Crispy sea bass ÄfÄçÄ â ¬Ä â œ pea,

mint and asparagus mash  
 Spring squid  
 peas, asparagus, beans and greens  
 Chicken and squash cacciatore  
 Moreish fish soup  
 mackerel, mussels, broth and couscous  
 Fagioli fusilli  
 sweet leeks, artichokes and bay oil  
 Super tasty miso broth  
 chicken, mushrooms and wild rice  
 Lemon sole and olive sauce  
 sweet courgettes and jersey royals  
 Mighty mushroom curry  
 red lentils, brown rice and poppadoms  
 Green tea roasted salmon  
 ginger rice and sunshine salad  
 Griddled steak and peppers  
 herby jewelled tabbouleh rice  
 Ginger and chicken penicillin  
 brown rice and crunchy veg  
 Crazy fish  
 veg and noodle stir fry  
 Pork and apple sauce  
 glazed carrots, brown rice and greens  
**SNACKS AND DRINKS**  
 100 calories snack bowls  
 Skinny homemade houmous  
 Feisty beet and horseradish dip  
 Healthy poppadum snack combos  
 Popcorn fun: hot chilli sauce flavour / marmite flavour / balsamic vinegar flavour  
 Cucumber sticks stuffed with lovely things  
 Blushing pickled eggs  
 red cabbage, cloves and anise  
 Homemade nut butters  
 Raw vegan flapjack snacks  
 nuts, seeds, dates, oats and fruit  
 Fro-yo fun  
 My tasty energy balls  
 date, cocoa and pumpkin seed  
 My tasty energy balls  
 apricot, ginger and cashew  
 Flavoured waters: Cucumber, apple and mint  
 St Clements  
 Watermelon and basil  
 Pomegranate, ginger and lime  
 Therapeutic teas: Fennel seeds, lemon and honey  
 Grapefruit, orange and mint  
 Ginger, turmeric, lemon and honey  
 Strawberry, hibiscus and star anise

Great cookbook! I wasn't sure if I still wanted a book as I go online mostly for recipes. It's a great option for inspiration and ideas I wouldn't have thought of. Most recipes are super clearly given so you can't mess up (mostly). Great theme too as it matches exactly how I've been trying to eat. Great snack and cook ahead options for the week. All round fun cookbook.

It was everything I hoped it would be and more. As a "foodie" I would recommend this book to anyone interested in healthy eating.

Outstanding book written by someone who is truly passionate about what he does. Beyond recipes, there is plenty of good nutritional education provided toward the end of the book. I like the size and quality of the book and the photography is well done. Even if you don't cook but a couple items in this book, I think it provides a real inspiration on how to make healthier choices.

Big fan of Jamie Oliver. Bought book after watching the show. So far every recipe I have tried has

been a hit! Some of the recipes need to be converted from grams to ounces. Some of the recipes from the book can be found on his web site.

I love Jamie Oliver and this cookbook is wonderful. I have only made two things from it so far, but I have many post it notes saving the spot of the next healthy tasty meal.

Really enjoy Jamie Oliver and the recipes are great! Easy to cook and great ideas to change your eating easily...

Positively surprised. I ordered two of his books at the same time. I thought I would not like the everyday super food as much as it's so "healthy" but I really love it. The nutritional information is mostly amazing and the recipes look healthy AND filling and delicious.

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