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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

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 ApricotsMultigrain Hot Cereal with Cherries and AlmondsGreek Yogurt with Strawberries, Pistachios, Poppy & Sesame SeedsFried Egg with Spinach, Toasted Garlic, and Piquillo Pepper RomescoSteel-cut Oats with Rhubarb Applesauce and HazelnutsDinner~Charmoula-rubbed Mahi-MahiRoasted Asparagus with Shallots, Thyme, and AlmondsSake-steamed Clams with Soba NoodlesGreen Peas and EdamamePort

Ragout with Morels and Celery RootBuckwheat PolentaPiquillo Romesco SaucePan-roasted
Chicken with Sauteed Pea Shoots and Piquillo Pepper RomescoSteam-sauteed Sesame
BroccoliLamb Leg with Greenest Tahini and Sauteed Swiss ChardMillet TabboulehSalmon with the
Greenest Tahini Sauce, Shaved Radishes, and CucumbersGreenest Tahini SauceBlack Rice with
CoconutTofu, Mustard Greens, and Shiitake Mushroom Stir FrySavoy Cabbage with Dill and
PistachiosChicken in a Pot with Carrots, Turnips, and BarleyLentils with Caramelized FennelSpring
Ragout of Artichokes, Asparagus, and Preserved LemonHanger Steak with Orange-Oregano
ChimichurriHalibut Poached with Scallions and MisoSpring Frittata with Asparagus, Leeks, and
DillTomato Farrotto with SardinesLemongrass Shrimp with MushroomsSummer---Breakfast~Greek
Yogurt with Apricots and Toasted SeedsScrambled Eggs with Cherry TomatoesRaspberry-Coconut
MuesliBlackberry-Buttermilk BatidoFried Egg with Spicy Beans, Shaved Zucchini, and
TortillaDinner~Black Rice Salad with Corn, Tomatoes, and SpinachMixed Bean Salad with Cilantro
and PepitasVeal Cutlets with Sage-Caper RelishQuinoa Salad with Broccoli and PistachiosKale with
Black-Eyed Peas and TunaMussels with Harissa, Chard, and ChickpeasRosemary Socca
(garbanzo bean flatbread)Chipotle MayonnaiseZucchini Tacos with Cabbage and Queso
FrescoSlow-baked Salmon with FennelSmoky Grilled Flank SteakOrange-braised Carrots and
BeetsGrilled Swordfish with Charred Tomatillo SalsaTomato Salad with Buttermilk DressingGrilled
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 bought the book yesterday, and made the "Fried egg with spinach, toasted garlic, and piquillo pepper romesco" for dinner (even though it's listed under "Spring Breakfasts"). Really, it was super delicious, and the romesco sauce was a winner. I think this book is absolutely brilliant, because it manages to elevate the flavor of healthy food. I figure if you can make healthy food taste fantastic, then you're going to want to eat it. The author uses sauces, dressings, pestos and marinades to add the wow factor to vegetables, whole grains and lean proteins. Are your meat dishes boring? Try them with Green Tahini Sauce. White fish a little dull? Serve it with scallions and miso. If I'm starting to sound like a paid ad, it's because this book genuinely excites me. There are so many new flavor combinations, such as "Cabbage with dill and pistachios". The author seems to have unearthed the food world's biggest diet secret: that flavor is ultimately what satisfies us. Okay, I'm calming down now (no, I'm not bipolar), and trying to decide what to cook next -- maybe the "Hanger steak with Tangy Tomato Relish".

Love this book content and hate the book construction. We did the winter cleanse menu which really has worked to "tempt (us) back into healthful eating." We didn't know kale could be so delicious! My husband who has been hesitant of too healthy meals has loved almost all of the meals. We only did the dinners and did protein shakes for breakfast and salads or leftovers for lunch. We are a family of 3 including a 23 month old so the dinners lasted us better for leftovers.The book binding after the 2

week cleanse is completely falling apart. Thankfully has an amazing return policy and is sending me a new book. I had cookbooks for many years and none have fallen apart like this. Hopefully I just got a lemon and the replacement will hold up better better.

I've been cooking my way through this cookbook for the last two weeks, and it is my absolute favorite since Deborah Madison's *Vegetarian Suppers* was published in 2007. Which, if you've been to dinner at our house and been forced to toast whenever Deborah's name comes up*, you know is a big deal. It is loosely based on the idea of a cleanse, but year after year BA distances themselves more and more from the idea of detoxing (in their recent issue, the editor defended his nightly cocktail and an article on different healthy toppings for jasmine rice had a sidebar that essentially said, "But isn't brown rice healthier? ... Maybe, but f\$@k brown rice"). The cuisines vary a lot, from traditional chicken-and-roasted veggies to tofu stirfries to tostadas to curries. Every one I've cooked thus far has been delicious, easy, veggie-centric, low-carb, and FAST. A poached fish in miso broth took ten minutes to get on the table. It is organized by season, which if you're an Animal, Vegetable, Miracle sort (aiming for seasonal cooking for moral reasons) or just love food that matches the weather, is also appreciated. You can get a selection of the recipes for free here: <http://www.bonappetit.com/cleanse>, but the book is totally worth it.*it comes up a lot.

Recipes are simple and easy to find stuff. And it's normal food, not weird diet food and plants and grains you have never heard of. There is a shopping list at the end of each season that is awesome and allows you to go to the store with a list all ready to go to buy 2 weeks worth of meals.

This is a gorgeous cookbook filled with so many recipes that I can't wait to try! Today we had the pumpkin oatmeal (note that the water and oatmeal proportions are reversed, I had to throw out the first batch), the smoky chickpeas, and the kale with turmeric and leeks. All were delicious. I love books that give new treatments of vegetables and would put this book up there with Deborah Madison's *Vegetable Literacy* and Ottolenghi and Tamimi's books.

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