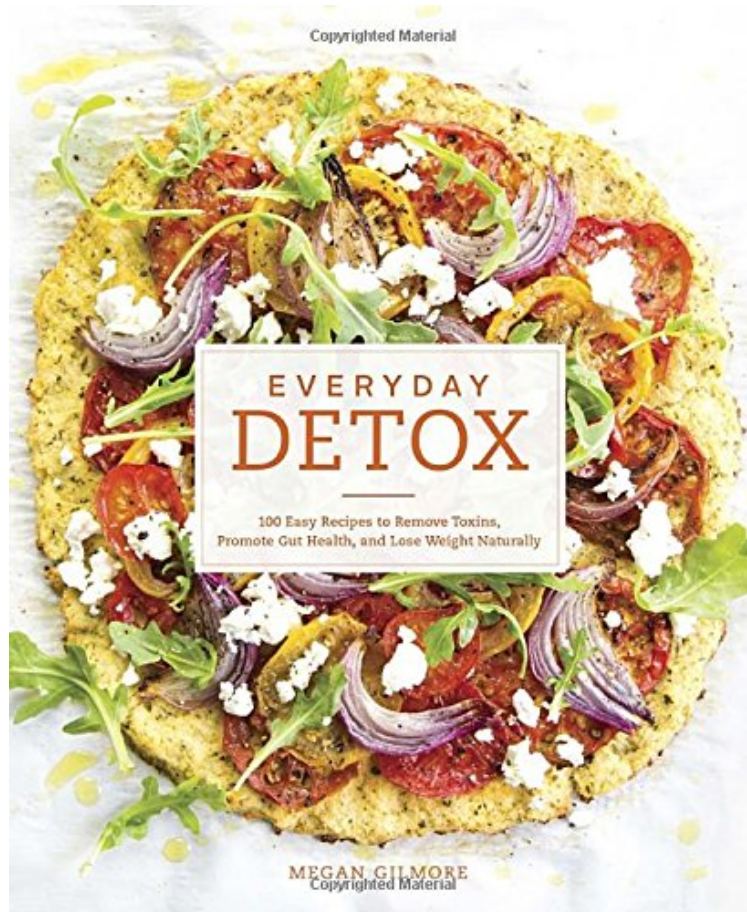


[Free download] Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally

Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally

Megan Gilmore

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Megan Gilmore : Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally before purchasing it in order to gauge whether or not it would be worth my time, and all praised Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally:

186 of 186 people found the following review helpful. Love this book- it fills a unique niche! By mollTLDR: 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. When the author does call for dairy products, she uses exclusively goat's milk dairy products because they are easier to digest - most of the time these could easily be replaced by cow's milk dairy products if you prefer. 3. *None* of her recipes use tofu or fake meat - I'm so used to seeing tofu in vegetarian cookbooks, that it's kind of nice to learn about other ways to add protein to a meal. 4. *None* of her recipes use convenience products as ingredients (unless you consider canned beans to be a convenience product). 5. Nuts (almonds, cashews, walnuts, pecans) are utilized in many of the recipes (e.g. cashews to make a Cesar dressing creamy). As previously mentioned, almond milk also shows up a lot. (I've been making my own almond milk and it is super easy and tastes amazing.) That said, the book may still be of interest to those with nut allergies, because there are enough recipes that are nut-free. 6. The recipes use mainly coconut oil and EVOO, and occasionally a small amount of butter. 7. The recipes use healthy sweeteners - dates and bananas when possible, pure maple syrup or honey when not. 8. The recipes are almost exclusively gluten-free - coconut flour, lettuce instead of bread, buckwheat, quinoa, zucchini pasta, rice pasta, etc. 9. The author has a blog called The Detoxinista which is very well done. 10. Many of the recipes in this book require a food processor, and many would benefit from a high-speed vs. regular blender. I'm finding that a food processor is pretty essential if you want to take cooking with whole food ingredients to the next level. Mine cost \$40 from Target and it does the job. I have both a food processor and a high-speed blender (Vitamix); this book helped me learn how to use these tools for a greater variety of recipes. 11. The book is set up around the dietary practice of 'proper food combining' for 'easier and quicker digestion' which leads to 'overall better health.' There are 4 food categories (Fresh Fruit, Nuts/Seeds/Dried Fruit, Starches, Animal Products) that should not be combined with each other in the same meal; however, each category can be combined with vegetables and other neutral items like oils and spices, and there are a few exceptions that can fit in multiple categories. In general, the author *has* really simplified this practice into something that pretty much everyone could do fairly easily if they wanted. You certainly don't have to follow these guidelines to enjoy the book and recipes. I definitely don't follow them strictly...it is mostly coincidental if I do... for example, I make one of the entrees in her book and enjoy it with a salad. However, I do notice that I feel relatively light and energetic after eating a meal from the book, so I think 'proper food combining' is a good concept in general, and at the least, it will have you eating more vegetables. SUMMARY: Awesome book! After getting overly gourmet/foodie about my daily meals, I was so excited to find this simple but delicious cookbook. For me it filled a niche that no other cookbook had before: 1. It uses minimal dairy without being vegan 2. It has gluten free recipes without using lots of 'replacement flours' 3. It has paleo friendly recipes without having tons of meat recipes that I won't use 4. It uses healthy sweeteners 5. It uses healthy fats 6. It is not trying to be a fad-diet book or a detox program with lots of rules 7. It is foodie friendly but the recipes are easy and simple 155 of 164 people found the following review helpful. Highly Recommended!!! By NCHF By far the best cookbook I have purchased in a long, long time. It is so informational, and the recipes are beyond delicious and SIMPLE! I am a working mom of a 2 and 5 year old therefore I seek out the most straight forward recipes that are nutritious as well. I just received this book and can plan a whole week with it. So far, I have made the Chinese cabbage salad and it is out of this world! As are the smoothies and dressings. Never again will I buy another bottled salad dressing - no matter how "clean and healthy" it claims to be. Cauliflower fried rice was also on the menu several nights this week - even my 5 year old loved it! Overall, the cookbook is so versatile and works with all different lifestyles - the recipes can each be tailored to be vegan, vegetarian, omnivore, etc. Best of all, the ingredients aren't obscure. You most likely already have them, or they are easy to find at your local grocery store. I cannot recommend this book enough - this is now my go-to gift as well! 128 of 136 people found the following review helpful. Great book, packed with ideas that are simple, easy to prepare and making healthy eating a breeze! By Zen*Yogi*GirI 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! There is a guide to better digestion, food groups - this is something I will generally not follow as I personally love for example, my yogurt with nuts and fruit, or Quinoa with avocado, but if you have digestion issues this might be a good guide for you and maybe a resolution to your issues. There is a jump start guide, easy prep tips and a day meal plan, made easy with the inclusion of a shopping list! We then go into a guide to stocking your kitchen in a detox friendly way, which I loved; (and nothing is too weird, unheard of or expensive, so the regular grocery store should suffice) and a guide to tools that might be useful to have on hand! There are the recipes: 10 recipes for liquid nourishment which includes shakes smoothies and juices (some do require a juicer) and I must admit the strawberry basil blast is a favorite - I made it up right away as I had both avocados and dates that needed to be used. There are 10 breakfast ideas from on the go snack bars ; chia pudding and a healthier eggs Benedict . Salads sides and dressings has everything from your basic Greek salad, to salt and vinegar Brussels s sprouts and dips such as hummus and Spinach artichoke. There is a section of soups, sandwiches and wraps, where some favorites such as fish tacos and Broccoli Cheese soups are lightened up; casseroles and comfort food (cannot speak to that, as I currently have 90 degree temperatures where I live and this will not appeal to me for many months) . There are various sweet treats such as the aforementioned Freezer fudge, the banana soft serve which my kids love - I always have banana's around that get too ripe, too fast and they enjoy 'ice cream' which is simply a healthy banana and maybe an ad in such as cacao powder! The raw cheese cake is thankfully not as sweet as most I have tried which typically rely on an abundance of dates, this one has a nut base. Then I love the back to basics which ends the recipes with simple things such as baked spaghetti squash, making almond flour, cauliflower rice, nut based milks, nut butter and walnut parmesan! The book ends with menus that one can use when entertaining, such as a burger themed night, or Asian Fusion, brunch ideas or cold winter night ideas! It's a great idea that pulls many dishes together! The great thing about this book is that it is simple - nothing too complex both in terms of ingredients or preparation so it makes the whole idea of a detox menu easy and appealing; but the ideas are often new, fresh and above all tasty. This is a book you can take to the grocery store, fill up your cart and have ideas for the whole family , for each night of the week that are healthy, do not break the bank and above all, even the most time pressed of us can accomplish! This is a great book that I can see myself referring to quite often!

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.

“Our bodies detox best with real food eaten abundantly every day. Forget the stop-start fasting, cleanses, and deprivation. They don't work! Megan's food and wellness approach is totally doable and entirely enticing. I've been drawn to her recipes for years; they're always the most practical, yet pretty, versions of an everyday meal—and can often be prepared in two steps or less.” --Sarah Wilson, New York Times bestselling author of *I Quit Sugar* “Megan understands that a healthy diet is a journey--not a quick fix. I love that *Everyday Detox* focuses on naturally detoxifying whole foods as well as simple daily changes that anyone can make, no deprivation or crash diets necessary!” --Angela Liddon, New York Times bestselling author of *The Oh She Glows Cookbook* “I love Megan's flexible approach to detoxing. Her simple, practical strategies are easy enough to implement every day, and her mouthwatering, comfort-food recipes will make you healthy without realizing it because you're having so much fun!” --Tess Masters, author of *The Blender Girl* and *The Blender Girl Smoothies* app About the Author MEGAN GILMORE is the creator and recipe developer behind *Detoxinista.com*, a website that makes healthy living easier and more accessible. Though she wasn't raised as a healthy eater, Megan credits her former junk food habits—and a penchant for baking—in helping her re-create healthy favorites using whole-foods ingredients, without sacrificing taste or texture. Megan is a certified nutritionist consultant and health coach, and her recipes have been featured in *The Guardian* as well as *Shape* and *Clean Eating* magazines. She lives in Los Angeles, California, with her husband and son. Excerpt. © Reprinted by permission. All rights reserved. Banana Nut Protein Shake All of the flavors you love in a

banana nut muffin are served up in this cold and creamy smoothie. Hemp hearts are the tender center of the hemp seed, featuring all of the essential amino acids necessary for building protein in the body. Unlike flax seeds, which you need to grind ahead of time to benefit from their full nutritional profile, hemp hearts can be enjoyed directly from the bag over a salad or blended seamlessly into a smoothie. Paired with frozen banana, raw walnuts, and a couple of handfuls of fresh spinach (don't worry, you can't taste it!), you can count on this delicious shake to leave you feeling full and satisfied all morning long. 1 cup Homemade Almond Milk (page 178) 2 tablespoons hemp hearts Small handful of raw walnuts (about ¼ cup) 2 handfuls fresh baby spinach leaves 1 frozen banana ½ teaspoon ground cinnamon ½ teaspoon vanilla extract (optional) 1 handful ice cubes (optional) Combine all of the ingredients in a high-speed blender and blend until completely smooth. Pour into a glass and serve immediately. NOTE: The addition of vanilla extract can make a smoothie taste truly gourmet, but unless otherwise labeled, it does contain a small amount of alcohol. Alcohol-free vanilla flavor is also widely available and can be used interchangeably in any recipe, if you prefer.