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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 Appétit. 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 Appétit’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 ApricotsMultigrain Hot Cereal with Cherries and AlmondsGreek Yogurt with Strawberries, Pistachios, Poppy & Sesame SeedsFried Egg with Spinach, Toasted Garlic, and Piquillo Pepper RomescoSteel-cut Oats with Rhubarb Applesauce and HazelnutsDinner~Charmoula-rubbed Mahi-MahiRoasted Asparagus with Shallots, Thyme, and AlmondsSake-steamed Clams with Soba NoodlesGreen Peas and EdamamePort Ragout with Morels and Celery RootBuckwheat PolentaPiquillo Romesco SaucePan-roasted Chicken with Sauteed Pea Shoots and Piquillo Pepper RomescoSteam-sauteed Sesame BroccoliLamb Leg with Greenest Tahini and Sauteed Swiss ChardMillet TabboulehSalmon with the Greenest Tahini Sauce, Shaved Radishes, and CucumbersGreenest Tahini SauceBlack Rice with CoconutTofu, Mustard Greens, and Shiitake Mushroom Stir FrySavoy Cabbage with Dill and PistachiosChicken in a Pot with Carrots, Turnips, and BarleyLentils with Caramelized FennelSpring Ragout of Artichokes, Asparagus, and Preserved LemonHanger Steak with Orange-Oregano ChimichurriHalibut Poached with Scallions and MisoSpring Frittata with Asparagus, Leeks, and DillTomato Farrotto with SardinesLemongrass Shrimp with MushroomsSummer---Breakfast~Greek Yogurt with Apricots and Toasted SeedsScrambled Eggs with Cherry TomatoesRaspberry-Coconut MuesliBlackberry-Buttermilk BatidoFried Egg with Spicy Beans, Shaved Zucchini, and TortillaDinner~Black Rice Salad with Corn, Tomatoes, and SpinachMixed Bean Salad with Cilantro and PepitasVeal Cutlets with Sage-Caper RelishQuinoa Salad with Broccoli and PistachiosKale 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 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 Chutney
 Cranberry Bean Ragout with Chanterelles and Sage
 Saucy
 Braised Chicken Thighs with Fennel and Lemon
 Winter---Breakfast~Coconut Oatmeal with Cacao
 Nibs and Dates
 Scrambled Eggs with Smoked Salmon, Chives, and Rye Cracker
 Spiced Pumpkin
 Steel-cut Oats with Pecans
 Apples and Pomegranate with Yogurt and Toasted Quinoa
 Two-egg
 Omelet with Walnut Pesto
 Dinner~Tunisian-style Poached Eggs in Red Pepper Sauce
 Barley Pilaf
 with Spinach and Pine Nuts
 Acorn Squash Puree with Chili Oil
 Miso Flank Steak with
 Shiitake-Mustard Green Escabeche
 Pan-Roasted Salmon with Grapefruit-Cabbage Slaw
 Refried
 Black Beans
 Kale Sauteed with Onions, Leeks, and Turmeric
 Curried Pork with Garnet Yams and
 Green Beans
 Tahini-Broiled Rockfish with Brussels Sprout Slaw
 Braised Carrots with
 Za'atar
 Oven-roasted Chicken with Radicchio and Walnut-Parsley Pesto
 Mackerel with Lemon and
 Walnut-Parsley Pesto
 Vegetable Pot-au-Feu
 Spicy Smoked Chickpeas
 Roasted Cauliflower with
 Thyme and Olives
 Bulgur with Parsley and Chives
 Moroccan Lamb Shanks with Pomegranate
 Root
 Vegetable Minestrone
 Swiss Chard and Poblano Tacos with Avocado Crema
 Braised Chicken with
 Squash and Prunes
 Sea 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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