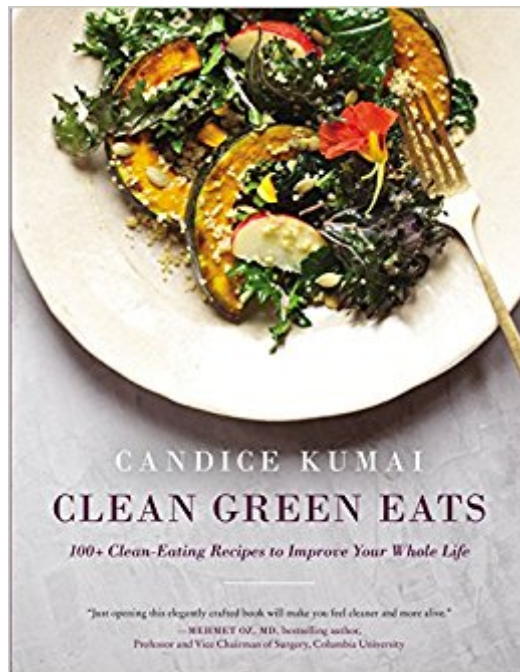




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# Clean Green Eats: 100+ Clean-Eating Recipes To Improve Your Whole Life



## Synopsis

Clean up your diet and look and feel better than ever with this simple, beautiful cookbook featuring more than 100 recipes that make it easy and delicious to eat clean and green. We all know we should eat more green foods, but after a few variations on the same salad, juice or smoothie, it's easy to run out of ideas that excite our taste buds. In *Clean Green Eats*, celebrity chef Candice Kumai offers an answer to that dilemma, offering more than 100 simple, unique and delicious recipes made from whole foods packed with nutrients that will help you lose weight, detox, and look amazing. All of her recipes are effortlessly gluten free (no complicated ingredients required!) and while a plant-based diet is the focus, the idea of "meat as a treat" •eating high-quality, sensible portions of animal protein• is also central to her plan. *Clean Green Eats* kicks off with Candice's one week cleanse, which includes juices, smoothies, and simple meals, and continues with a six-week plan to develop healthy practices that will last a lifetime. There's no deprivation with Candice's delicious drinks, breakfasts, snacks, soups, salads, sides, mains, and desserts. Start your day with a Coconut Almond Green Smooth or Cinnamon-Spiced Granola. For lunch, fill up on Farro, Edamame, and Pea Salad. Whip up Asian Ginger Garlic Steak Salad, Superfood Curry Salmon Salad, or Chili Lime Shrimp Tostadas for a delicious dinner. For a fabulous finale, she includes desserts like Vegan Dark-Chocolate Avocado Cake and Banana Chocolate Chip Cookie Dough •Ice Cream•. Banish the processed food, sugar, and carb habits that lead to fatigue, belly bloat, poor digestion, and constant cravings •let *Clean Green Eats* help you look and feel better than ever, no deprivation required!

## Book Information

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## Customer Reviews

“Just opening this elegantly crafted book will make you feel cleaner and more alive.” (Mehmet Oz, MD, bestselling author, Professor and Vice Chairman of Surgery, Columbia University)

“Once again, Candice Kumai shows us how deliciously simple it is to eat clean, wholesome foods. Her practical tips and her exquisite recipes will leave you feeling healthier, lighter and more energetic.” (Joy Bauer, MS, RDN, New York Times bestselling author, nutrition expert for NBC’s TODAY show and founder of Nourish Snacks)

“Candice’s recipes are full of creative, clean, nutrient-packed ingredients that will leave you shining from the inside out. Clean Green Eats is your guidebook to eating clean!” (Gabrielle Bernstein, New York Times bestselling author of May Cause Miracles)

“Clean Green Eats is my new favorite book! Not only is it filled with amazing recipes that will fit every diet, it also teaches us how to make the healthiest food choices. Candice has inspired me to get in the kitchen and cook!” (Kim Barnouin, co-author of the New York Times bestseller Skinny Bitch)

“Candice’s approach and message is simple and spot on. Most importantly, she shows that crave-worthy and healthy can live side by side. Spend more time shopping for vibrant, beautiful veggies and less time slaving in your kitchen. The food in this book is simple, elegant and DELICIOUS!!” (Chef Marco Canora, James Beard Nominated Chef, Chef & Owner, Hearth and Brodo)

“Candice and I share the same philosophy about food - that delicious food can be healthy, and healthy food can be delicious. This book shouldn’t be on your cookbook shelf, it should be on your kitchen counter!” (Seamus Mullen, award-winning chef/owner of Tertulia, El Colmado, and El Colmado Butchery, author of Hero Food)

“I LOVE each and every recipe in this book! Candice knows exactly how to make food that not only tastes incredibly delicious, but is also the most nourishing it can be for the body and even the mind! You just feel good eating her meals. (Keri Glassman, MS, RD, CDN, author of The New You Diet)

“Candice Kumai, a prolific cookbook author, is one of the country’s most recognized clean-food chefs.” (Prevention magazine)

Go green, eat cleanIn Clean Green Eats, chef, health journalist, and healthy-living expert Candice Kumai offers more than 100 recipes that make clean eating easy, inspiring, and delicious. Her food philosophy is simple: Eat more plants, fewer animals, less dairy, low-sugar, low-gluten, and zero

processed food. With an emphasis on eating fresh, seasonal greens, whole grains, and clean protein, Candice shows you how to create meals you can feel great about eating and sharing with your family and friends. Candice starts off with an overview of wholesome ingredients—including a guide to the most nutrient-rich fruits and vegetables, whole (and gluten-free) grains, and healing herbs and spices. Next, she offers an optional two-week cleanse which includes fresh, low-sugar juices, smoothies, and clean, green meals to detox the body and kickstart weight loss. And then, the best part—mouthwatering recipes for every meal and every occasion: Wake up to Creamy Coconut Oatmeal, Blueberry Bliss Flax Zucchini Bread, or Clean Green Kale and Mushroom Frittatas. Reinvent your salad with Shaved Brussels Sprout Salad, Superfood Coconut Curry Salmon Salad, and Macrobiotic Hijiki- Avocado Salad. Warm up with soups like Parsnip and Leek Detox, Roasted Kabocha Squash and Quinoa, and Clean Green Barley Walnut. Snack cleaner with Wasabi-Spiced Cashews, Spicy Edamame Hummus, and Tahini Avocado Chickpea Dip. Indulge in Chipotle Salmon Burgers, Tori no Karaage Fried Chicken, Pork Ramen, and Kale-Bacon Pizza. Satisfy your sweet tooth with Vegan Dark Chocolate Avocado Cake, Pumpkin Mochi Tea Cake, and Banana Chocolate Chip "Ice Cream." With complete instructions for DIY grocery staples such as nut milk, pasta, salad dressings, and nut butter, as well as vegan, vegetarian, low-sugar, Paleo, and gluten-free meal options, Clean Green Eats makes eating clean easier for everyone and more delicious than ever.

This is a very well written and informative book that is more than just a "cook book". It's not about going vegan, vegetarian, or about going on a diet, although I'm confident weight loss will be a side effect of following these easy and healthy recipes! Candice spends the first part of the book explaining benefits of the key ingredients she uses in her recipes, as well as how to properly store them for maximum shelf life. A lot of the ingredients are new to me and aren't cheap since they come from specialty organic markets, so this book paid for itself with the first recipe when I finally started properly storing nuts, grains, seeds, etc. She has many great tips on making smoothies properly and choosing good produce as well. For a former junk food junkie like me who is now trying to get healthy as a result of an auto immune disorder, this book is a wealth of knowledge because I don't know a lot about the ingredients and what you don't know can hurt you if you try to cook with expensive, foreign ingredients that you've never used. I'm ashamed to say that I don't have much experience with Brussel sprouts, fennel, and quinoa, but no worries! Candice explains it all before diving into her well organized recipes! Another reason why I like this book is that she repeats

ingredients. There is a lot of variety, but when you're buying expensive organic ingredients, it's nice to be able to use up what you've purchased. I hate "cleanses" and other books that have you buy a ten or twenty dollar novelty food item that you'll never use again. Candice has carefully thought out her recipes, and she won't leave you with half eaten anything! I also appreciate that she doesn't dump peppers into all her recipes. I have a sensitive stomach and most healthy recipes I find are loaded with all sorts of peppers and spicy fare. She does add curry and spice here and there, but it isn't EVERYWHERE. it's nice to finally find something that works for me and that I can actually manage! There are no strict rules, just great information and recipes!

This is a quality clean eating cook book with a story behind the inspiration and the recipes. Easy to read, a lot of great food shots to go with the recipes. You must love kale, this is a book heavy in kale recipes.

I love this cookbook! Candice Kumai is so cute and her personality shines through in all her cookbooks, but the best thing is the recipes. I've made several from this book, and all have been delicious (not like some "healthy" cookbooks that have recipes and foods that just make me sad). Additionally, the photos are beautiful and inspiring. I'll probably buy this for a couple of people to give as gifts -- that's how much I love it!

These recipes prove you can still eat healthy without sacrificing taste. A beautiful book, with tons of helpful information about clean eating for a healthier, happier life. I will be making recipes out of this book for years to come!

I love Candice's approach in this cookbook. It's more about a conscientious and positive lifestyle changes and making good food choices than it is about dieting or restrictions. There's such a wide variety of recipes that would satisfy so many different tastes and preferences. Most of the recipes are simple with easy to find ingredients. I feel very inspired to adopt this lifestyle, but at the same time I wouldn't feel guilty having the occasional "unhealthy" treat. It's not about crazy extremes, and I LOVE that about this book. One of the bests cookbook investments I've ever made!

I love Candice, and I love this book! I've made several of her smoothies, and they're awesome. Didn't even know frozen Acai Berry packs existed until I used this cookbook. I recently started trying some of her salad recipes; I love the one with mix greens, pears, and goat cheese. Everything in

here is super easy, and not too time consuming. I follow her on Instagram, and she's SO positive and inspirational!

Literally every recipe I have tried so far, to my surprise, is really delicious. I cannot complain. I actually feel more energized and light. The foods, snacks, juice and smoothie are very fulling and tasty and above all it's healthy. Thumps up to Candice Kumai.

I thoroughly enjoyed and am still enjoying this book. Candice Kumai provides an excellent beginning to this book entitled, "Learning to eat...again." This was exactly what I was looking for in a clean eating book. Small changes you can make to your thinking or small substitutions that can be made to your pantry and recipes to lead to a cleaner, healthier diet. I haven't tried all the recipes in the book yet, but the ones I have tried are excellent. Highly recommend.

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