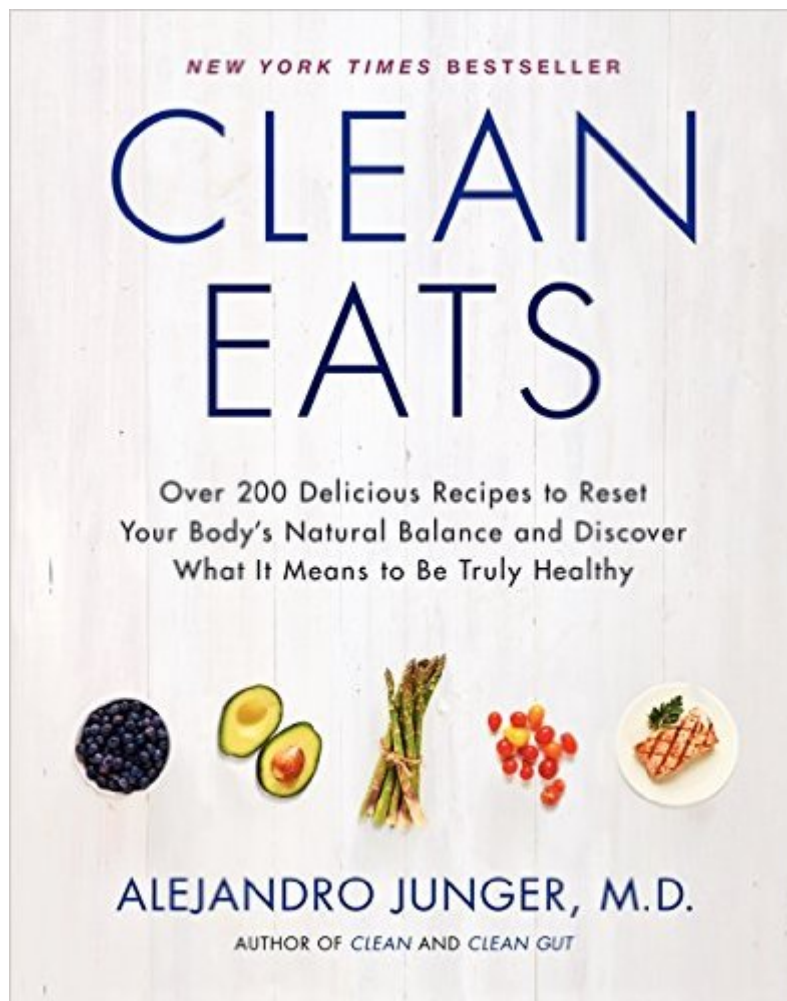


The book was found

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

Hardcover: 352 pages

Publisher: HarperOne; 1 edition (April 29, 2014)

Language: English

ISBN-10: 006232781X

ISBN-13: 978-0062327819

Product Dimensions: 7.4 x 1.1 x 9.2 inches

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

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (256 customer reviews)

Best Sellers Rank: #7,164 in Books (See Top 100 in Books) #20 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #113 in Â Books > Health, Fitness & Dieting > Nutrition #186 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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.

[Download to continue reading...](#)

Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Eating Clean: Reset Your Body, Reduce Weight and Get Rid of Inflammation - Healthy Whole Food Recipes BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural

Healing) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Electric Eats (Electric Eats: Putting your Cooking Tools to Work! Book 1) Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide to Natural Weight Loss (1 Month FULL Meal Plan, Clean Eating Cookbook, Book) Iluminaci3n / Lighting: 200 trucos en decoraci3n / 200 Tricks in Decoration (200 Trucos / 200 Tricks) (Spanish Edition) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes for Delicious, Healthy Hands-Off Suppers, Lunches and Snacks Straight From the Oven (Clean Eating Sheet Pan Cookbook) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Lunch Recipes: 30 Most Delicious and Healthy Homemade Lunch Recipes for Your Kids: (Healthy Recipes, Healthy Cooking) PRESSURE COOKER: Dump Dinners, Clean Eating and My Spiralized Box Set: Over 100 Delicious and Healthy Recipes For You And Your Family (Pressure Cooker, Pressure Cooker Cookbook) Adrenal Reset Diet: 51 Days of Powerful Adrenal Diet Recipes to Cure Adrenal Fatigue, Balance Hormone, Relieve Stress and Lose Weight Naturally

[Dmca](#)