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



Synopsis

NEW YORK TIMES BESTSELLER 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. Comprehensive, informative, and utterly satisfying, *Clean Slate* is the complete go-to guide for boosting your energy and feeling your best. More than just a cookbook, *Clean Slate*, from the editors of *Martha Stewart Living*, 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

Paperback: 336 pages

Publisher: Clarkson Potter; First Edition edition (December 16, 2014)

Language: English

ISBN-10: 0307954595

ISBN-13: 978-0307954596

Product Dimensions: 7.4 x 1.1 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (191 customer reviews)

Best Sellers Rank: #11,509 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #37 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

Clean Slate (from the editors of Martha Stewart Living) is part guide, part cookbook that emphasizes eating clean, whole, unprocessed foods (mostly plant-based), including detox juices and two different action plans (a 3-day jump start plan and a three-week detox diet). The first 70 pages or so include 11 golden rules, from practice mindful eating (Golden Rule No. 3) to maintain a healthy perspective (Golden Rule No. 11). Along the way, you'll learn about good fats (avocado, cold-water fish, nuts), umami-rich flavor enhancers (which lean strongly towards Asian flavors such as miso, nori, and fish sauce), detoxifiers and inflammation fighters, and tips and tricks on incorporating more physical activity, smart shopping, and finding inner balance. The included sample menus are color-coded to show vegan, dairy-free, nut-free and gluten-free recipes at a glance, but my only concern with the sample menus is that the calorie count seems extremely low (each meal only features one recipe and no sides). Basic recipes for stock, harissa, almond milk, etc. are included in the back. The recipes feature simple prep and relatively few ingredients, making them easy to assemble and enjoy. I loved the breakfast options like coconut breakfast pudding with sautéed nectarines, honey-caramelized figs with yogurt, crostini with fresh ricotta, cherries, and lemon zest, and breakfast vegetable-miso soup with chickpeas. A large variety of juices and smoothies are also included, along with their respective properties (anti-inflammatory, detoxifying, energizing, hydrating, etc.). There's a very strong Asian influence with the dashi-poached sweet potatoes and greens and buckwheat noodles, bok choy, and sweet potatoes and miso-lime broth and the black sea bass with barley, shiitake, and edamame salad, as well as some Middle-Eastern inspired gems like bulgur with pomegranate seeds, a North African chicken-chickpea stew, and Moroccan steamed salmon with quinoa and carrots. There are also Latin- and Mediterranean-inspired dishes, so every member of your family should find something to enjoy. Easy, healthy snacks such as trail mix, roasted edamame with cranberries, sweet potato chips, kale chips, and dried fruit and nut bites are great for school lunches or quick snacks on the go. Several lighter desserts and drinks are also included. Each recipe includes calories, fat, cholesterol, carbs, protein and fiber, although the print is a bit small and it doesn't jump out at first glance. A thorough color-coded recipe index allows you to quickly plan a menu around dietary needs or plan out weekly menus. There are

full-color, full-page photographs for nearly every recipe. Nearly all of the included recipes appealed to me (I frequently cook light Japanese-inspired fish and rice dishes), and I loved the whole grain recipes in particular as I am always looking for ways to jazz up whole grains (the farro and roasted sweet potato salad and quinoa salad with zucchini, mint and pistachios were standouts).

Pescetarians will find many great fish dishes, and vegetarians will enjoy the many roasted vegetable salads and variations, although there are few vegan main-course dishes. I found this more valuable for the recipes than the *“Detox”* sample menus, but your mileage may vary. Overall, *“Clean Slate”* offered many fantastic new recipes to add to my repertoire. (I received this book through Blogging for Books)

I received this book as a Christmas gift just recently. I did not request this book to follow a specific meal plan, but I am very happy with the recipes featured in the book and the ones I have tried so far. They are beautifully photographed and specify complete nutritional information, so the reader can easily convert the recipes to Weight Watcher points if he/she wishes. Martha Stewart is fastidious about testing her recipes, so I have never been disappointed with her cookbooks, and I look forward to having success with this one as well. Everything is very healthy, beautifully presented and so far has been delicious. I would definitely recommend this book to use for your daily meals or for meals you are preparing for company.

A go-to book for starting over and eating right. Fantastic photography and well written. Exactly what I was looking for

“Clean Slate” is a one of the best healthy cookbooks I have ever received. It contains a golden rules list for clean eating. In the first part you are introduced to *“Know your nutrients”*, and how to *“Restock your pantry”*. The second part introduces the recipes. They have laid out a plan for your daily eating and all your meals are included in it. And Oh, the pictures really inspire your cooking. I have tried so many great recipes from this book and, they all turn out amazing and very delicious. So replenish, reboot, recharge, reenergize and restore. Then you can relax and get on with your good health. I won this in a giveaway from Mirlandra's Kitchen! at MirlandrasKitchen.com. Thank you Mirlandra Neuneker for this great book and all those great recipes that you send out in your blog too. I have attached a few pictures of the recipes I tried. Perfectly Yummy!

I really like this book. It provides icons with the recipes letting you know if they are Vegan, Dairy-Free, Nut-Free or Gluten Free. I really liked the Restock Your Pantry section of the book, because it gives you a "substitution" list. Replace This- (White Potatoes) With This- (Sweet Potatoes), even though this is an actual on the list, they also tell you that this doesn't mean that white potatoes are bad for you (because they do appear in recipes in the book), it's just that, whenever possible, make the healthier option your default choice. The pictures are nice to look at, I'm all about presentation, when I think about preparing some of these recipes, I also think about how they will show well if I'm preparing them for friends. I would really love for my family and friends to enjoy a meal with me that's not only healthy but nicely presented. I get a very good feeling when I look at the pictures in this book. I can't wait to try the Red Lentil Soup with Turnips and Parsley. It looks wonderful to me, as do the lentil burgers. The recipes in this book look classy to me, and not at all boring. Also, each recipe has a per serving, calorie, fat, cholesterol, protein, carb, and fiber calculation, something else that I find appealing. Also information about detoxing is also talked about. So overall, I didn't find this book disappointing, I really, really like it. I would recommend it to anyone who's trying to eat clean, and invite their friends and family to join them without being pushy. Some of the soups look homemade hearty, but healthy, and I think that they would make an enjoyable meal. Be creative, set an informal table, kick back and enjoy--all without the guilt. I would recommend this book and I rate it 5 stars.

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.

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