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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.

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Customer Reviews

“Food writer Dickerman has worked with registered dietician Marissa Lippert to create an annual cleanse for Bon Appetit. Throughout the book, Dickerman preaches moderation and small, meaningful changes. Dickerman’s approachable guide to whole foods-centric, occasionally meatless healthy eating can help readers curb their postholiday guilt and adopt sustainable life changes. (Library Journal) “As exciting as unwrapping a holiday present, this one thrilled me to no end. The photographs are mouthwatering and capture the essence of beautiful, whole foods. Thumbing through the book made me crave nutritious dishes like Roasted Cauliflower with Thyme and Olives and Braised Chicken with Squash and Prunes. (Dayton Daily News) “Don’t punish yourself with bland foods. Instead, page through Bon Appetit’s beautiful and, yes, nutritious new book, filled with 140 recipes for cleansing more deliciously. (Tasting Table)

Savor the seasons! The Food Lover’s Cleanse will help you reboot your eating habits with wholesome food that family and friends will enjoy, too. These 140 recipes show you how to coax maximum flavor from fresh produce, fiber-rich grains, and healthy proteins, with four comprehensive 2-week eating plans that will keep you feeling your best any time of year. You won’t even miss pasta! Vibrant condiments take meals from simple to special. Little twists make seasonal produce feel indulgent.

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 TunaMussels with Harissa, Chard, and ChickpeasRosemary Socca
(garbanzo bean flatbread)Chipotle MayonnaiseZucchini Tacos with Cabbage and Queso
FrescoSlow-baked Salmon with FennelSmoky Grilled Flank SteakOrange-braised Carrots and
BeetsGrilled Swordfish with Charred Tomatillo SalsaTomato Salad with Buttermilk DressingGrilled
Albacore with Tomato-Herb SaladPistou Salad with EggsLamb with Roasted Figs and Lima Bean
PestoHoneydew, Cucumber, and Avocado SoupRed Poblano RiceChicken Thighs with Chipotle
MayoRoasted Eggplant and Green Peppers with Nuoc ChamBuckwheat Noodles with Zucchini and
Golden FlowersGarlicky Grilled Shrimp with Grilled Nectarines and Green TomatoesCellophane
Noodle Salad with Tofu, Edamame, and Crispy ShallotsPork Skewers with Thyme and Smoked
PaprikaFall---Breakfast~Toasted Spiced Muesli with Pecans and FlaxseedsMorning Bulgur with
Dried Apricots and PistachiosMango-Almond Lassi with CardamomCreamy Maple Buckwheat with
Apples and WalnutsFried Egg with Tangy Tomato Relish and Sauteed SproutsDinner~Roasted
Pork Tenderloin with Apple and Mushroom SauteOven-Roasted Tofu and Romanesco with
Ginger-Scallion SauceOven-Roasted Chicken with GrapesHanger Steak with Tangy Tomato
RelishBrown Basmati Rice with Sour Cherries and AlmondsChickpea and Eggplant Curry with Mint
ChutneyPan-Seared Black CodGreen Lentils with ThymeBuffalo Patties with Tangy Tomato Relish,
Avocado, and Butter LettuceCurried Mussels with LeeksRed Quinoa with Roasted Figs and
WalnutsClams with White Beans and GremolataMarinated PeppersBlack-eyed Peas with Roasted
Tomatoes and ChivesOven-crisped Parsnips with KaleStuffed Poblano Chilies with Red Rice,
Delicata Squash, and Queso FrescoSalmon with Cucumber-Yogurt Sauce and Carrot SaladYogurt
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 really love this book, and use it all the time. My husband and I first tried the "cleanse" when it appeared in Bon Appetite magazine, we loved it (most delicious 10 lbs I ever lost!) so when it came out in book form I raced to buy it. The recipes are easy and most are delicious; it definitely expanded our diet and culinary skills and boosted our health. It's not a weight loss diet, but I've lost weight each time I've done the two week program. However, the only reason I can't give it 5 stars is the book itself-- it began to fall apart the first time I used it, and now consists of a cover and a lot of single pages and clumps of pages-- the quality of the binding is TERRIBLE. At first I tried to tape the pages back in, but that is a losing battle. I love cookbooks, and have many which I have used over and over for decades, and I have NEVER seen a cookbook fall apart like this. Really quite amazing. I'm thinking of buying a new copy, with the hope that maybe they've fixed it by now, but will feel pretty stupid if the same thing happens again.

I have really enjoyed this cook book. I bought it mid winter and started with the winter cleanse. There are some recipes I really love, and some that are just okay. My favorite part about this is that it introduces you to new ingredients. I tend to get stuck in the olive oil, salt and pepper seasoning, so getting a chance to use new spices in unexpected ways is really great. I also haven't had a ton of experience cooking with things like bulgur, barley and quinoa, so adding these into recipes for a healthier substitute is really great. To warn you, all of the ingredients for 2 weeks are pretty expensive. For winter, I bought all of the pantry items and the first week's food list, and I spent probably \$500. I even went to a bulk foods store, so the spices and herbs weren't as expensive as buying them at Safeway. I also, unfortunately, do not have a whole foods or market of choice, etc. in my small coastal town, so I wasn't able to get a few of the less well known ingredients. I'm sure you can order them if you want to, and she does give quite a few alternatives that are easier to find. I work full time and the only issue I had was with the meal prep time. Spending an hour cooking dinner is okay with me, but I usually don't have enough time to put that amount into breakfast and lunch too. The portions are also sometimes small (because it's a cleanse), so I didn't always have the leftovers the next lunches called for. In the end, I used this as a fun way to practice cooking with some new ingredients and to make new dishes. I ended up eating my own breakfasts and lunches throughout the week when I didn't have the time to prepare the set meals. So, it wasn't so much as a cleanse for me. It was a fun cooking lesson. Because of the amount of time and energy it took, I only got through the first week of winter. But it is a great book and I plan to use it throughout the rest

of the seasons to see which recipes are my favorite. It was an added bonus to get the shopping done to fill my dry pantry!

This book was a wonderful inspiration for me. I love to cook and wanted to refresh my methods. I've made over 20 of its recipes and expanded many perceptions I had about what I could do. I've used this book a good deal and have only one complaint about it which I seriously hope can make for some improvements. It is very weakly bound. I have not owned this book a year and already the glue which hold the groups of pages together into one book has totally let go. I have not done anything strange with this book such as left it in the sun or dropped it, nothing other than leaving it open while I was studying it and making meal plans. I'm at a point now where I have to order a second copy and that bothers me. Hence, this review. For such a great book that one wants to study and work with long-term, it needs better binding that will last longer.

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