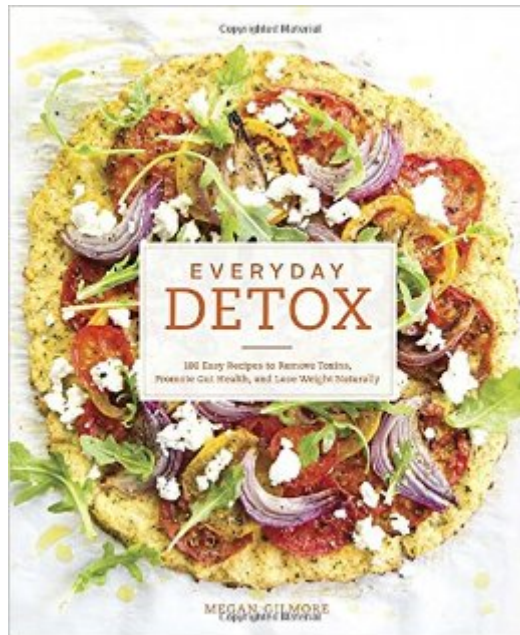


The book was found

Everyday Detox: 100 Easy Recipes To Remove Toxins, Promote Gut Health, And Lose Weight Naturally



Synopsis

A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day. Most diets and cleanses have all-or-nothing rules that encourage unhealthy cycles of intense restriction followed by inevitable bingeing. In this healthy guide to detoxing naturally, nutritionist and blogger Megan Gilmore shares 100 delicious, properly combined recipes that will leave you feeling satisfied and well nourished while promoting weight loss and improving digestion and sleep. Because the recipes were developed with digestion mechanics in mind, detoxers won't feel bloated or uncomfortable after eating. And crowd-pleasing recipes for every meal of the day such as Banana Coconut Muffins, Chocolate Chia Shake, Broccoli Cheese Soup, Mediterranean Chopped Salad, Skillet Fish Tacos, Cauliflower Flatbread Pizza, and Peppermint Fudge Bars are packed with all-natural, whole-foods ingredients designed to stave off feelings of deprivation. With helpful information on how to stock your detox-friendly kitchen plus a handy food-combining cheat sheet that demystifies this cutting-edge health principle, Everyday Detox makes it easy to start eating this way today.

Book Information

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Customer Reviews

TLDR: This is a cookbook, not a 'fad-detox-diet' book. Just buy it. You won't regret it. This is the cookbook I'm using most often these days. The recipes have all turned out well. Even though all of the recipes have me cooking from scratch, I like their simplicity because I don't have to buy tons of

ingredients or spend forever in the kitchen; however, the recipes still satisfy my foodie/gourmet palate.CONTEXT: I eat mostly vegetarian including dairy and eggs, I occasionally add salmon, cod, tuna, or halibut to my diet, and I also enjoy a fair amount of vegan meals. I am not gluten-free or paleo, but I try to keep refined carbs out of my diet, which ends up being about 75% of the time. I try to cook meals from scratch, although I like convenience products like 'vegetarian chicken' sometimes.COOKBOOK: I have a ton of cookbooks, but I keep gravitating towards this one because the recipes are about as easy as they can be, considering you are cooking from scratch. I like that I can make almost anything in the book after just picking up fresh veggies, because the same basic pantry items and spices are used throughout the book.Other reviews have told you details about the recipes and how great they are, so I'll try to focus on a few other things I've noticed...OTHER THINGS I'VE NOTICED:1. This cookbook has 100 recipes, and only 2 of them are 'non-vegetarian' (Maple Mustard Glazed Salmon, Skillet Fish Tacos w/citrus slaw)2. While some recipes are vegan, others call for eggs and dairy. However, dairy is used sparingly, and the author utilizes almond milk in many recipes.

I first became aware of the Everyday Detox blog, and hence the book, when reading another book by the Author Tara Styles; which referenced a super quick and easy raw fudge recipe. I tried the recipe, was hooked and ordered a copy of this book!The first thing I loved about this book is the neat compact size which makes it easy to read, reference and use. And as soon as you open the cover you are greeted by gorgeous pictures of some of the featured recipes. As another reviewer noted, this book does not feature an abundance of photos if that is what you look for in a cook book; but they do not exactly skimp on the photography either, and for me, I would honestly have a few extra recipes and they are certainly packed in this book!The book opens up with the authors story - and like many others who found their way to a whole foods lifestyle, she grew up on a diet abundant in convenience foods, fast food meals and processed foods, only to hit those college years "bloated, sluggish and stuck with a closet full of clothes that no longer fit" and taking to a calorie counting regime that is not fun and not the route to health. Gradually embarking on a whole foods meal plan , she felt better, both emotionally and physically, became certified in Clinical Nutrition and now shares her successes with us through both this book and website!The next chapter focuses on making a detox diet easy - and one should note, by detox we are not talking about living off green juice for 7 days, but eating a balanced diet of natural whole foods and ridding our bodies of refined junk that does nothing for us for the rest of our lives!

It's no secret that I'm a big fan of food. It's probably not a surprise then to learn that I don't quite eat as healthy as I should. I lean towards creamy, cheesy, carb loaded dishes probably 95% of the time and I kind of hate dieting and exercise. Not a great combination. While I do realize that getting healthy is a process - that there's no magic pill to make it all come together - Megan Gilmore's *Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally* does make it all seem a little more approachable and easy. The book is built on the Gilmore's concept of food groupings - fresh fruit; starches; animal protein; nuts, seeds and dried fruit; and non starchy vegetables - and that by grouping foods in this way and eating within one group for each meal you're basically doing your body a favor, making it easier to digest and process the foods to your benefit. There are six groups total, the ones I've mentioned above and a neutral group. Neutrals can be eaten with any meal. What I like about this book is the fact that it can be used as a starting off point: once you've got the categories down, you can start creating your own dishes and meals within Gilmore's guidelines. I also loved the fact that the recipes appealed to me - she uses cheese!!! - and that she includes menus as guides as well. So if you're craving Mexican, for example, she suggests pairing her Classic Guacamole, the Mexican Butternut Pilaf, and the Enchilada Stuffed Cabbage Rolls for a healthy Mexican fiesta. I appreciated that Gilmore included recipes for making a lot of base recipes like your own coconut milk, almond milk, and tahini.

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