

# [PDF] Clean Slate: A Cookbook And Guide: Reset Your Health, Detox Your Body, And Feel Your Best

Editors Of Martha Stewart Living - pdf download free book

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#### Books Details:

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Author: Editors of Martha Stewart Li  
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#### Description:

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

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