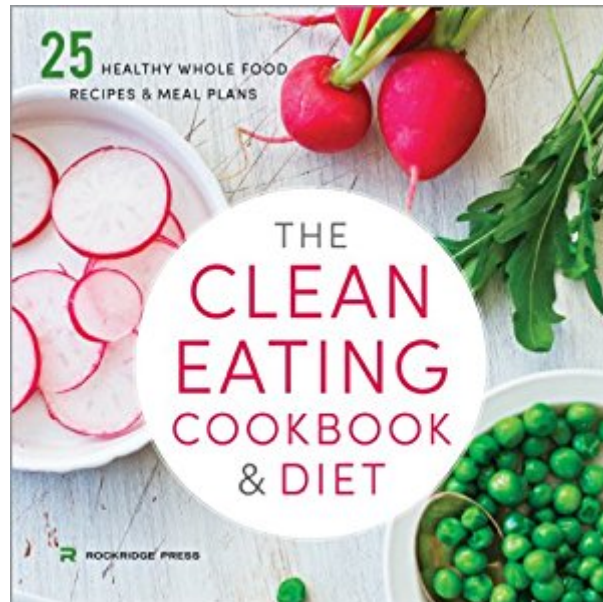


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# The Clean Eating Cookbook And Diet: Over 100 Healthy Whole Food Recipes And Meal Plans



## Synopsis

Eliminate Fad Diets and Embrace the Sustainable Clean Eating Lifestyle Clean Eating is a positive lifestyle change that works. The Clean Eating Cookbook Diet will change the relationship you have with food. Unlike a standard diet that you follow to reach a short-term goal, Clean Eating is a common sense strategy to achieve permanent and lasting good health, without depriving yourself of flavorful food, or feeling guilty after every meal. With a Clean Eating plan, you will understand which foods will be the best fuel your own body, and learn how the right kinds of food will allow you to feel more energetic than ever before. The Clean Eating plan does not require you to eliminate whole food groups or starve yourself. Clean Eating is about a lifetime of enjoying natural, unprocessed foods that taste good and nourish you, paving the way to a stronger, fitter body and mind. The Clean Eating Cookbook Diet offers a sustainable path to a clean diet, with:25 delicious and easy Clean Eating recipes for every mealThe essential dos and don'ts of the Clean Eating planTips on stocking your kitchen, clean cooking, and transitioning to a Clean Eating dietA 14-Day Clean Eating Meal Plan and shopping listClean Eating food lists, with a season-by-season outline of what to eat and when, what foods to avoid, and "super foods" to embraceThe Clean Eating Cookbook Diet provides the essential tools to help you start Clean Eating, and achieve weight loss and sustain a more healthful lifestyle.

## Book Information

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## Customer Reviews

I was very impressed with this book. I've read many diet books and I can easily say that this one was the most thorough I've read to date. It's packed with information and contains several useful

lists and charts. It was also incredibly well written. If you're one of the innumerable people out there who desire to lose weight, but have problems finding a diet that suits you I definitely recommend reading, and more importantly using this book. It endues you by highlighting the most important elements of the Clean Eating Plan. These include Clean Eating Central Guidelines, Nutrition Rules Chart, and Ten Steps to Get Started to name a few. It gives you a list of fifty "super foods," which are the best of the best clean eating foods. There's a list called Clean Eating Do's and Don'ts, one of which incites you to start your morning off drinking a glass of hot water with a lemon. Personally, I think one of the best parts of the book is the entire fourth chapter which is named "14-Day Clean Eating Plan." This chapter provides you with two weeks worth of meals. Instead of eating three large meals a day, with this diet plan you'll be eating five to six small meals. So each day of the said two week plan includes a breakfast, midmorning snack, lunch, midafternoon snack, dinner, and dessert. In addition to the meals, you're also provided with a two week shopping list to get you started. I could go on and on about all the different perks this book offers to its readers. There are a couple things I'd like to point out before ending this review. I believe that this diet would absolutely work if you're serious and stick to the plan. It doesn't eliminate or prohibit definitive food groups, you will not need to starve yourself, and it doesn't involve unusual food or food that is problematic to find. I must add that The Clean Eating Cookbook is well worth its price, especially if it changes your life.

I was expecting complex recipes with far-fetched ingredients geared toward a Californian fitness guru. There was a little of that, but I was pleasantly surprised to also find recipes that were simplistic and appealing to families - like Honey Breakfast Cookies, Orange Cream Ice Pops, and Clean Tuna Noodle Casserole. My biggest gripe? NO pictures. A cookbook with no photos is like a Playboy with only articles. Sure, the articles are great, but if you want to be enticed into a new eating lifestyle, this publishing house book probably will not motivate you for that. But if you have begun a clean eating regime and want some new recipes to try, this will deliver.

I just recently purchased this book in an effort to contain all of my clean eating recipes in one place. In my excitement, I quickly went through all the recipes for ideas before I hit the grocery store. This book provides some great references regarding substitutes for various flours, and adding flavor to foods with herbs, which I was excited to see since my herb garden is growing as we speak. My disappointment however with this book is that while the preface discusses the benefits of cleaning eating and talks about how the American population tends to eat a larger portion, this book does not

give you the serving size or the nutritional information on any recipes! Some recipes state 1 1/2 cups, but how many of those cups are you to consume and what is the fat, protein and sugar content? If you do not care to have this information, then you will find the book very helpful since the recipes are broken down by season, which helps with grocery bills.

Clean Eating is not just a recipe book. It's a guide for how to enjoy natural, unprocessed (preferably organic) foods that are not only good for you but they taste good. It's about becoming more fit by understanding the essentials of how to make the best choices for your body to become healthier. The principle of this book is that food is the key to good health. It means, basically, eating complex carbs, lean proteins and good fats in correct ratios in six to ten servings daily. I found that my husband and I eat a majority of clean foods, but I've discovered from the book that there are foods we must ditch, such as whole wheat, which can cause any number of health problems. We also need to cut way back on hard cheeses and rice, which we eat a lot of as vegetarians. The list of 50 Super Foods is handy to have and I also like the idea of eating 5-6 small meals a day to keep the metabolism from slowing down. The book also includes a 2-week eating plan for non-vegetarians with weekly shopping lists and a section on preparation techniques for retaining the food value as you cook. I especially enjoyed the descriptions of common herbs, what they're good for and when to use them, and the comprehensive guide to eating whole grains. I found some great vegetarian recipes to try such as Buckwheat Crepes with Strawberries, Baked Stuffed Tomatoes and Pumpkin Protein Bars. There's also a handy glossary at the back of the book. Although the book was not written for vegetarians, the concept is very clear and can be followed and applied by anyone. Definitely a keeper and I will certainly refer to it again and again.

I tried the 'Clean Living' cookbook to get a jump start on my spring detox. The book started out with a lot of vague information and promises that made me skeptical, as it didn't offer any scientific back up. It did inspire me to learn more. I had no idea what 'food pairing' was, and was curious to research the importance of pairing certain foods together during a meal. I also was inspired to eat more seasonally and check out my local farmers market when it starts in the spring. After I did some alternate research, I got really into this book. There is actually a lot of great info-from super food lists, to cooking techniques, and of course, a bunch of great recipes.

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