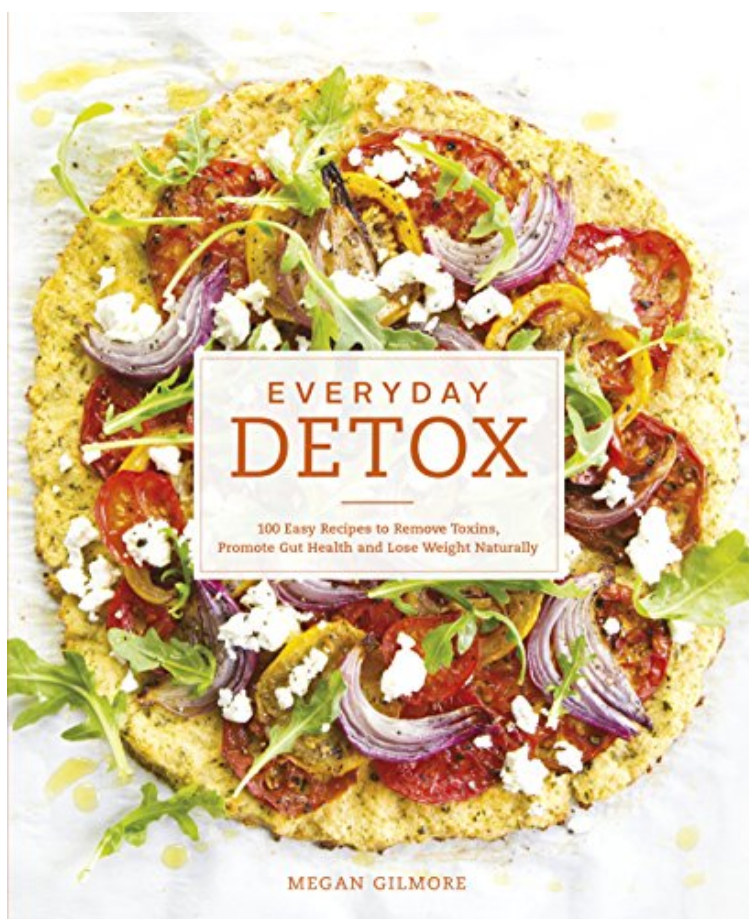


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Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health and Lose Weight Naturally



Par Megan Gilmore
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Description :

Prsentation de l'diteurThis no-nonsense approach to healthy detoxing by certified holistic health coach and blogger Megan Gilmore offers 100 delicious and properly combined recipes for breakfast, lunch and dinner, including smoothies, snacks and desserts to help you lose weight and feel great. Each recipe is gluten- and sugar-free and include vegan, vegetarian and grain-free alternatives. Whilst most diets and detoxes require all-or-nothing approaches which encourage unhealthy cycles of restriction followed by bingeing, Everyday Detox takes a realistic, sensible approach to healthy eating and weight loss. The simple, delicious recipes, such as Coconut Banana Muffins, Cauliflower Fried Rice, Baked Spaghetti and Double Chocolate Brownies, will help you to discover the benefits of using all-natural, wholefood ingredients that not only promote good health but stave off feelings of hunger and deprivation. And since each recipe has been designed to promote good gut health while gently removing toxins, you won't feel bloated or uncomfortable after eating. Packed

with invaluable advice on how to stock a detox-friendly kitchen, and a handy food combination cheat sheet to help you to enjoy the benefits and the results of Everyday Detox without delay, this is an essential no-fuss approach to looking and feeling great!

Extrait 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 1/4 cup)
2 handfuls fresh baby spinach leaves
1 frozen banana
teaspoon ground cinnamon
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.

Revue de presse "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 wholefoods as well as simple daily changes that anyone can make, no deprivation or crash diets necessary!" (Angela Liddon, NYT 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 App*)