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# Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best



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## Description :

Prsentation de l'diteurMore than just a cookbook, New York Times bestselling Clean Slate is the complete go-to guide for boosting your energy and feeling your best.Its time to hit the reset button. This book emphasizes eating clean, whole, unprocessed foods as part of a primarily plant-based diet, with delicious and healthy recipes that make it easy to do just that. Refreshing juices and smoothies, savory snacks, protein-packed main dishes, and even delectable desserts will keep you satisfied all day long; among them are plenty of vegan, vegetarian, gluten-free, and allergen-free options, each identified by helpful icons. Clean Slate also provides you with the nutritionally sound information you need to shop for and prepare food that nourishes body and mind. Youll find guidelines for restocking your pantry with whole grains, beans and legumes, lean proteins, and healthy fats; glossaries of the best sources of detoxifiers, antioxidants, and other health-boosting nutrients; and menus for a simple 3-day cleanse and a 21-day whole-body detox, with easy-to-

follow tips and strategies for staying on track. Get inspired by more than 160 beautifully photographed recipes organized into action-focused chapters, including: Replenish: Get off to a good start Whole-Wheat Waffles with Strawberries and Yogurt; Poached Eggs with Roasted Tomatoes Reboot: Drink to your health Grapefruit, Carrot, and Ginger Juice; Green Machine Smoothie Recharge: Load up on vegetables Roasted Mushroom Tartines with Avocado; Steamed Vegetable Salad with Macadamia Dressing Reenergize: Choose your snacks wisely Warm Spinach-White Bean Dip; Trail Mix with Toasted Coconut Restore: Make meals with substance Wild Salmon, Asparagus, and Shiitakes in Parchment; Grilled Chicken with Cucumber, Radish, and Cherry Tomato Relish Relax: Have a little something sweet Dark Chocolate Bark with Hazelnuts; Berry-Almond Crisp Prsentation de l'diteur More than just a cookbook, New York Times bestselling Clean Slate is the complete go-to guide for boosting your energy and feeling your best. Its time to hit the reset button. This book emphasizes eating clean, whole, unprocessed foods as part of a primarily plant-based diet, with delicious and healthy recipes that make it easy to do just that. Refreshing juices and smoothies, savory snacks, protein-packed main dishes, and even delectable desserts will keep you satisfied all day long; among them are plenty of vegan, vegetarian, gluten-free, and allergen-free options, each identified by helpful icons. Clean Slate also provides you with the nutritionally sound information you need to shop for and prepare food that nourishes body and mind. Youll find guidelines for restocking your pantry with whole grains, beans and legumes, lean proteins, and healthy fats; glossaries of the best sources of detoxifiers, antioxidants, and other health-boosting nutrients; and menus for a simple 3-day cleanse and a 21-day whole-body detox, with easy-to-follow tips and strategies for staying on track. Get inspired by more than 160 beautifully photographed recipes organized into action-focused chapters, including: Replenish: Get off to a good start Whole-Wheat Waffles with Strawberries and Yogurt; Poached Eggs with Roasted Tomatoes Reboot: Drink to your health Grapefruit, Carrot, and Ginger Juice; Green Machine Smoothie Recharge: Load up on vegetables Roasted Mushroom Tartines with Avocado; Steamed Vegetable Salad with Macadamia Dressing Reenergize: Choose your snacks wisely Warm Spinach-White Bean Dip; Trail Mix with Toasted Coconut Restore: Make meals with substance Wild Salmon, Asparagus, and Shiitakes in Parchment; Grilled Chicken with Cucumber, Radish, and Cherry Tomato Relish Relax: Have a little something sweet Dark Chocolate Bark with Hazelnuts; Berry-Almond Crisp Biographie de l'auteur For more than twenty years, the food editors and chefs in the kitchens of MARTHA STEWART LIVING have been producing bestselling cookbooks, including Meatless, Everyday Food: Light, Power Foods, and Martha Stewarts Cooking School. MARTHA STEWART is Americas most trusted lifestyle expert and teacher and the author of more than eighty books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.