



ANAND BHATT'S ROCK STAR RECIPES



CONGRATULATIONS

**ON MAKING
ONE OF YOUR
BEST READING
DECISIONS THIS
YEAR!**

Sincerely, the S.W.I. Publishing Staff.
ENJOY!

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**ROCK STAR
RECIPES**

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Dedicated to my Mom, Preeti Bhatt, who clearly has been having the time of her life working out new recipes, modifying my recipes, and helping me with food photoshoots since the day she found out this book was in the making.

Questions are welcome at
www.facebook.com/anandbhattrock

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INTRODUCTION

Everyone is always asking Anand Bhatt what he's eating, whether it be on the road, at home or in a restaurant. "What is the secret to your well being?" "What the \$@&! are you eating now?" These are only some of the reactions and responses to Anand's eating choices.

Gone are the days of having Jack Daniels for breakfast. Today's rock star requires the ability to be healthy, stay awake and alert for days, the ability to sleep whenever (and sometimes on a bus or airplane), and all without the the use of drugs and medication. The careless lifestyles of David Lee Roth and Mick Jagger yield a liver damaged, fast-food cracked, out of shape rocker that can't handle the 24/7 lifestyle and demands of today's celebrity.

Anand Bhatt thankfully reveals to us in this book his recipes and food and shopping selections that not only keep him healthy, give him control over his body and mind, but also provide the hedonistic taste for pleasure that every rock star demands! And if it's good enough for a rock star, it definitely works for the rest of us!

- Andy Desai, Record Executive, S.W.I.

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"The Dog and the Wolf"

A gaunt Wolf was almost dead with hunger when he happened to meet a House-dog who was passing by.

"Ah, Cousin," said the Dog. "I knew how it would be; your irregular life will soon be the ruin of you. Why do you not work steadily as I do, and get your food regularly given to you?"

"I would have no objection," said the Wolf, "if I could only get a place."

"I will easily arrange that for you," said the Dog; "come with me to my master and you shall share my work."

So the Wolf and the Dog went towards the town together. On the way there the Wolf noticed that the hair on a certain part of the Dog's neck was very much worn away, so he asked him how that

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