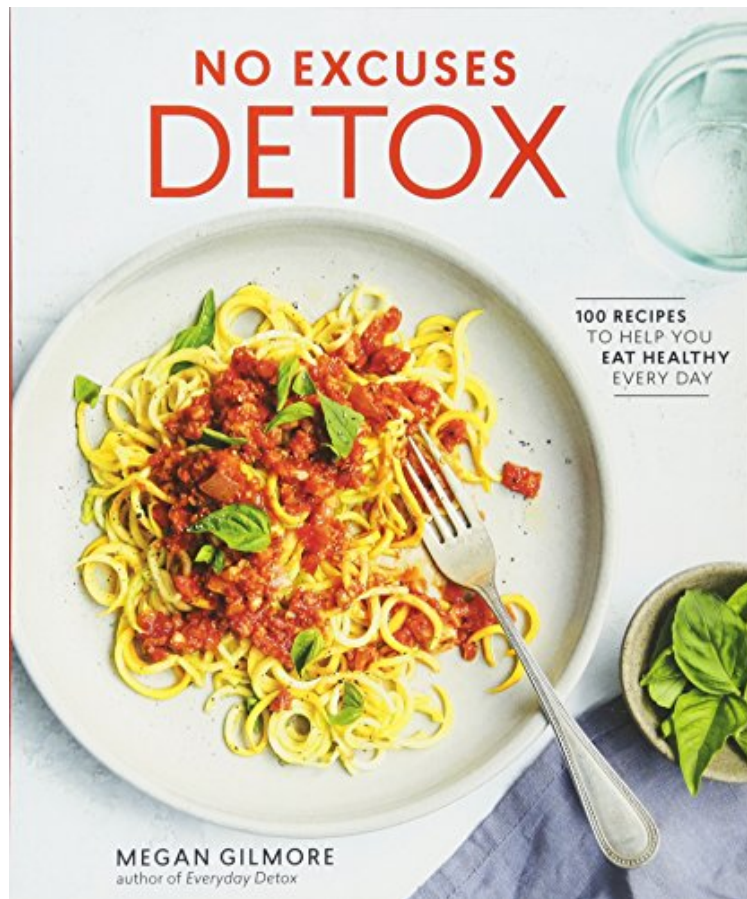


(Free and download) No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day

## No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day

Megan Gilmore

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**Megan Gilmore : No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day** before purchasing it in order to gage whether or not it would be worth my time, and all praised No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day:

47 of 49 people found the following review helpful. but I would say this one is my favorite of the twoBy LauraMegan's books are the only things I've bought on that I've felt compelled to review (and I've purchased a lot over the years!). I was a recipe tester for both books - aka I helped Megan test recipes for both books pre-publication. So I've already tried many of the recipes in both books. Both books are staples in my kitchen, but I would say this one is my favorite of the two.This book includes more "Comfort foods" and "traditional entrees" (although her other book has tons of meals that are meant to be eaten at dinner!). Really both books are definitely fantastic purchases, and I recommend owning both of them. If you're new to healthy eating, and only want to buy one book initially, maybe go for this one first because the comfort foods category. It might accelerate the healthy eating acclamation process.My favorite recipes (so far) are:Breakfast: Frosty Chocolate hake, Freezer Oat Waffles, Orange-Mango Creamsicle SmoothieSoups: Mexican Quinoa StewSnacks: Cashew QuesoComfort Foods: Sloppy Joe-Stuffed Sweet Potatoes,

Philly Cheesesteak-stuffed Spaghetti Squash, Butternut Mac 'n' Cheese, Vegan Shepherd's Pie I was most skeptical about the Mac 'n' Cheese because of the butternut squash base, but it was one of my favorite dishes. If you go into it expecting to try new things, instead of trying to exactly replicate indulgent dishes, you'll likely love the results. Highly recommended! 3 of 3 people found the following review helpful. Amazing! By Cara I am a big fan of Megan's website and I have her first cookbook and love it!! This book is amazing! What a great mixture of recipes to add to my rotation! I have a sweet tooth and I love how Megan can help me satisfy it by not indulging in refined sugar, etc. Her website and cookbooks have really helped me transform my eating and lifestyle. Thank you Megan for all your hard work and dedication to helping me become healthier! 2 of 2 people found the following review helpful. Love the recipes in this cookbook! By Susan Nee Love the recipes in this cookbook!!! I was lucky enough to be a recipe tester for Megan so I was able to try many of these recipes a year ago. What was great about being a recipe tester is it made me try recipes that I normally wouldn't have due to some of the ingredients. I am so grateful I had that opportunity because I now have a much bigger repertoire of entrees, salads and treats that I make all the time. I have followed her blog for many years and if you haven't done so, do so now. She consistently has the best recipes!!!

From the powerhouse blogger behind Detoxinista.com, here are 100 quick, affordable, and delicious whole-food recipes that make it easy for you and your family to follow a healthy lifestyle. In *No Excuses Detox*, Megan Gilmore presents a collection of satisfying, family-friendly recipes developed with speed, convenience, and optimum digestion in mind. Because enjoying what you eat on a daily basis is crucial to maintaining health goals, these recipes for comfort food favorites--from Freezer Oat Waffles, Butternut Mac 'n' Cheese, Quinoa Pizza, Loaded Nacho Dip, and Avocado Caesar Salad to Frosty Chocolate Shakes, No-Bake Brownie Bites, and Carrot Cake Cupcakes--taste just as good as their traditional counterparts, but are healthier versions packed with nutrients. Megan Gilmore sharply identifies many of the reasons people fail to stick to a healthy diet--too busy, budget conscious, cooking for picky eaters, concerns about taste or fullness, and more--addressing them head on and offering simple solutions. This beautifully packaged and artfully photographed book gives readers no excuse to not eat well year-round.

*No Excuses Detox* is full of delicious but healthy recipes that can be pulled together quickly for easy weeknight meals that the whole family will love. — DANIELLE WALKER, New York Times bestselling author of *Against all Grain* and *Meals Made Simple* *No Excuses Detox* offers approachable, delicious, and easy-to-follow recipes to feed the whole family. There's no shortage of recipes that will leave you feeling full, nourished, and most important, happy and satisfied! Megan Gilmore has masterfully turned indulgent classics into detox-friendly dishes—no excuses needed! — ALI MAFUCCI, New York Times bestselling author of *Inspiralized* and *Inspiralize Everything* *No Excuses Detox* is a happy antidote to the fad diets and conflicting information that make healthy eating feel so complicated these days. Her recipes are proof that simple food can be abundantly satisfying and flavorful, and her stress-free meal plans will help any home cook feel empowered to commit to a wholesome and nourishing lifestyle. — GENA HAMSHAW, author of *Food52 Vegans* and *Choosing Raw* Megan has a gift for creating recipes that are quick and simple, appetizing and nutritious—all at once. Her practical advice and friendly, no-nonsense attitude will surely be of help to busy home cooks. I want to cook through this entire cookbook! — KATHRYNE TAYLOR, blogger at *CookieandKate.com* About the Author MEGAN GILMORE is the creator and recipe developer behind *Detoxinista.com*, a website that makes healthy living easier and more accessible, and the author of *Everyday Detox*. A certified health coach and certified nutritionist consultant, she trained at the Institute for Integrative Nutrition and NHI College. Excerpt. copy; Reprinted by permission. All rights reserved. **speedy black bean burgers MAKES 6 TO 8 PATTIES | \$0.53 TO \$0.71 PER SERVING** The Quinoa Mushroom Burgers in my first book have been a big hit with my readers, but they are a bit time-consuming to prepare, so this burger recipe is my speedy alternative! It's loaded with fiber and protein from black beans and lots of flavorful veggies, to truly earn the name of a "veggie" burger. I prefer the texture of these burgers when they are pan-fried, but I bake them more often because you can finish cooking the whole batch in less than 30 minutes. Feel free to double this recipe and freeze the extras for a quick and easy weeknight meal. 1- 1/2 cups cooked black beans (see page 78) or 1 (15-ounce) can, rinsed and drained 1 cup gluten-free rolled oats 1. teaspoons fine sea salt 1 carrot, chopped 1 teaspoon ground cumin 1 teaspoon chili powder 1/2 teaspoon garlic powder 1 red bell pepper, diced 1/4 red onion, diced 1/2 cup loosely packed fresh flat-leaf parsley, chopped Coconut oil, for frying (optional) 6 to 8 high-quality buns or butter lettuce leaves Your favorite toppings such as arugula, avocado, and red onion 1 Preheat the oven to 350°F (if you plan to bake them) and line a baking sheet with parchment paper. 2 In the bowl of a large food processor fitted with an "S" blade, combine the beans, oats, salt, carrot, cumin, chili powder, garlic powder, bell pepper, onion, and parsley and process until a uniform mixture that sticks together is created. The mix shouldn't be supersmooth and may even resemble the texture of ground beef. 3 Use a 1/3-cup measure to scoop the burger mixture and use your hands to press into patties about 1/2 inch thick, making 6 to 8

evenly sized patties. Arrange in a single layer on the prepared baking sheet. 4 To bake: Bake for 15 minutes, then gently flip with a spatula and bake for 10 minutes more. The patties are done when the outside is dry and crisp, but the inside is still tender. 5 To pan-fry: Heat a small amount of coconut oil in a cast-iron skillet over medium heat and place a patty in the center of the pan. Cook for 4 to 5 minutes, until the spatula easily slides under a crisp side, then flip and cook the other side for another 4 to 5 minutes. Repeat with the remaining patties, greasing the pan as needed to prevent sticking. 6 Serve warm with toppings on a bun or in a lettuce wrap. Store leftovers in an airtight container in the refrigerator for up to 1 week, or in the freezer for up to 6 months. (Be sure to place parchment paper between each patty to prevent sticking.) To reheat, simply heat the burgers in a skillet on both sides until the centers are warm.