



# The Oz Family Kitchen: More Than 100 Simple and Delicious Real-Food Recipes from Our Home to Yours

By Lisa Oz

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## The Oz Family Kitchen: More Than 100 Simple and Delicious Real-Food Recipes from Our Home to Yours By Lisa Oz

Dr. Oz fans are endlessly curious about what he and his family eat. They assume that the family of "America's Doctor" must live on a diet of broccoli and bean sprouts and be sworn martyrs in the church of joyless nutrient consumption. This couldn't be further from the truth. The Oz family (including Lisa's husband Mehmet) love food. It just has to be good food--not processed, artificially flavored or filled with empty calories. The Ozes understand the power of food and its ability to heal, and in *The Oz Family Kitchen* they will, for the first time, share their knowledge, passion and recipes.

This healthy eating cookbook has more than 100 simple, delicious recipes from the Oz Family collection, including pastas, soups, sandwiches, entrees, smoothies, and desserts, such as Mehmet's favorite birthday "Almost German Chocolate Cake", Daphne's special "Glazed Acorn Squash with Savory Seeds," and the Oz family's "Coconut-Crusted Chicken". The book offers helpful advice on cooking healthy meals for the whole family, pantry stocking, and smart shopping, as well as nutrition tips and health insights from Dr. Oz. Whether you are looking to eat healthier, more delicious meal, or simply get a glimpse into the Oz family lifestyle, *The Oz Family Kitchen* is an essential tool you're looking for.

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### Editorial Review

#### About the Author

**LISA OZ** is a writer, producer, and entrepreneur. She is host of the *Lisa Oz Show* on Veria Living TV and hosted her own radio show on Sirius XM. In addition to authoring the New York Times bestseller *Us: Transforming Ourselves and the Relationships that Matter Most*, Lisa co-authored five *New York Times* bestselling books, including the *YOU: The Owner's Manual* series. She is also Editor-at-Large of the new Hearst magazine, *Dr. Oz, The Good Life*. With her husband of nearly 30 years, Dr. Mehmet Oz, she helped found HealthCorps, a peer-mentoring, non-profit which delivers a progressive curriculum in nutrition, fitness, and mental resilience to over 32,000 teens in at-risk communities across the country.

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