



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

By Sara Dickerman

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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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Editorial Review

Review

“Food writer Dickerman has worked with registered dietician Marissa Lippert to create an annual cleanse for Bon Appétit...Throughout the book, Dickerman preaches moderation and small, meaningful changes...Dickerman’s approachable guide to whole foods-centric, occasionally meatless healthy eating can help readers curb their postholiday guilt and adopt sustainable life changes.” (Library Journal)

“As exciting as unwrapping a holiday present...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 Olives...and Braised Chicken with Squash and Prunes.” (Dayton Daily News)

“Don’t punish yourself with bland foods. Instead, page through *Bon Appétit*’s beautiful and, yes, nutritious new book, filled with 140 recipes for cleansing more deliciously.” (Tasting Table)

From the Back Cover

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.

About the Author

Sara Dickerman cooked in restaurants for many years as she was developing as a food writer. She has contributed food and travel writing to *Bon Appétit*, *Saveur*, the *New York Times*, *Food & Wine*, *Seattle* magazine, *Sunset*, and *Slate*, for which she won a James Beard Award. She lives in Seattle with her husband and two young children.

Users Review

From reader reviews:

Marjorie Brown:

In this 21st millennium, people become competitive in each and every way. By being competitive right now, people have do something to make these individuals survives, being in the middle of the crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive raise then having chance to remain than other

is high. For yourself who want to start reading some sort of book, we give you this specific Bon Appetit: The Food Lover's Cleanse: 140 Delicious, Nourishing Recipes That Will Tempt You Back into Healthful Eating book as beginning and daily reading reserve. Why, because this book is more than just a book.

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This book untitled Bon Appetit: The Food Lover's Cleanse: 140 Delicious, Nourishing Recipes That Will Tempt You Back into Healthful Eating to be one of several books this best seller in this year, here is because when you read this reserve you can get a lot of benefit into it. You will easily to buy this specific book in the book retail store or you can order it by using online. The publisher of the book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this reserve from your list.

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