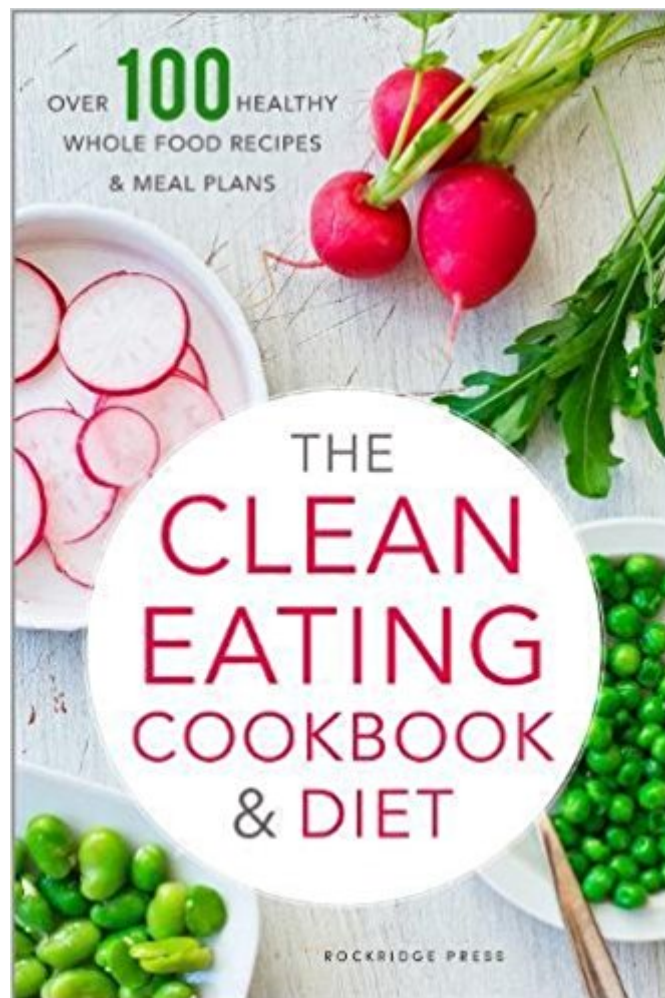




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# Clean Eating Cookbook & Diet: Over 100 Healthy Whole Food Recipes & Meal Plans



## Synopsis

**#1 BESTSELLER** Eliminate Fad Diets and Embrace the Sustainable Clean Eating Lifestyle

Clean Eating is a positive lifestyle change that works. The Clean Eating Cookbook & Diet will change the relationship you have with food. Unlike a standard diet that you follow to reach a short-term goal, Clean Eating is a common sense strategy to achieve permanent and lasting good health, without depriving yourself of flavorful food, or feeling guilty after every meal. With a Clean Eating plan, you will understand which foods will be the best fuel your own body, and learn how the right kinds of food will allow you to feel more energetic than ever before.

The Clean Eating plan does not require you to eliminate whole food groups or starve yourself. Clean Eating is about a lifetime of enjoying natural, unprocessed foods that taste good and nourish you, paving the way to a stronger, fitter body and mind.

The Clean Eating Cookbook & Diet offers a sustainable path to a clean diet, with: 105 delicious and easy Clean Eating recipes for every meal  
The essential dos and don'ts of the Clean Eating plan  
Tips on stocking your kitchen, clean cooking, and transitioning to a Clean Eating diet  
A 14-Day Clean Eating Meal Plan and shopping list  
Clean Eating food lists, with a season-by-season outline of what to eat and when, what foods to avoid, and "super foods" to embrace

The Clean Eating Cookbook & Diet provides the essential tools to help you start Clean Eating, and achieve weight loss and sustain a more healthful lifestyle.

## Book Information

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## Customer Reviews

"The book is wonderful and has smashingly simple text so you can understand what you are reading without the double check. It lists foods that are splendid for your body in keeping your skin

looking great & your body/mind feeling good."-Â Thomas Benjamin Cooper,  
thomasbenjamincooper.com

I like the simplicity of the recipes, which are great for a beginner. The problem is that this is the most poorly edited book I have ever seen. I have tried 2 recipes so far, and both have had errors. The Cherry Preserves recipe lists vanilla in the ingredient list, but nowhere in the directions does it tell you where to add it! In the Pickled Green Beans recipe, there is no sugar listed in the ingredient list, but in the directions, it reads to boil the vinegar and water until the salt and sugar dissolve. Should I have added sugar or not? I saw another reviewer who mentioned this problem, but ordered the book anyway because overall, the reviews were so great. When you are a beginner, the last thing you want is to find an error once you have started cooking. I had to consult other recipes online just to decide what to do next.

I was really interested in finding out about this new "clean eating" thing I have been hearing so much about. I am so excited about this cookbook; it is a complete A to Z breakdown of what it means to eat clean and also gives you over 100 recipes. In addition it includes a list of the recommended kitchen gadgets and appliances that you might want to buy over time. Since this is actually a lifestyle change and not really a "diet" (which most people associate with a short term way of eating) so the things they suggest will really make life a lot easier. The recipes are varied, interesting and fresh! My mouth was watering half the time I was reading the book. I would definitely encourage anyone who is sick of processed foods and concerned with their health to read this book. It's a perfect place to start!

The Clean Eating Cookbook is a concise guide on nutrition. I felt like I was taking nutrition 101. I was shocked by the information given before you even get to the recipes. You learn what carbohydrates are and their purpose. You learn why protein is essential, particularly lean proteins. They also debunk the myths surrounding fats (the good fats anyway) and the importance of them in your diet. There are no restrictions in this "diet" which encourages you to eliminate processed foods and look to eat foods in their most natural state. It's not a new idea in particular, but the information is not common knowledge. With all the preliminary dietary information, you get a plethora of recipes, food breakdowns, and how to eat foods seasonally. I feel it's a great find, and I'm already experiencing more energy with eating whole and healthy foods.

I'm just beginning my canning journey after harvesting too many early spring vegetables from our garden and feeling overwhelmed about the summer harvest. This book was clear and concise with tons of helpful hints and nice recipes. Between this book and google, I am set. Made 14 jars of water bath pickles and purchased my first pressure canner, following advice from this book. I really feel it is a great tool for the wannabe canning genius!

I like this book it was very helpful. I learned some new things like how to pick produce. I use to just check for ripeness. But now I check for cuts and holes also. The book was easy to read. It gave helpful tips for beginners. I was actually going to get the stuff for canning from a flea market. But the book said that I shouldn't since I wouldn't know if something was broken. That it would be better for me to buy a new one. They said to start out with an less expensive one. Just to make sure I like to can. I also learned that certain tomatoes might not be acidic enough for just a water bath. In the book there is a chart you can use to show what foods can be used for each method. The methods are the water bath and pressure canning. It gives you nice tips like that. Like what to avoid and what is ok.

"Can Do" for Beginner Canners and Preservers After reading Canning & Preserving for Beginners The Essential Canning Recipes & Canning Supplies Guide from cover to cover, I can say I was happily conditioned into knowing the essentials about this process. Having not known a thing about "canning" before beginning to read, I thought I was going to be putting food into cans. But what's in a name? It was clear from the start that the food was going to be processed in jars. My interest was piqued at the outset, and I found the book to be extremely informative, and it also gave a good background as to how and why this practice had developed. Not only is it economical monetarily, it is also saves time in the long run. It is a good common sense approach to this method of preserving food. It introduces the two different techniques of preservation: the water bath method, and the pressure canning method. So the book is divided into two sections, each devoted to one of these processes. Everything described in this practical guide is clear and thorough; nothing is left to chance. I was greatly impressed with how adequately the issue of safety was addressed here. I liked the recipe choices throughout, finding them very appealing. The pickling chapter also included a refrigerator Kosher Dill Pickle recipe, and a Sweet Refrigerator Pickled Onion Ring recipe, so neither canning process was required for those. Making a gift of Watermelon Rind Pickles was suggested, and that seemed a good idea indeed! I found it intriguing that with watermelon cantaloupe and honeydew, all seasonal foods, nothing has to go to waste when the rinds get used

for pickling. It must be pointed out that the directions are crystal, and since each recipe repeats the same basic procedure no step is ever left out. I noted in the pressure canning section, the largest number of recipes was included in the Prepared Food & Meal Starters chapter. It presented an appetizing array of recipes from sauces, gravies, and soups to scrumptious fruit fillings. Supply lists and altitude charts, which factor big time into the canning process, were justly included. Some exquisite pictures of food items were a lovely addition, and the only drawback was that there weren't enough of them. For anyone interested in canning and preserving, or even for someone who is curious about the whole endeavor, this is a must read. Teresa Grazia-Dei August 15, 2013

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