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Throughout, Smith suggests
flavorful recipes for such

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standbys as sweet potato hash, salmon-avocado salad, and barbecue chicken meatballs, all of which come together in minutes. Health-minded home cooks who aren't adhering to a strict dietary regimen will find new dishes

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to incorporate into regular
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The Whole Smiths Good Food Cookbook (\$30, out June 5), written by Michelle Smith, contains about 50 percent Whole30-compliant meals that are all so, so easy to assemble (with minimal ingredients and steps). The

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rest, while healthy, sprinkle in a few “naughty” ingredients like cheese, oatmeal, and rosé.

Year Long

3 Whole30 Recipes to Make from the New Whole Smiths

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This Pesto Potato Bake is brought to you by The Whole Smiths in partnership with Tasteful Instant Pot Carrot Soup with Harissa This Instant Pot Harissa Carrot Soup from The Whole Smiths

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Smiths is the perfect recipe for any weeknight but Easy Pesto Potato Bake This Pesto Potato Bake is brought to you by The Whole Smiths in partnership with Tasteful Instant Pot Carrot Soup with Harissa

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Banana Egg Muffins. These

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Banana Egg Muffins from The Whole Smiths are the PERFECT easy-to-make breakfast. They are lightly sweetened and taste like a delicious banana pancake in muffin form. Grown ups and kids alike are falling in love

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the challenge can be
figuring out how to eat for
the other 335 days of the
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The Whole Smith's Good Food Cookbook is the debut cookbook from Michelle Smith. It contains 150 delicious, family-friendly recipes to support your

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The Smith is a casual American Brasserie with four upbeat locations in New York City and two in Washington D.C., and one in Chicago!

The Smith Restaurant

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Michelle Smith Michelle

Smith is the blogger behind the popular food blog, The Whole Smiths, and author of the best-selling The Whole

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Smiths Good Food Cookbook.

She resides in the San Francisco Bay Area with her husband and two young daughters.

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Throughout, Smith suggests flavorful recipes for such standbys as sweet potato hash, salmon-avocado salad, and barbecue chicken meatballs, all of which come

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together in minutes. Health-minded home cooks who aren't adhering to a strict dietary regimen will find new dishes to incorporate into regular rotation.

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