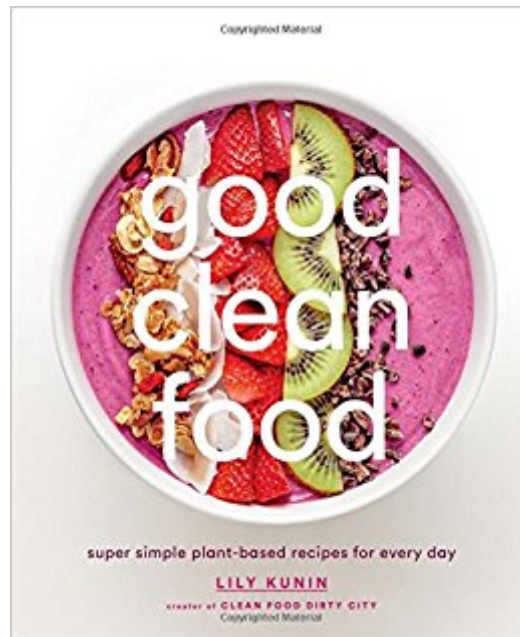




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Good Clean Food: Super Simple Plant-Based Recipes For Every Day



Synopsis

Lily Kunin, creator of the popular site and Instagram account Clean Food Dirty City, shares 100 simple, vibrant, plant-based recipes for looking and feeling your best. In her debut cookbook, *Good Clean Food*, health coach Lily Kunin shares plant-based recipes for irresistibly clean, wholesome food. With Lily's less-is-more approach, you'll learn how to create nourishing dishes, bowls, salads, smoothies, and more using gluten- and dairy-free ingredients. Her delicious recipes are complemented by the same vibrant, textured, and stunning photography that has become a trademark of her popular site Clean Food Dirty City. Organized by the way that food makes you feel—awakened, nourished, cleansed, restored, sustained, and comforted—*Good Clean Food* highlights key ingredients that support healthy eating and clean living.

The book contains a flavorful mix of recipes, including: Falafel Bowl with Mediterranean Millet and Green Tahini Walnut Taco Salad + Avocado Pesto Zucchini Noodles Evergreen Detox Bowl Sunny Immunity Smoothie Bowl Salted Caramel Bonbons. The book also features a "Bowl Builder" section that walks readers through the process of building the perfect grain bowl, and provides helpful advice on how to stock a healthy kitchen and prep for the week ahead. Helpful tips and recipes instruct on using the same ingredients from your pantry for beauty enhancement, like a raw honey-turmeric facemask and rosemary-coconut oil hair treatment. *Good Clean Food* reinforces the notion that clean, simple food can be beautiful, taste delicious, and provide our bodies with all the nutrients and healing properties we need to thrive.

Book Information

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> Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #50 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

Customer Reviews

"A cookbook for the mindful eater. The clearest & most visually arresting example yet of how thoughtful ingredients can be combined to create an utterly nutritious and personal meal. Recipes that are just as intentionally ideas that encourage individual creativity and flexibility all without fuss. Simply delicious." (David Barber, cofounder Blue Hill)

"I love this vibrant, welcoming cookbook! Instead of structuring itself around rigid rules and restrictions, it leads by delicious example first with Lily's story of how she healed herself through food, and then, most importantly, with dozens of fresh, wholesome, super-enticing recipes." (Lukas Volger, author of Bowl)

"In *Good Clean Food*, Lily generously shares her down-to-earth food philosophy, showing us all that no matter how busy life gets, there's always time for a healthy decision. She lays out everything in a clear, comprehensible format, proving that committing to a healthy lifestyle doesn't need to be complicated, but instead, it's as easy as stocking your pantry properly and making a few ingredient substitutes. Whether swapping out pasta for veggie noodles or rice for pulsed cauliflower, Kunin provides plenty of recipes that will prove once and for all that eating clean can also mean eating deliciously." (Ali Maffucci, Founder & CEO of Inspiralized)

"Good Clean Food is how I aspire to eat every day and night. The recipes are healthy, simple, and beautiful (definitely Instagram swoon worthy). The book will inspire you to get your healthy eating and food planning on track." (Colleen Wachob, mindbodygreen)

Lily Kunin is the creator of the popular website and Instagram account Clean Food Dirty City. Started in 2013, her following has grown to over 100k devoted fans. Lily has contributed to and been featured in publications such as Vogue, Into The Gloss, Food & Wine, Glamour, Yahoo! Beauty, Well + Good, Refinery29, Business Insider, The Kitchn, and more. Lily has a certificate as an Integrative Nutrition Health Coach through The Institute for Integrative Nutrition, which is licensed by the NYS Department of Education.

Beautiful cookbook. Love the photos and the back story of each entry. Recipes are creative and easy to follow!

I have been trying to be healthy. Ever since I tried a smoothie bowl, I realized you can eat good and still be healthy. I decided to buy this cookbook for more recipes to try and share. I already made some of the smoothie bowls.

This is such a simple and cute cookbook. The pictures are vibrant and easy to make. Great job on this book.

I love this book. I can relate on so many levels. It's so simple, yet so powerful. Thank you for writing this. I look forward to following you more closely now that I have "discovered" you!

Great recipes

Really enjoy this book.

The recipes were easy to follow and delicious!

Incredible imagery and wonderful, easy recipes. Love this book!

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