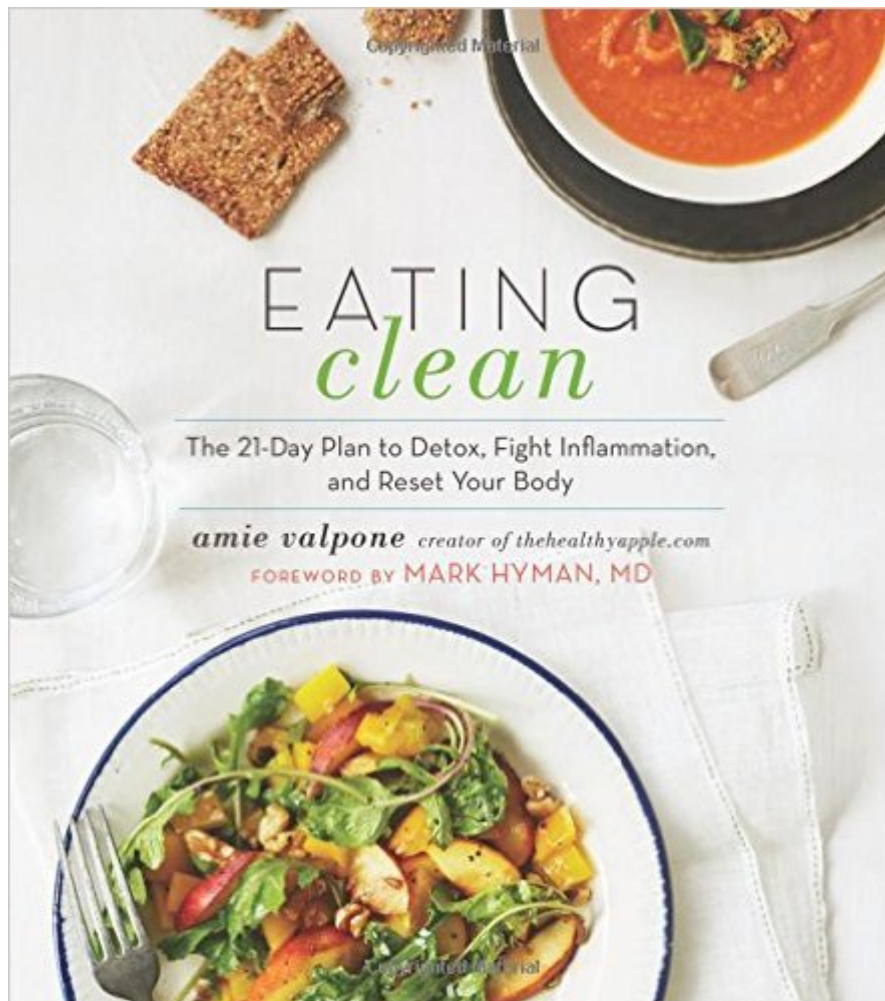


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# Eating Clean: The 21-Day Plan To Detox, Fight Inflammation, And Reset Your Body



## Synopsis

The essential guide to fight inflammation, heal your gut, and reset your body with detox and clean eating After suffering for a decade from a range of ailments like Lyme Disease, Hypothyroidism, and Leaky Gut Syndrome, Amie Valpone, creator of TheHealthyApple.com, healed herself through clean eating and detoxing. In *Eating Clean*, Amie provides guidance on how to fight inflammation and reset your body, including a 21-Day Elimination Diet, instructions for food reintroduction, a 2-week meal plan, and an extensive pantry list. The book has over 200 recipes that are vegetarian and free of gluten, dairy, soy, corn, eggs, and refined sugar to keep tummies healthy and satisfied—such as Velvety Pear and Fennel Soup, Carrot & Fettuccine with Sun-Dried Tomatoes and Pumpkin Seeds, and Vanilla Bean Coconut Ice Cream. With this book, readers are able to get the support they need on their path toward wellness.

## Book Information

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## Customer Reviews

Magical Peach Arugula Salad from *Eating Clean* Serves 6 to 8 Here's a dish that provides a big payoff for very little effort. It takes about five minutes to throw this salad together, and the combination of peppers, peaches, and arugula is simply beautiful. Serve it in a wide bowl to show off its good looks. **Directions** In a large bowl, combine the arugula, peaches, bell peppers, and walnuts. In a small bowl, whisk together the oil, vinegar, lemon juice, lemon zest, salt, and pepper. Drizzle the dressing over the arugula mixture, toss, and serve. **Ingredients** 10 cups arugula 5 medium ripe peaches, pitted and diced 2 yellow or orange bell peppers, diced

1 1/3 cup finely chopped raw walnuts    2 tablespoons extra-virgin olive oil    2 tablespoons balsamic vinegar    1 tablespoon freshly squeezed lemon juice    1 1/4 teaspoon freshly grated lemon zest    1 1/4 teaspoon sea salt    1 1/4 teaspoon freshly ground black pepper

Amie's health journey is heart breaking and inspirational. She sought medical help but without a conclusive diagnosis, treatment was almost impossible. But as a celebrity chef, she learned how to detox, eat clean and healing foods and she healed herself. Eating Clean is not just a cookbook but Amie's health journey; she also happen to offer her tried and true recipes so you can get healthier too. If you suffer from chronic illness, THIS book is for you. But even if you are not, this is the perfect book for you to prevent inflammation that leads to chronic illness. Beautiful photos and resource page too. I highly recommend it.

I was lucky enough to meet Amie at Expo West this year and get a signed copy of her new book. I was crying by the time I read of her journey through illnesses and hell before she began to find functional medicine doctors and food to help her. It's a beautiful and inspirational story and I'm so grateful she chose to share in order to help us all! As someone who reversed some negative health issues by going gluten free, limiting dairy, cooking at home and cutting out processed foods, I'm so excited to see what other healing can be achieved by using this book in my everyday life. The food looks so delicious and I am sure this will quickly become a favorite cookbook. I can't wait to share her 21 day plan with friends and loved ones. Thanks Amie!!

Here's why I adore this book: 1) it's very vegan friendly! I'm a mom with a toddler and infant and over stressed husband with GI issues (colostomy at 34 years old!) my meatless lifestyle choice came more from animal rights and opposition to factory farming. (Which my husband thinks is ridiculous btw!) This book gives a boatload of plant based recipes without the word "vegan" which I think can seem threatening for some meateaters. 2) comes at a time of desperation for us with hubbies health issues - he found this book through her blog the Healthy Apple after we made the millet burgers and he said "I could eat this all the time" which he says about almost every recipe! He never would go near sundried tomatoes and he dies for a salsa we make from her pasta sauce recipe. 3) I have never gelled well with the kitchen- For some weird reason I'm feeling lighter on my feet in there, willing to try things, alter things, experiement with her recipes- it's actually kind of fun...? 4) my toddler- who practically bleeeds cheese - actually ate three of her recipes so far (raspberry basil coconut ice pops, quinoa lime coconut, cashew nut spread) , sound the

alarms! We're thrilled. I'm proud of my husband. Maybe we are just enjoying fresh flavors. What joy this has been, these past few weeks, watching the person you love turn a corner and start to take back control of his own health. There is nothing more lovely, so for whatever reason this book came into our lives I consider it a dear gift.

This book is not only extremely practical, but is beautiful and inspirational as well. A testament to the resiliency of the body and the power of food as information, this 21 day plan may be all you need to reclaim your health and vitality. Check out the hows and whys to eating clean - head and shoulders above so many cookbooks on the market!

Chronic disease is involved but nothing like the authors journey. Just got the book and so ready to detox my body and eat clean. I do not have her issues but with all the additives in food today, it certainly sounds like a great plan to get healthier and maintain my 65 year old body.

Amie's book is AMAZING!!! I've been following Amie's blog for over 3yrs and was so excited when I found out she was writing a cookbook. When it became available to order, I pre-ordered 10 copies to share with family and friends. I knew from the gluten and soy recipes I had tried from the blog that the cookbook would be great. I was not disappointed!!!! Her recipes are easy to follow, no weird ingredients and delicious!!! She has packed it full of hints, tips and tricks to detox every area of your life. From personal care items to, furniture to, cleaning products and we can't forget food!!! There are charts, lists, and recipes to guide you thru the changes. Photos of the recipes are so beautiful and I can't wait to try every recipe. This is one cookbook you'll be referring to over and over again. I'm so sad that Amie had to experience all that she did. But I know that all the information she has shared in this book is going to help so many people heal their bodies. I'm so inspired by her strength!!!

This book is both inspiring, educational, and practical. I don't have a chronic illness, but I'm constantly bringing awareness to how I can improve my health, diet, and overall happiness, and Amie's stories and recipes hit a powerful chord. Not only is Amie's journey an incredible story of self-healing, but her insights and recipes are extremely delicious, accessible, and easy (plus, I like cookbooks with photos and this has beautiful photography). This book is great for anyone looking to make long lasting improvements to their (or their families') health. I highly recommend!

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