



Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy

By Alejandro Junger

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From Dr. Alejandro Junger, author of the *New York Times* bestsellers *Clean* and *Clean Gut*, comes *Clean Eats*, a cookbook featuring over 200 delicious, easy-to-prepare, healthy recipes all aimed at helping you restore your natural ability to heal yourself.

In *Clean*, New York City cardiologist Dr. Alejandro Junger provided a life-changing program to aid common ailments resulting from toxins in the standard American diet and chemical-filled environments. Now Dr. Junger's in-demand recipes are available in *Clean Eats*, a cookbook that takes the program straight to the kitchen and allows readers to start eating Clean today.

Beginning with a comprehensive introduction that outlines what Clean eating means, *Clean Eats* presents over 200 recipes tailored to Clean, Clean Gut, Elimination, vegetarian and Paleo diets, including daily meal plans and detailed nutritional information. Whether you suffer from digestive problems, depression or anxiety, unwanted pounds or simply less-than-stellar health, Dr. Junger provides recipe ideas that can help build your health from the inside out.

Clean has already transformed the lives of millions, and with *Clean Eats*, it's never been easier to jumpstart the journey to a healthier way of life.

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Editorial Review

Review

Fabulous....the book has something for everyone, from Paleo to vegetarian. (**Examiner.com**)

From the Back Cover

Discover what hundreds of thousands of people worldwide have experienced—the incredible life-enhancing benefits of the clean program.

New York Times bestselling author of *Clean* and *Clean Gut* and leader in the field of integrative medicine Dr. Alejandro Junger makes living *clean* easier than ever before. *Clean Eats* has every-thing you need to enjoy delicious, nutritious, life-enhancing food every day. With practical tips and tools and over 200 recipes, *Clean Eats* restores what rightfully belongs to you—your health, your vitality, and your peace of mind.

Clean Eats includes:

- Recipes from the Clean community, including Gwyneth Paltrow, Kris Carr, Cameron Diaz, Orlando Bloom, Mehmet and Lisa Oz, and Mark Hyman
- Three program-based meal plans: a 7-Day Refresh, a 21-Day Cleanse, and a 21-Day Gut Cleanse
- Recipes for all types of eaters—vegans, vegetarians, and meat lovers

About the Author

Alejandro Junger, M.D., is the *New York Times* bestselling author of *Clean*. Dr. Junger completed his training in internal medicine at New York University Downtown Hospital and his fellowship in cardiology at Lenox Hill Hospital in New York City. In addition, after completing his medical training, Junger studied Eastern medicine in India. He lives in Los Angeles.

Users Review

From reader reviews:

Dennis Haney:

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

Julie Berkey:

This Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy is new way for you who has curiosity to look for some information because it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know or else you who still having small amount of digest in reading this Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy can be the light food for yourself because the information inside that book is easy to get through anyone. These books acquire itself in the form which can be reachable by anyone, sure I mean in the e-book web form. People who think that in e-book form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a guide especially this one. You can find actually looking for. It should be here for you actually. So , don't miss this! Just read this e-book style for your better life and also knowledge.

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Kenneth Connolly:

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