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



Synopsis

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. It's 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. You'll 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

Book Information

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Customer Reviews

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 Stewartâ™s Cooking School.Â MARTHA STEWART is Americaâ™s most trusted lifestyle expert and teacher and the author of more than eighty books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.

The food photography in this book is absolutely superb. To the untrained eye, it looks just like previous books from the editors of MSL, but this one is much different, trust me. If you've ever dabbled with Food Gawker, you'll notice that they tend to really love over exposed photos, natural light, nothing "moody" or dark, no shadows, etc. It was a style very similar to all of the previous cookbooks by the editors of MSL, but this time, the book is printed on matte paper, giving an extra rustic mood to this cookbook. The photographs are absolutely beautiful. Not one is a "meh" & the food styling is on point. I expect nothing less from MSL. On the recipes & guidance: wow. So much inspiration can be drawn from any of these recipes, especially all of the poached fish & baked recipes in parchment paper ones. There aren't any recipes with red meat, making this book ideal for vegetarians & pescetarians alike! There are a few recipes using chicken though, so never fear! I'm a huge loyal fan of cookbooks from MSL, they're simply some of the most phenomenal cookbooks out there. They list nutritional content & provide very helpful & interesting facts about the ingredients you're using. You don't need to spend a fortune at a juice bar to detox. Buy this book, make a list of groceries you need, & create a simple meal plan for yourself to follow. Too much time wasted & thinking involved? Well sweetheart, this is your health, so you better make damn sure that you take it seriously. If Americans took extra time to think about what they should make for dinner instead of what they should buy for dinner, our obesity pandemic probably wouldn't be so bad. Highly recommend this book to any & all who are interested in clean eating. A lot of these recipes may ask for the usage of honey. If you're vegan, you can always just substitute it with stevia or agave syrup or maple syrup. Any & all proteins can be substituted for more vegetables or a plant based one. I'm obsessed with this cookbook & I think it's worth every penny.

I really wanted to love this book since I try to eat whole foods and I have loved Martha Stewart's Food magazines. However, I found that I was flipping through the pages and encountering recipes I'll

never use. My strong suggestion to anyone looking to purchase this book: Go to a book store and flip through it before you buy. Maybe the recipes will spark more of an interest for you than they did for me. Otherwise, the book was beautiful with lovely pictures of the food. Just not my favorite.

This book is better suited for those who have a little more time and money to spend, and fewer caloric needs. I have the budget for basic ingredients and not very much time to make something that although may be healthy, will leave me hungry. I guess I was looking for a cookbook that has healthy recipes with no-nonsense ingredients and reasonable prep time. On the positive side, they are nice ideas, lovely pictures and would do for days off, but just not very realistic for someone who works, and needs time and energy for other things as well.

It's hard for me to find a cookbook I really enjoy. I am a good cook and can get around a recipe really well. This book has so many really great clean and interesting recipes and I find myself constantly opening it to find something yummy and healthy.

love this book and the illustrations. I did the 21 day fast/cleanse/detox and dropped about 10 pounds and really felt good. It helps you get in tune with healthy eating and when you slowly introduce other foods you get an idea if you have any issues with that particular food. Just for the record I was not overweight when I started.

This is really an excellent compendium for healthy eating for anyone who TRULY means it. It is very thorough on nutritional information as well as the reasoning behind the things that are stated. So often we are told what to eat and what not to eat, but rarely exactly why or why not. It is beautifully illustrated. This is really for the person who is mostly trying to get to the plant-based life. Most of the recipes are fruit, vegetables, nuts, grains and the like. There are some lovely fish recipes. Very little meat or poultry, so this probably isn't the book for you if you are not serious about getting into a more healthy lifestyle, although it might plant a seed of thought for you to move in that direction. Some recipes do require some skill at cooking.

Love this book. It is my new best friend. And the reason that I have lost 20 lbs.

This book was very helpful to me to eat healthy and clean for a few weeks. Enjoyed the recipes found them easy to reproduce.

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