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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 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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