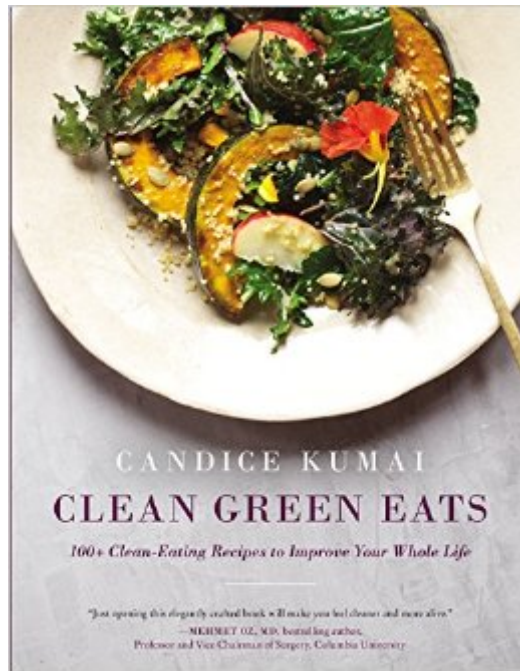


The book was found

Clean Green Eats: 100+ Clean-Eating Recipes To Improve Your Whole Life



Synopsis

Clean up your diet and look and feel better than ever with this simple, beautiful cookbook featuring more than 100 recipes that make it easy and delicious to eat clean and green. We all know we should eat more green foods, but after a few variations on the same salad, juice or smoothie, it's easy to run out of ideas that excite our taste buds. In *Clean Green Eats*, celebrity chef Candice Kumai offers an answer to that dilemma, offering more than 100 simple, unique and delicious recipes made from whole foods packed with nutrients that will help you lose weight, detox, and look amazing. All of her recipes are effortlessly gluten free (no complicated ingredients required!) and while a plant-based diet is the focus, the idea of meat as a treat "eating high-quality, sensible portions of animal protein" is also central to her plan. *Clean Green Eats* kicks off with Candice's one week cleanse, which includes juices, smoothies, and simple meals, and continues with a six-week plan to develop healthy practices that will last a lifetime. There's no deprivation with Candice's delicious drinks, breakfasts, snacks, soups, salads, sides, mains, and desserts. Start your day with a Coconut Almond Green Smoothie or Cinnamon-Spiced Granola. For lunch, fill up on Farro, Edamame, and Pea Salad. Whip up Asian Ginger Garlic Steak Salad, Superfood Curry Salmon Salad, or Chili Lime Shrimp Tostadas for a delicious dinner. For a fabulous finale, she includes desserts like Vegan Dark-Chocolate Avocado Cake and Banana Chocolate Chip Cookie Dough "Ice Cream." Banish the processed food, sugar, and carb habits that lead to fatigue, belly bloat, poor digestion, and constant cravings "let *Clean Green Eats* help you look and feel better than ever, no deprivation required!

Book Information

Hardcover: 304 pages

Publisher: Harper Wave (June 23, 2015)

Language: English

ISBN-10: 0062388738

ISBN-13: 978-0062388735

Product Dimensions: 7 x 1 x 9 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (123 customer reviews)

Best Sellers Rank: #56,462 in Books (See Top 100 in Books) #59 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #75 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #98 in [Books > Cookbooks, Food & Wine > Special Diet >](#)

Customer Reviews

This is a very well written and informative book that is more than just a "cook book". It's not about going vegan, vegetarian, or about going on a diet, although I'm confident weight loss will be a side effect of following these easy and healthy recipes! Candice spends the first part of the book explaining benefits of the key ingredients she uses in her recipes, as well as how to properly store them for maximum shelf life. A lot of the ingredients are new to me and aren't cheap since they come from specialty organic markets, so this book paid for itself with the first recipe when I finally started properly storing nuts, grains, seeds, etc. She has many great tips on making smoothies properly and choosing good produce as well. For a former junk food junkie like me who is now trying to get healthy as a result of an auto immune disorder, this book is a wealth of knowledge because I don't know a lot about the ingredients and what you don't know can hurt you if you try to cook with expensive, foreign ingredients that you've never used. I'm ashamed to say that I don't have much experience with Brussel sprouts, fennel, and quinoa, but no worries! Candice explains it all before diving into her well organized recipes! Another reason why I like this book is that she repeats ingredients. There is a lot of variety, but when you're buying expensive organic ingredients, it's nice to be able to use up what you've purchased. I hate "cleanses" and other books that have you buy a ten or twenty dollar novelty food item that you'll never use again. Candice has carefully thought out her recipes, and she won't leave you with half eaten anything! I also appreciate that she doesn't dump peppers into all her recipes.

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