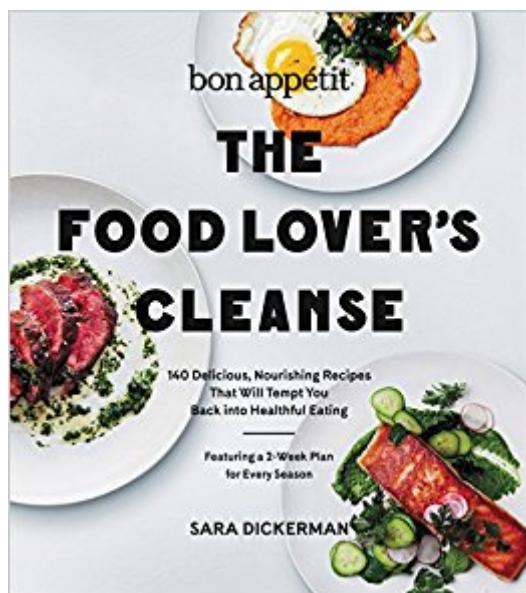


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Bon Appetit: The Food Lover's Cleanse: 140 Delicious, Nourishing Recipes That Will Tempt You Back Into Healthful Eating



Synopsis

Reboot your eating habits with Bon Appétit™'s wildly popular online plan, now expanded for the whole year with four two-week seasonal plans and 140 recipes. With a foreword by Adam Rapoport. What began as an interactive post-holiday plan that puts an emphasis on home cooking and whole foods, the Bon Appétit cleanse has now been expanded for the entire year. Inside you'll find four different two-week cleanse plans, one for each season, and 140 fabulous recipes that use fresh, flavorful, unprocessed ingredients. High in fruits, vegetables, and whole grains—“with no refined flours, very limited dairy and saturated fats, little to no alcohol or coffee (and a small serving of dark chocolate!)—the program emphasizes eating mindfully, controlling portion size, and curbing grazing impulses. Empty calories are replaced with filling protein- or fiber-rich snacks. Following the principle that delicious home-cooked meals are the best way to develop long-lasting healthy eating habits, the tasty recipes in *The Bon Appétit Food Lover's™ Cleanse*—most exclusive to the book—can be enjoyed throughout the year using a variety of seasonal ingredients. The food is enticing enough to convince you to give up everyday staples like white pasta, bread, and processed meats. With the Bon Appétit program, you'll discover bold and rich fare such as Warm Brussels Sprout Slaw with Mustard Seeds and Walnuts (winter); Lemongrass Shrimp with Mushrooms (spring); Zucchini Tacos with Cabbage and Queso Fresco (summer); and Oven-Roasted Chicken with Grapes (fall). Designed to encourage good lifelong eating practices, *The Bon Appétit Food Lover's™ Cleanse* is essential for healthy, appetizing, and satisfying food you can feel good about every day of the year.

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Customer Reviews

â œFood writer Dickerman has worked with registered dietician Marissa Lippert to create an annual cleanse for Bon AppÃ©titâ |Throughout the book, Dickerman preaches moderation and small, meaningful changesâ |Dickermanâ ™s approachable guide to whole foods-centric, occasionally meatless healthy eating can help readers curb their postholiday guilt and adopt sustainable life changes.â • (Library Journal)â œAs exciting as unwrapping a holiday presentâ |this one thrilled me to no end. The photographs are mouthwatering and capture the essence of beautiful, whole foods. Thumbing through the book made me crave nutritious dishes like Roasted Cauliflower with Thyme and Olivesâ |and Braised Chicken with Squash and Prunes.â • (Dayton Daily News)â œDonâ ™t punish yourself with bland foods. Instead, page through Bon AppÃ©titâ ™s beautiful and, yes, nutritious new book, filled with 140 recipes for cleansing more deliciously.â • (Tasting Table)

Savor the seasons! The Food Lover's Cleanse will help you reboot your eating habits with wholesome food that family and friends will enjoy, too. These 140 recipes show you how to coax maximum flavor from fresh produce, fiber-rich grains, and healthy proteins, with four comprehensive 2-week eating plans that will keep you feeling your best any time of year. You won't even miss pasta! Vibrant condiments take meals from simple to special. Little twists make seasonal produce feel indulgent.

I appreciate the motivation for Bon Appetit's Food Lover's Cleanse (FLC), for the exact reasons the author mentions in the introduction: most cleanses are so restrictive that you're likely to rebound after the cleanse by overeating what you had been depriving yourself of during the cleanse. The premise behind FLC is you follow the cleanse for two weeks when you feel like you need it, and during the cleanse you'll learn things about your eating habits and how to cook healthy, flavorful food that will carry over to your normal eating routine. The cookbook is split up by seasons, beginning with spring. Under each season, recipes are offered for breakfast and dinner plus a series of loose suggestions for lunch and dessert. Every recipe is accompanied by a well-styled photo of the finished dish. Each recipe section is followed by a two-week menu and shopping list. If you are vegetarian, avoiding a particular ingredient, cannot find it in your local supermarket, or just don't like it - there's a section in the introduction on making substitutions. Actually, if you are a vegetarian, there are quite a few meatless dishes included in the cookbook. I am a little torn on how to rate this cookbook. On the positive side, the recipes are quite simple, well-written and easy to follow. They feature seasonal produce and ingredients that should be easy to find in most areas of the country.

The time-commitment to almost every dish is under an hour (there are a few exceptions, and these long-timescale recipes don't require much active time). On the otherhand, these recipes are quite simple and the flavor combinations here are pretty standard. There's nothing necessarily mind-blowing about making your breakfast porridge with buckwheat instead of oats nor about braised chicken with fennel and lemon. Also, with a little digging, I can find quite a few of these recipes online on Bon Appetit's site. If you're new to the idea of healthful eating, this is a great place to start. But if you've been following any chefs, bloggers, cookbooks, or the FLC program itself, you may find these recipes too simple/already in your library. Ultimately, I feel like this cookbook is perfect for weeknights and getting dinner on the table quickly without too much effort. It's also great at communicating the idea that you can quickly prepare a healthy breakfast and pack a nice lunch. Since isn't showing a "Look Inside" preview yet, the recipes included are listed below.

Spring

- Breakfast~Toasted Rye and Coconut Muesli with Apricots
- Multigrain Hot Cereal with Cherries and Almonds
- Greek Yogurt with Strawberries, Pistachios, Poppy & Sesame Seeds
- Fried Egg with Spinach, Toasted Garlic, and Piquillo Pepper Romesco
- Steel-cut Oats with Rhubarb Applesauce and Hazelnuts
- Dinner~Charmoula-rubbed Mahi-Mahi
- Roasted Asparagus with Shallots, Thyme, and Almonds
- Sake-steamed Clams with Soba Noodles
- Green Peas and Edamame
- Port Ragout with Morels and Celery Root
- Buckwheat Polenta
- Piquillo Romesco Sauce
- Pan-roasted Chicken with Sautéed Pea Shoots and Piquillo Pepper Romesco
- Steam-sautéed Sesame Broccoli
- Lamb Leg with Greenest Tahini and Sautéed Swiss Chard
- Millet Tabbouleh
- Salmon with the Greenest Tahini Sauce, Shaved Radishes, and Cucumbers
- Greenest Tahini Sauce
- Black Rice with Coconut
- Tofu, Mustard Greens, and Shiitake Mushroom Stir Fry
- Savoy Cabbage with Dill and Pistachios
- Chicken in a Pot with Carrots, Turnips, and Barley
- Lentils with Caramelized Fennel
- Spring Ragout of Artichokes, Asparagus, and Preserved Lemon
- Hanger Steak with Orange-Oregano Chimichurri
- Halibut Poached with Scallions and Miso
- Spring Frittata with Asparagus, Leeks, and Dill
- Tomato Farotto with Sardines
- Lemongrass Shrimp with Mushrooms
- Summer---Breakfast~Greek Yogurt with Apricots and Toasted Seeds
- Scrambled Eggs with Cherry Tomatoes
- Raspberry-Coconut Muesli
- Blackberry-Buttermilk Batido
- Fried Egg with Spicy Beans, Shaved Zucchini, and Tortilla
- Dinner~Black Rice Salad with Corn, Tomatoes, and Spinach
- Mixed Bean Salad with Cilantro and Pepitas
- Veal Cutlets with Sage-Caper Relish
- Quinoa Salad with Broccoli and Pistachios
- Kale with Black-Eyed Peas and Tuna
- Mussels with Harissa, Chard, and Chickpeas
- Rosemary Socca (garbanzo bean flatbread)
- Chipotle Mayonnaise
- Zucchini Tacos with Cabbage and Queso Fresco
- Slow-baked Salmon with Fennel
- Smoky Grilled Flank Steak
- Orange-braised Carrots and Beets
- Grilled Swordfish with Charred Tomatillo Salsa
- Tomato Salad with Buttermilk Dressing
- Grilled

Albacore with Tomato-Herb SaladPistou Salad with EggsLamb with Roasted Figs and Lima Bean PestoHoneydew, Cucumber, and Avocado SoupRed Poblano RiceChicken Thighs with Chipotle MayoRoasted Eggplant and Green Peppers with Nuoc ChamBuckwheat Noodles with Zucchini and Golden FlowersGarlicky Grilled Shrimp with Grilled Nectarines and Green TomatoesCellophane Noodle Salad with Tofu, Edamame, and Crispy ShallotsPork Skewers with Thyme and Smoked PaprikaFall---Breakfast~Toasted Spiced Muesli with Pecans and FlaxseedsMorning Bulgur with Dried Apricots and PistachiosMango-Almond Lassi with CardamomCreamy Maple Buckwheat with Apples and WalnutsFried Egg with Tangy Tomato Relish and Sauteed SproutsDinner~Roasted Pork Tenderloin with Apple and Mushroom SauteOven-Roasted Tofu and Romanesco with Ginger-Scallion SauceOven-Roasted Chicken with GrapesHanger Steak with Tangy Tomato RelishBrown Basmati Rice with Sour Cherries and AlmondsChickpea and Eggplant Curry with Mint ChutneyPan-Seared Black CodGreen Lentils with ThymeBuffalo Patties with Tangy Tomato Relish, Avocado, and Butter LettuceCurried Mussels with LeeksRed Quinoa with Roasted Figs and WalnutsClams with White Beans and GremolataMarinated PeppersBlack-eyed Peas with Roasted Tomatoes and ChivesOven-crisped Parsnips with KaleStuffed Poblano Chilies with Red Rice, Delicata Squash, and Queso FrescoSalmon with Cucumber-Yogurt Sauce and Carrot SaladYogurt Chicken with Ginger-Coriander ChutneyCranberry Bean Ragout with Chanterelles and SageSaucy Braised Chicken Thighs with Fennel and LemonWinter---Breakfast~Coconut Oatmeal with Cacao Nibs and DatesScrambled Eggs with Smoked Salmon, Chives, and Rye CrackerSpiced Pumpkin Steel-cut Oats with PecansApples and Pomegranate with Yogurt and Toasted QuinoaTwo-egg Omelet with Walnut PestoDinner~Tunisian-style Poached Eggs in Red Pepper SauceBarley Pilaf with Spinach and Pine NutsAcorn Squash Puree with Chili OilMiso Flank Steak with Shiitake-Mustard Green EscabechePan-Roasted Salmon with Grapefruit-Cabbage SlawRefried Black BeansKale Sauteed with Onions, Leeks, and TurmericCurried Pork with Garnet Yams and Green BeansTahini-Broiled Rockfish with Brussels Sprout SlawBraised Carrots with Za'atarOven-roasted Chicken with Radicchio and Walnut-Parsley PestoMackerel with Lemon and Walnut-Parsley PestoVegetable Pot-au-FeuSpicy Smoked ChickpeasRoasted Cauliflower with Thyme and OlivesBulgur with Parsley and ChivesMoroccan Lamb Shanks with PomegranateRoot Vegetable MinestroneSwiss Chard and Poblano Tacos with Avocado CremaBraised Chicken with Squash and PrunesSea Scallops with Celery Root and Meyer Lemon Salad

I really love this book, and use it all the time. My husband and I first tried the "cleanse" when it appeared in Bon Appetite magazine, we loved it (most delicious 10 lbs I ever lost!) so when it came

out in book form I raced to buy it. The recipes are easy and most are delicious; it definitely expanded our diet and culinary skills and boosted our health. It's not a weight loss diet, but I've lost weight each time I've done the two week program. However, the only reason I can't give it 5 stars is the book itself-- it began to fall apart the first time I used it, and now consists of a cover and a lot of single pages and clumps of pages-- the quality of the binding is TERRIBLE. At first I tried to tape the pages back in, but that is a losing battle. I love cookbooks, and have many which I have used over and over for decades, and I have NEVER seen a cookbook fall apart like this. Really quite amazing. I'm thinking of buying a new copy, with the hope that maybe they've fixed it by now, but will feel pretty stupid if the same thing happens again.

I have really enjoyed this cook book. I bought it mid winter and started with the winter cleanse. There are some recipes I really love, and some that are just okay. My favorite part about this is that it introduces you to new ingredients. I tend to get stuck in the olive oil, salt and pepper seasoning, so getting a chance to use new spices in unexpected ways is really great. I also haven't had a ton of experience cooking with things like bulgur, barley and quinoa, so adding these into recipes for a healthier substitute is really great. To warn you, all of the ingredients for 2 weeks are pretty expensive. For winter, I bought all of the pantry items and the first week's food list, and I spent probably \$500. I even went to a bulk foods store, so the spices and herbs weren't as expensive as buying them at Safeway. I also, unfortunately, do not have a whole foods or market of choice, etc. in my small coastal town, so I wasn't able to get a few of the less well known ingredients. I'm sure you can order them if you want to, and she does give quite a few alternatives that are easier to find. I work full time and the only issue I had was with the meal prep time. Spending an hour cooking dinner is okay with me, but I usually don't have enough time to put that amount into breakfast and lunch too. The portions are also sometimes small (because it's a cleanse), so I didn't always have the leftovers the next lunches called for. In the end, I used this as a fun way to practice cooking with some new ingredients and to make new dishes. I ended up eating my own breakfasts and lunches throughout the week when I didn't have the time to prepare the set meals. So, it wasn't so much as a cleanse for me. It was a fun cooking lesson. Because of the amount of time and energy it took, I only got through the first week of winter. But it is a great book and I plan to use it throughout the rest of the seasons to see which recipes are my favorite. It was an added bonus to get the shopping done to fill my dry pantry!

This book was a wonderful inspiration for me. I love to cook and wanted to refresh my methods. I've

made over 20 of its recipes and expanded many perceptions I had about what I could do. I've used this book a good deal and have only one complaint about it which I seriously hope can make for some improvements. It is very weakly bound. I have not owned this book a year and already the glue which hold the groups of pages together into one book has totally let go. I have not done anything strange with this book such as left it in the sun or dropped it, nothing other than leaving it open while I was studying it and making meal plans. I'm at a point now where I have to order a second copy and that bothers me. Hence, this review. For such a great book that one wants to study and work with long-term, it needs better binding that will last longer.

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