



Everyday Detox: 100 Easy Recipes to Remove Toxins, Promote Gut Health, and Lose Weight Naturally

By Megan Gilmore

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A healthy guide to detoxing naturally, all year round--no dieting, juice fasting, or calorie counting required--to lose weight, improve digestion, sleep better, and feel great, featuring 100 properly combined recipes for every meal of the day.

Most diets and cleanses have all-or-nothing rules that encourage unhealthy cycles of intense restriction followed by inevitable bingeing. In this healthy guide to detoxing naturally, nutritionist and blogger Megan Gilmore shares 100 delicious, properly combined recipes that will leave you feeling satisfied and well nourished while promoting weight loss and improving digestion and sleep.

Because the recipes were developed with digestion mechanics in mind, detoxers won't feel bloated or uncomfortable after eating. And crowd-pleasing recipes for every meal of the day—such as Banana Coconut Muffins, Chocolate Chia Shake, Broccoli Cheese Soup, Mediterranean Chopped Salad, Skillet Fish Tacos, Cauliflower Flatbread Pizza, and Peppermint Fudge Bars—are packed with all-natural, whole-foods ingredients designed to stave off feelings of deprivation. With helpful information on how to stock your detox-friendly kitchen plus a handy food-combining cheat sheet that demystifies this cutting-edge health principle, *Everyday Detox* makes it easy to start eating this way today.

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Editorial Review

Review

“Our bodies detox best with *real* food eaten abundantly every day. Forget the stop-start fasting, cleanses, and deprivation. They don’t work! Megan’s food and wellness approach is totally doable and entirely enticing. I’ve been drawn to her recipes for years; they’re always the most practical, yet pretty, versions of an everyday meal—and can often be prepared in two steps or less.”

--Sarah Wilson, *New York Times* bestselling author of *I Quit Sugar*

“Megan understands that a healthy diet is a journey--not a quick fix. I love that *Everyday Detox* focuses on naturally detoxifying whole foods as well as simple daily changes that anyone can make, no deprivation or crash diets necessary!”

--Angela Liddon, *New York Times* bestselling author of *The Oh She Glows Cookbook*

“I love Megan’s flexible approach to detoxing. Her simple, practical strategies are easy enough to implement every day, and her mouthwatering, comfort-food recipes will make you healthy without realizing it because you’re having so much fun!”

--Tess Masters, author of *The Blender Girl* and *The Blender Girl Smoothies* app

About the Author

MEGAN GILMORE is the creator and recipe developer behind Detoxinista.com, a website that makes healthy living easier and more accessible. Though she wasn’t raised as a healthy eater, Megan credits her former junk food habits—and a penchant for baking—in helping her re-create healthy favorites using whole-foods ingredients, without sacrificing taste or texture. Megan is a certified nutritionist consultant and health coach, and her recipes have been featured in *The Guardian* as well as *Shape* and *Clean Eating* magazines. She lives in Los Angeles, California, with her husband and son.

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Banana Nut Protein Shake

All of the flavors you love in a banana nut muffin are served up in this cold and creamy smoothie. Hemp hearts are the tender center of the hemp seed, featuring all of the essential amino acids necessary for building protein in the body. Unlike flax seeds, which you need to grind ahead of time to benefit from their full nutritional profile, hemp hearts can be enjoyed directly from the bag over a salad or blended seamlessly into a smoothie. Paired with frozen banana, raw walnuts, and a couple of handfuls of fresh spinach (don’t worry, you can’t taste it!), you can count on this delicious shake to leave you feeling full and satisfied all morning long.

1 cup Homemade Almond Milk (page 178)

2 tablespoons hemp hearts
Small handful of raw walnuts (about 1/4 cup)
2 handfuls fresh baby spinach leaves
1 frozen banana
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract (optional)
1 handful ice cubes (optional)

Combine all of the ingredients in a high-speed blender and blend until completely smooth. Pour into a glass and serve immediately.

NOTE: The addition of vanilla extract can make a smoothie taste truly gourmet, but unless otherwise labeled, it does contain a small amount of alcohol. Alcohol-free vanilla flavor is also widely available and can be used interchangeably in any recipe, if you prefer.

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