



The EveryGirl's Guide to Cooking

By Maria Menounos

Download now

Read Online ➔

The EveryGirl's Guide to Cooking By Maria Menounos

E! News host Maria Menounos adds to her *New York Times* bestselling EveryGirl book series with this essential collection of 150 easy-to-prepare and delicious recipes for the busy EveryGirl looking to eat well every day of the week!

Maria learned her way around the kitchen by watching and cooking with her mother, Litsa, a professional cook. Inspired by their Greek heritage, *The EveryGirl's Guide to Cooking* focuses on fresh and natural ingredients that yield a wide variety of both healthy and splurge-worthy food, including

Breakfast: Strawberry Shortcake French Toast, Apple Pie Quinoa Porridge, Sweet Potato and Black Bean Breakfast Burrito

Lunch: Three-Bean Power Salad, Caramelized Veggie Flatbreads, Kale and Lemon Oil Pizza

Dinner: Melted Baked Ziti with Charred Cauliflower, Double-Cheese-Stuffed Artichokes, Spinach and Walnut-Stuffed Portobello Mushrooms

Entertaining: Meatball Sliders, Sloppy BBQ Buns with Cabbage Coleslaw, Summertime Watermelon-Feta Salad

Protein Snacks: Spicy Avocado Toasts, Chickpea Poppers, Speedy Egg Salad

Desserts: Oatmeal Chocolate Chip Cookies with Toasted Pecans, Anytime Oatmeal Fruit Crumble, Greek Yogurt Strawberry Sunday

Whether you are a whiz in the kitchen or just learning your way around it, their guidance will help EveryGirl live healthily, happily, and meaningfully. As Maria says: “No experience? No problem. Let’s get cooking!”

Advance praise for *The EveryGirl's Guide to Cooking*

“One of the many reasons Brooks and I always love going to Maria’s house is the food. We experience firsthand how delicious and incredible her and her mom’s dishes are. This cookbook is going to be one of my kitchen essentials.”—**Julianne Hough**

“Everyone in our house loves Maria and her mom’s cooking. They have a knack for making healthy food taste delicious. Her recipes are so simple, fast, and easy that EveryGirl can manage them, no matter how hectic her schedule. But more than just a cookbook, this book is full of Maria’s invaluable tips and

tricks.”—**Kris Jenner**

“The combination of Maria’s solutions like caffeine smoothies, her pre-made breakfasts, and new protein snack ideas, and her ability to make vegetables taste delicious, make this book the perfect companion for today’s EveryGirl who wants to be in control of her diet.”—**Khloé Kardashian**

“The cohost of *E! News* brings delicious and slimming recipes for the busy EveryGirl who wants to eat healthy on a budget, with beautiful photos of the food and Maria in the kitchen throughout.”—***Publishers Weekly***

 [Download The EveryGirl's Guide to Cooking ...pdf](#)

 [Read Online The EveryGirl's Guide to Cooking ...pdf](#)

The EveryGirl's Guide to Cooking

By Maria Menounos

The EveryGirl's Guide to Cooking By Maria Menounos

E! News host Maria Menounos adds to her *New York Times* bestselling EveryGirl book series with this essential collection of 150 easy-to-prepare and delicious recipes for the busy EveryGirl looking to eat well every day of the week!

Maria learned her way around the kitchen by watching and cooking with her mother, Litsa, a professional cook. Inspired by their Greek heritage, *The EveryGirl's Guide to Cooking* focuses on fresh and natural ingredients that yield a wide variety of both healthy and splurge-worthy food, including

Breakfast: Strawberry Shortcake French Toast, Apple Pie Quinoa Porridge, Sweet Potato and Black Bean Breakfast Burrito

Lunch: Three-Bean Power Salad, Caramelized Veggie Flatbreads, Kale and Lemon Oil Pizza

Dinner: Melted Baked Ziti with Charred Cauliflower, Double-Cheese-Stuffed Artichokes, Spinach and Walnut-Stuffed Portobello Mushrooms

Entertaining: Meatball Sliders, Sloppy BBQ Buns with Cabbage Coleslaw, Summertime Watermelon-Feta Salad

Protein Snacks: Spicy Avocado Toasts, Chickpea Poppers, Speedy Egg Salad

Desserts: Oatmeal Chocolate Chip Cookies with Toasted Pecans, Anytime Oatmeal Fruit Crumble, Greek Yogurt Strawberry Sunday

Whether you are a whiz in the kitchen or just learning your way around it, their guidance will help EveryGirl live healthily, happily, and meaningfully. As Maria says: “No experience? No problem. Let’s get cooking!”

Advance praise for *The EveryGirl's Guide to Cooking*

“One of the many reasons Brooks and I always love going to Maria’s house is the food. We experience firsthand how delicious and incredible her and her mom’s dishes are. This cookbook is going to be one of my kitchen essentials.”—**Julianne Hough**

“Everyone in our house loves Maria and her mom’s cooking. They have a knack for making healthy food taste delicious. Her recipes are so simple, fast, and easy that EveryGirl can manage them, no matter how hectic her schedule. But more than just a cookbook, this book is full of Maria’s invaluable tips and tricks.”—**Kris Jenner**

“The combination of Maria’s solutions like caffeine smoothies, her pre-made breakfasts, and new protein snack ideas, and her ability to make vegetables taste delicious, make this book the perfect companion for today’s EveryGirl who wants to be in control of her diet.”—**Khloé Kardashian**

“The cohost of *E! News* brings delicious and slimming recipes for the busy EveryGirl who wants to eat healthy on a budget, with beautiful photos of the food and Maria in the kitchen throughout.”—**Publishers Weekly**

The EveryGirl's Guide to Cooking By Maria Menounos Bibliography

- Sales Rank: #164088 in Books
- Published on: 2016-03-08
- Released on: 2016-03-08
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .90" w x 7.40" l, .81 pounds
- Binding: Paperback
- 336 pages

 [Download The EveryGirl's Guide to Cooking ...pdf](#)

 [Read Online The EveryGirl's Guide to Cooking ...pdf](#)

Editorial Review

Review

Advance praise for *The EveryGirl's Guide to Cooking*

“One of the many reasons Brooks and I always love going to Maria’s house is the food. We experience firsthand how delicious and incredible her and her mom’s dishes are. This cookbook is going to be one of my kitchen essentials.”—**Julianne Hough**

“Everyone in our house loves Maria and her mom’s cooking. They have a knack for making healthy food taste delicious. Her recipes are so simple, fast, and easy that EveryGirl can manage them, no matter how hectic her schedule. But more than just a cookbook, this book is full of Maria’s invaluable tips and tricks.”—**Kris Jenner**

“The combination of Maria’s solutions like caffeine smoothies, her pre-made breakfasts, and new protein snack ideas, and her ability to make vegetables taste delicious, make this book the perfect companion for today’s EveryGirl who wants to be in control of her diet.”—**Khloé Kardashian**

“The cohost of *E! News* brings delicious and slimming recipes for the busy EveryGirl who wants to eat healthy on a budget, with beautiful photos of the food and Maria in the kitchen throughout.”—**Publishers Weekly**

About the Author

Maria Menounos is co-anchor and managing editor of *E! News* and the *New York Times* bestselling author of *The EveryGirl's Guide to Life* and *The EveryGirl's Guide to Diet and Fitness*. She co-founded AfterBuzz TV with partner Keven Undergaro, and created and executive produced the ABC special *#DanceBattle America* alongside Keven Undergaro and Julianne Hough. She also recently launched a line of Greek food, Maria’s Greek Delights, with her mother.

Users Review

From reader reviews:

Eric Ray:

Throughout other case, little folks like to read book The EveryGirl's Guide to Cooking. You can choose the best book if you appreciate reading a book. So long as we know about how is important any book The EveryGirl's Guide to Cooking. You can add understanding and of course you can around the world by a book. Absolutely right, since from book you can learn everything! From your country until finally foreign or abroad you will end up known. About simple factor until wonderful thing you are able to know that. In this era, we can easily open a book as well as searching by internet product. It is called e-book. You may use it when you feel bored to go to the library. Let's read.

Ramona Wrenn:

Nowadays reading books be than want or need but also become a life style. This reading practice give you

lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The details you get based on what kind of book you read, if you want attract knowledge just go with schooling books but if you want sense happy read one along with theme for entertaining like comic or novel. The particular The EveryGirl's Guide to Cooking is kind of publication which is giving the reader erratic experience.

Blair Gant:

The publication with title The EveryGirl's Guide to Cooking has lot of information that you can study it. You can get a lot of advantage after read this book. That book exist new information the information that exist in this reserve represented the condition of the world right now. That is important to yo7u to find out how the improvement of the world. This specific book will bring you throughout new era of the globalization. You can read the e-book on the smart phone, so you can read the idea anywhere you want.

Robert Fox:

The EveryGirl's Guide to Cooking can be one of your beginning books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to put every word into pleasure arrangement in writing The EveryGirl's Guide to Cooking nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource data that maybe you can be among it. This great information can drawn you into completely new stage of crucial thinking.

**Download and Read Online The EveryGirl's Guide to Cooking By
Maria Menounos #Q7HOS1ICY23**

Read The EveryGirl's Guide to Cooking By Maria Menounos for online ebook

The EveryGirl's Guide to Cooking By Maria Menounos Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The EveryGirl's Guide to Cooking By Maria Menounos books to read online.

Online The EveryGirl's Guide to Cooking By Maria Menounos ebook PDF download

The EveryGirl's Guide to Cooking By Maria Menounos Doc

The EveryGirl's Guide to Cooking By Maria Menounos Mobipocket

The EveryGirl's Guide to Cooking By Maria Menounos EPub

Q7HOS1ICY23: The EveryGirl's Guide to Cooking By Maria Menounos