

THE NAKED FOODS COOKBOOK

The Whole-Foods, Healthy-Fats, Gluten-Free guide to Losing Weight and Feeling Great

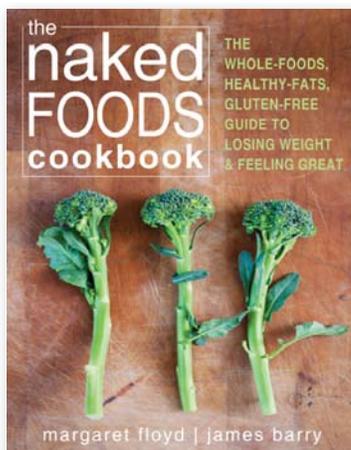
MARGARET FLOYD & JAMES BARRY

"With everything from easy, fast recipes for the kitchen newbie to complex recipes for the advanced healthy gourmet, *The Naked Foods Cookbook* has something for everyone who prioritizes health and still wants to eat delicious food."

—**Mike Dow, PsyD**, author of *Diet Rehab: 28 Days to Finally Stop Craving the Foods That Make You Fat*

"*The Naked Foods Cookbook* is filled with delicious recipes and creative ideas for how to take charge of your health in your own kitchen. It's mandatory reading for all of my patients. Healthy, conscious eating never tasted so good!"

—**W. Michael Carragher III, DO**, medical director and founder of The Body Well in Los Angeles, CA



A home-cooked meal of real whole foods is not only healthy, it's delicious and easy!

What keeps most of us from fixing healthy meals (or any meals) for ourselves? For most, it's the time involved. After a busy day, with night fast approaching, it is easy to opt for the take out meal or frozen dinner instead.

But really there's nothing better than taking a bite of a meal you've prepared, knowing that each ingredient is helping create a healthier, happier you! Eating "naked" foods—nutrient-dense, additive-free whole foods—helps you lose weight and vastly improves the way you look and feel. With Margaret Floyd and Chef James Barry's *The Naked Foods Cookbook* in hand it's easier than ever to make naturally tasty naked meals you can feel good about eating and serving to others.

And what about the time commitment?

"There's a myth that healthy cooking takes loads of time to do from scratch. Well, that just isn't so," say the married coauthors, who fell in love while working on Floyd's first book, *Eat Naked*. "You don't have to live in the kitchen to have home-cooked meals. In fact, during busy weeks, we rarely take more than ten to fifteen minutes to prepare dinner, and we make almost all our meals at home."

And the recipes, they hasten to add, are delicious. Eating naked doesn't mean submitting to bland meals that are "good for you" but have little else to recommend them. "Healthy cooking doesn't have to be boring, and tasteless," Floyd and Barry assert. "It can be loaded with flavor and absolutely delicious."

Enjoying the easy to make, gluten-free dishes in *The Naked Foods Cookbook* can be a first step to a better appreciation for and relationship with real food, one recipe at a time!



AUTHOR PHOTOS BY JASMINE LORR

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Margaret Floyd and James Barry

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About the Authors

Margaret Floyd is the author of *Eat Naked: Unprocessed, Unpolluted, and Undressed Eating for a Healthier, Sexier You*. She received her nutritional therapy practitioner certification from the Nutritional Therapy Association, and has since been certified as a holistic health counselor and certified healing foods specialist. Floyd has a thriving private practice in Los Angeles, CA. Floyd's work with clients is focused on shifting their diet to a naked diet through gradual changes to their lifestyle, cooking methods, shopping habits, and recipes. Visit her at www.eatnakednow.com

James Barry is a graduate of the National Gourmet Institute of Health and Culinary Arts in New York. He has worked as a private chef for celebrities and is founder of **Wholesome2Go**, a healthy high-quality food delivery company currently serving the Los Angeles area. He is certified as a nutritional consultant through the Global College of Natural Medicine and is a certified healing foods specialist.

CREATE DELICIOUS MEALS FOR YOUR FAMILY FROM FRESH, NATURAL, "NAKED" FOODS

Interview Questions

1. So, you two are more than coauthors. Is it true you met while working on Margaret's book *Eat Naked*?
2. What does it mean to "cook naked"?
3. What are some of the health benefits from cooking and eating naked?
4. Margaret, in your last book, *Eat Naked*, you discussed some specific food ingredients in most American diets that contribute to obesity. What are they, and how are they harmful?
5. Most people might say, "yeah, eating healthier is great who has the time?" How would you respond to those who think time is an issue?
6. How important is it to pick foods that are locally-grown and organic. What are the benefits of this?
7. You describe some of your recipes as "Better Than Naked". I see one of them is even a recipe for homemade ketchup with probiotics! Tell me more
8. You both have different paths that have let you to the naked foods lifestyle. How did each of you get involved? What inspired your interest in nutrition?
9. The idea of transitioning to a naked diet may seem daunting to some. Do you have any suggestions for those who are interested in making changes but are wary of doing it all at once?
10. Economic necessity leads many people to shop at the nearest, least expensive store they can. What would you say to someone who feels that they can't afford to 'cook naked'?
11. Do you recommend that readers stick strictly to a naked foods diet?
12. What is the most important thing that you want readers to take away from *Cook Naked*?
13. What is your favorite recipe from the book? What is the quickest?
14. If you could advise people to make only one change to their diet for better



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Portobello Eggs Benedict

Impress the neighbors •• Omnivore, with vegetarian option

This is a fun, bread-free, and healthier spin on the classic eggs bennie. We've replaced the English muffin with a portobello mushroom and the ham with spinach, and we use our Vegan Hollandaise Sauce—lighter and less finicky than the traditional version—to finish it off. We use a little lard on the mushrooms to give it a hint of the flavor you'd have with the ham, but if you don't have lard on hand, or to keep this recipe

vegetarian, you can also use ghee or butter.

Makes 2 servings

*2 large portobello mushrooms, stemmed (or 4 small ones, if the large aren't available)

*2 teaspoon lard or ghee *Pinch sea salt Pinch freshly ground pepper *2 firmly packed cups baby spinach

*1 teaspoon white vinegar *4 eggs *Pinch paprika

Use Vegan Hollandaise Sauce recipe (page 153 of book)

Preheat oven to 385°F. Lightly rub underside of portobello mushrooms with lard. Place on an oven tray with underside facing up and cook for 20 to 25 minutes, until soft with some of the liquids released into the mushroom cap. Sprinkle with salt and pepper.

While the mushrooms are cooking, lightly rinse the spinach to remove any dirt, leaving the leaves a little wet. You don't need to dry it—the extra water will help to steam the spinach. Heat a large sauté pan over medium heat. Add wet spinach leaves, cover, and let the leaves wilt. This will happen in 2 to 3 minutes, so stay close. Remove the spinach from heat, put it in a small bowl, and set aside.

Fill the same pan you used to steam the spinach with 2 inches of water. Add vinegar. Bring the water to a slow boil over medium-high heat. Gently drop the eggs into the water one at a time, and poach for 3 to 4 minutes, until they reach the desired firmness when you press them with the back of a spoon. (For a video demonstration of how to poach eggs, visit www.eatnakednow.com/videos and search for "poached eggs.")

To plate your Portobello Eggs Benedict, place each mushroom on its own plate, underside facing up. Put half of the wilted spinach on top of each mushroom, as a bed for 2 poached eggs. Top with the Vegan Hollandaise Sauce and a pinch of paprika.

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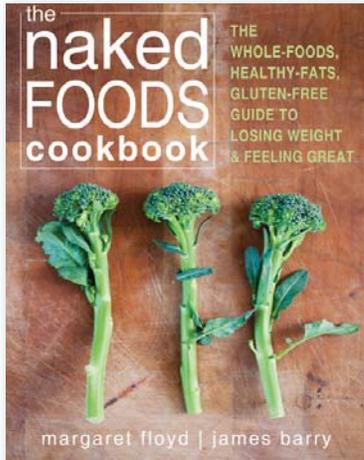
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VEGAN HOLLANDAISE SAUCE

Impress the neighbors •• Vegan •• Make it once, use it lots

Traditional hollandaise sauce is made with egg yolks, butter, and lemon. It's rich and it's tricky to make because the yolks curdle easily. Our version is lighter without losing any of the flavor—and is much easier to make. Use it with Portobello Eggs Benedict for a delicious and nutritious twist on the classic bennie. It also makes a delicious sauce for Roasted Asparagus.

Makes 1 cup

1 tablespoon extra-virgin * olive oil * 1 small onion, thinly sliced lengthwise * 2
teaspoon sea salt

Juice of 1 lemon (approximately 4 cup) * 2 teaspoon ground turmeric

Heat olive oil in medium skillet over medium-lowheat. Add onion and salt, and cook slowly for 20 to 30 minutes, until onions brown. Don't overstir. The onions are caramelizing, and this is best achieved without disturbing them.

Put caramelized onions in a blender. Add lemon juice, turmeric, and 2 tablespoons filtered water. Blend until smooth. If needed, add a little more water, 1 teaspoon at a time, to have sauce reach desired consistency. Use immediately while still warm.

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