



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

By Editors of Martha Stewart Living

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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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Editorial Review

About the Author

For more than twenty years, the food editors and chefs in the kitchens of *MARTHA STEWART LIVING* have been producing bestselling cookbooks, including *Meatless*, *Everyday Food: Light, Power Foods*, and *Martha Stewart's Cooking School*.

MARTHA STEWART is America's most trusted lifestyle expert and teacher and the author of more than eighty books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.

Users Review

From reader reviews:

Curtis Tyson:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a walk, shopping, or went to often the Mall. How about open or perhaps read a book called Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best? Maybe it is for being best activity for you. You recognize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with the opinion or you have other opinion?

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Philip Cooper:

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