



 [Get Print Book](#)

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

*By Editors of Martha Stewart Living*



[Download](#)



[Read Online](#)

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best** By Editors of Martha Stewart Living

**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

 [Download Clean Slate: A Cookbook and Guide: Reset Your Heal ...pdf](#)

 [Read Online Clean Slate: A Cookbook and Guide: Reset Your He ...pdf](#)

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

*By Editors of Martha Stewart Living*

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best** By Editors of Martha Stewart Living

**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

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living Bibliography**

- Sales Rank: #9753 in Books
- Brand: imusti
- Published on: 2014-12-16
- Released on: 2014-12-16
- Original language: English
- Number of items: 1
- Dimensions: 9.14" h x 1.06" w x 7.45" l, .81 pounds
- Binding: Paperback
- 336 pages

 [Download Clean Slate: A Cookbook and Guide: Reset Your Heal ...pdf](#)

 [Read Online Clean Slate: A Cookbook and Guide: Reset Your He ...pdf](#)

## **Download and Read Free Online Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living**

---

### **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:**

##### **Efrain Floyd:**

What do you in relation to book? It is not important to you? Or just adding material if you want something to explain what the one you have problem? How about your free time? Or are you busy individual? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have time? What did you do? Everyone has many questions above. They should answer that question because just their can do which. It said that about e-book. Book is familiar in each person. Yes, it is appropriate. Because start from on jardín de infancia until university need that Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best to read.

##### **Guillermo Behler:**

People live in this new day of lifestyle always aim to and must have the free time or they will get lots of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely without a doubt. People is human not really a robot. Then we consult again, what kind of activity have you got when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative inside spending your spare time, the particular book you have read is usually Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best.

##### **Emmaline Jett:**

Reading can called mind hangout, why? Because when you are reading a book specifically book entitled Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best your thoughts will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can become your mind friends. Imaging just about every word written in a reserve then become one contact form conclusion and explanation that maybe you never get ahead of. The Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best giving you an additional experience more than blown away your thoughts but also giving you useful information for your better life in this era.

So now let us explain to you the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary spending spare time activity?

**Michael Becker:**

It is possible to spend your free time to read this book this reserve. This Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best is simple to deliver you can read it in the park your car, in the beach, train as well as soon. If you did not possess much space to bring typically the printed book, you can buy the particular e-book. It is make you much easier to read it. You can save the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

**Download and Read Online Clean Slate: A Cookbook and Guide:  
Reset Your Health, Detox Your Body, and Feel Your Best By  
Editors of Martha Stewart Living #0LMKNZ7UDJA**

# **Read Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living for online ebook**

Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living books to read online.

## **Online Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living ebook PDF download**

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living Doc**

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living Mobipocket**

**Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best By Editors of Martha Stewart Living EPub**