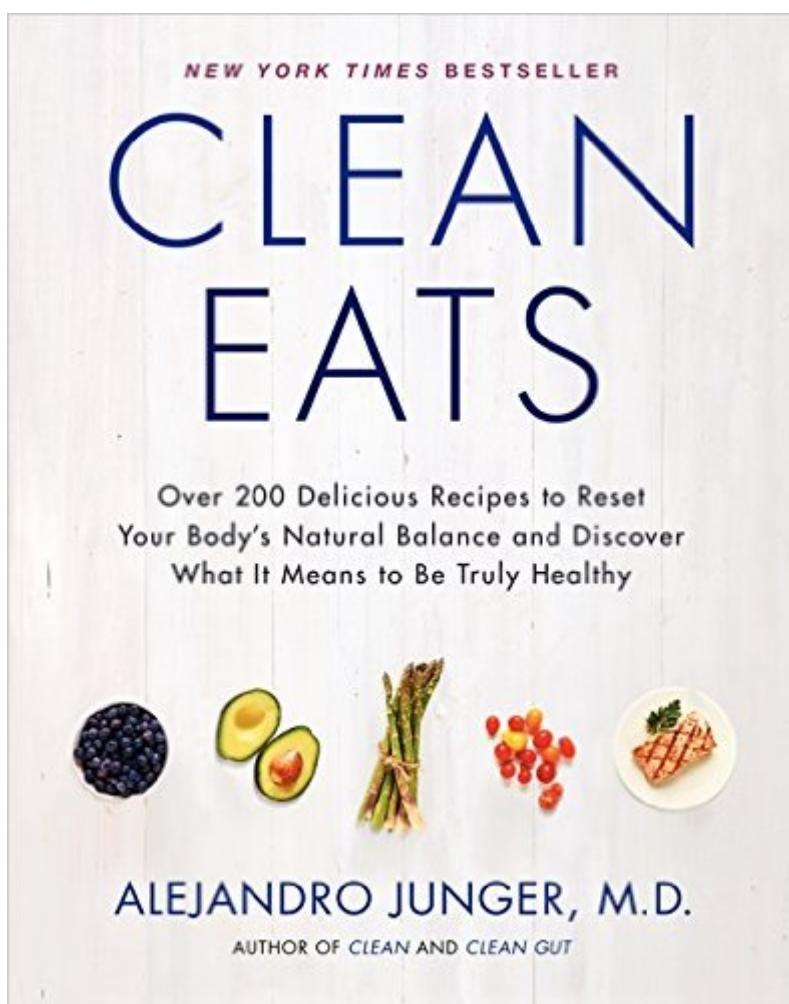


The book was found

Clean Eats: Over 200 Delicious Recipes To Reset Your Body's Natural Balance And Discover What It Means To Be Truly Healthy



Synopsis

From Dr. Alejandro Junger, author of the New York Times bestsellers *Clean* and *Clean Gut*, comes *Clean Eats*, a cookbook featuring over 200 delicious, easy-to-prepare, healthy recipes all aimed at helping you restore your natural ability to heal yourself. In *Clean*, New York City cardiologist Dr. Alejandro Junger provided a life-changing program to aid common ailments resulting from toxins in the standard American diet and chemical-filled environments. Now Dr. Junger's in-demand recipes are available in *Clean Eats*, a cookbook that takes the program straight to the kitchen and allows readers to start eating Clean today. Beginning with a comprehensive introduction that outlines what Clean eating means, *Clean Eats* presents over 200 recipes tailored to *Clean*, *Clean Gut*, Elimination, vegetarian and Paleo diets, including daily meal plans and detailed nutritional information. Whether you suffer from digestive problems, depression or anxiety, unwanted pounds or simply less-than-stellar health, Dr. Junger provides recipe ideas that can help build your health from the inside out. *Clean* has already transformed the lives of millions, and with *Clean Eats*, it's never been easier to jumpstart the journey to a healthier way of life.

Book Information

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Customer Reviews

Can you be in love with a book? I really think I have developed a deep, meaningful relationship with this one!! :-) I have had this book for just a week and have found myself saying, "Where have you been all my life?!" I have made so many of the recipes....Salmon Scramble with Cauliflower and Dill Puree.....Vincent Arpino's Clean Brooklyn Sicilian Pizza Pie (Yes! Grain free pizza that actually tastes like pizza!!).....Thai Marinated Turkey Breast.....Crunchy Maple Mesquite Walnuts (which I

am now addicted to).....Scallion pancakes (awesome to freeze too)Zucchini-wrapped whitefish with Chive Oil (restaurant quality dish)Mini Raspberry and Coconut Cream Tarts (just don't eat ALL of them standing up in your kitchen like I did. You really should share them).....Coconut Zucchini Noodles and Spiced Meatballs (Heaven!).....Sunken Eggs (OH MY GOD, was that good...I licked the pan!).....and lots of salads, dips and drinks too. Most of the recipes in this book were created by Chef Frank Giglio, a chef who cooks farm-fresh, clean recipes for his community in Maine. There are other recipes by Clean Team folks, celebrity friends and just people who have been helped by eating this way, and they have short little paragraphs at the end of their recipe talking about their experience. It is fun and motivating to read these inspiring, little excerpts and it makes the book more like a story, which I love. So, I cook a few recipes and get motivated all at the same time....and then I sit down to a great meal! Everything that I have eaten or drank this week has come from using a recipe in this book and there honestly hasn't been one meal that I haven't loved. They also happen to be wonderfully easy recipes to make (thank goodness!) and use common ingredients that you can find anywhere.

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