



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

By Megan Gilmore

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

**A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day.**

Most diets and cleanses have all-or-nothing rules that encourage unhealthy cycles of intense restriction followed by inevitable bingeing. In this healthy guide to detoxing naturally, nutritionist and blogger Megan Gilmore shares 100 delicious, properly combined recipes that will leave you feeling satisfied and well nourished while promoting weight loss and improving digestion and sleep.

Because the recipes were developed with digestion mechanics in mind, detoxers won't feel bloated or uncomfortable after eating. And crowd-pleasing recipes for every meal of the day—such as Banana Coconut Muffins, Chocolate Chia Shake, Broccoli Cheese Soup, Mediterranean Chopped Salad, Skillet Fish Tacos, Cauliflower Flatbread Pizza, and Peppermint Fudge Bars—are packed with all-natural, whole-foods ingredients designed to stave off feelings of deprivation. With helpful information on how to stock your detox-friendly kitchen plus a handy food-combining cheat sheet that demystifies this cutting-edge health principle, *Everyday Detox* makes it easy to start eating this way today.

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### Editorial Review

#### Review

“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 whole foods as well as simple daily changes that anyone can make, no deprivation or crash diets necessary!”

--Angela Liddon, *New York Times* 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 Girl Smoothies* app

#### About the Author

**MEGAN GILMORE** is the creator and recipe developer behind Detoxinista.com, a website that makes healthy living easier and more accessible. Though she wasn’t raised as a healthy eater, Megan credits her former junk food habits—and a penchant for baking—in helping her re-create healthy favorites using whole-foods ingredients, without sacrificing taste or texture. Megan is a certified nutritionist consultant and health coach, and her recipes have been featured in *The Guardian* as well as *Shape* and *Clean Eating* magazines. She lives in Los Angeles, California, with her husband and son.

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#### 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 ¼ cup)  
2 handfuls fresh baby spinach leaves  
1 frozen banana  
½ teaspoon ground cinnamon  
½ 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.*

## **Users Review**

### **From reader reviews:**

#### **Jack Caldwell:**

Do you one among people who can't read satisfying if the sentence chained from the straightway, hold on guys this aren't like that. This Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally book is readable by you who hate those perfect word style. You will find the facts here are arrange for enjoyable reading through experience without leaving perhaps decrease the knowledge that want to provide to you. The writer associated with Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally content conveys the idea easily to understand by many individuals. The printed and e-book are not different in the articles but it just different as it. So , do you even now thinking Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally is not loveable to be your top collection reading book?

#### **Trudy Clark:**

Reading a publication can be one of a lot of exercise that everyone in the world really likes. Do you like reading book thus. There are a lot of reasons why people like it. First reading a reserve will give you a lot of new facts. When you read a book you will get new information since book is one of many ways to share the information or their idea. Second, looking at a book will make an individual more imaginative. When you studying a book especially fiction book the author will bring you to imagine the story how the characters do it anything. Third, you could share your knowledge to other folks. When you read this Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally, you may tells your family, friends along with soon about yours guide. Your knowledge can inspire the others, make them reading a guide.

#### **Lorraine Joyner:**

A lot of people always spent their free time to vacation or go to the outside with them family or their friend.

Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a guide. The book Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not too costly but this book possesses high quality.

**Gary Muldowney:**

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