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The Dude Diet also demystifies the basics of nutrition, empowering men to make better decisions whether they're eating out or cooking at home. Better

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still, each recipe is 100% idiot-proof and requires only easily accessible ingredients and tools.

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chef and creator of the popular food blog Domesticate-Me.com, 125 outrageously delicious yet deceptively healthy recipes for dudes (and the people who love them), accompanied by beautiful full-color photography. Dudes.

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in her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and...

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The author of The Dude Diet is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic The Dude Diet, chef and recipe developer Serena Wolf dared

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go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula.

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From wings and nachos to burgers and pizza, Serena offered clean (ish) junk food makeovers that inspired dudes eve. The author of The Dude Diet is back with 125 crowd-pleasing recipes to hack the daily dinner

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dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food.

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From wings and nachos to burgers and pizza, Serena offered clean (ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, The Dude Diet Dinnertime gives those same hungry dudes--and their families--dozens of drool-worthy main

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The Dude Diet also demystifies the basics of nutrition, empowering men to make better decisions whether they're eating out or cooking at home. Better still, each recipe is 100% idiot-proof

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Five days □ worth of clean(ish) meals from The Dude Diet to facilitate healthier habits and fast-track your

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