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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.

Book Information

Hardcover: 352 pages

Publisher: William Morrow Cookbooks (December 22, 2015)

Language: English

ISBN-10: 0062390236

ISBN-13: 978-0062390233

Product Dimensions: 8 x 1.3 x 9 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (70 customer reviews)

Best Sellers Rank: #18,954 in Books (See Top 100 in Books) #29 in [Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal](#) #45 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #363 in [Books > Health, Fitness & Dieting > Diets & Weight](#)

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 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 Sauteed Pea Shoots and Piquillo Pepper Romesco Steam-sauteed Sesame
Broccoli Lamb Leg with Greenest Tahini and Sauteed 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 Farrotto 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 Salad Pistou Salad with Eggs Lamb with Roasted Figs and Lima Bean
Pesto Honeydew, Cucumber, and Avocado Soup Red Poblano Rice Chicken Thighs with Chipotle
Mayo Roasted Eggplant and Green Peppers with Nuoc Cham Buckwheat Noodles with Zucchini and
Golden Flowers Garlicky Grilled Shrimp with Grilled Nectarines and Green Tomatoes Cellophane
Noodle Salad with Tofu, Edamame, and Crispy Shallots Pork Skewers with Thyme and Smoked
Paprika Fall---Breakfast~Toasted Spiced Muesli with Pecans and Flaxseeds Morning Bulgur with
Dried Apricots and Pistachios Mango-Almond Lassi with Cardamom Creamy Maple Buckwheat with
Apples and Walnuts Fried Egg with Tangy Tomato Relish and Sauteed Sprouts Dinner~Roasted
Pork Tenderloin with Apple and Mushroom Saute Oven-Roasted Tofu and Romanesco with
Ginger-Scallion Sauce Oven-Roasted Chicken with Grapes Hanger Steak with Tangy Tomato
Relish Brown Basmati Rice with Sour Cherries and Almonds Chickpea and Eggplant Curry with Mint
Chutney Pan-Seared Black Cod Green Lentils with Thyme Buffalo Patties with Tangy Tomato Relish,
Avocado, and Butter Lettuce Curried Mussels with Leeks Red Quinoa with Roasted Figs and
Walnuts Clams with White Beans and Gremolata Marinated Peppers Black-eyed Peas with Roasted
Tomatoes and Chives Oven-crisped Parsnips with Kale Stuffed Poblano Chilies with Red Rice,
Delicata Squash, and Queso Fresco Salmon with Cucumber-Yogurt Sauce and Carrot Salad Yogurt

Chicken with Ginger-Coriander Chutney
Cranberry Bean Ragout with Chanterelles and Sage
Saucy Braised Chicken Thighs with Fennel and Lemon
Winter---Breakfast~Coconut Oatmeal with Cacao Nibs and Dates
Scrambled Eggs with Smoked Salmon, Chives, and Rye Cracker
Spiced Pumpkin Steel-cut Oats with Pecans
Apples and Pomegranate with Yogurt and Toasted Quinoa
Two-egg Omelet with Walnut Pesto
Dinner~Tunisian-style Poached Eggs in Red Pepper Sauce
Barley Pilaf with Spinach and Pine Nuts
Acorn Squash Puree with Chili Oil
Miso Flank Steak with Shiitake-Mustard
Green Escabeche
Pan-Roasted Salmon with Grapefruit-Cabbage Slaw
Refried Black Beans
Kale Sauteed with Onions, Leeks, and Turmeric
Curried Pork with Garnet Yams and Green Beans
Tahini-Broiled Rockfish with Brussels Sprout Slaw
Braised Carrots with Za'atar
Oven-roasted Chicken with Radicchio and Walnut-Parsley Pesto
Mackerel with Lemon and Walnut-Parsley Pesto
Vegetable Pot-au-Feu
Spicy Smoked Chickpeas
Roasted Cauliflower with Thyme and Olives
Bulgur with Parsley and Chives
Moroccan Lamb Shanks with Pomegranate
Root Vegetable Minestrone
Swiss Chard and Poblano Tacos with Avocado Crema
Braised Chicken with Squash and Prunes
Sea 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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