

21-DAY DETOX

CHALLENGE



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Clean Slate Editors of Martha Stewart Living, 2014-12-16 More than just a cookbook, New York Times bestselling Clean Slate is the complete go-to guide for boosting your energy and feeling your best. It's time to hit the reset button. This book emphasizes eating clean, whole, unprocessed foods as part of a primarily plant-based diet with delicious and healthy recipes that make it easy to do just that. Refreshing juices and smoothies, savory snacks, protein-packed main dishes, and even delectable desserts will keep you satisfied all day long. Among them are plenty of vegan, vegetarian, gluten-free, and allergen-free options, each identified by helpful icons. Clean Slate also provides you with the nutritionally sound information you need to shop for and prepare food that nourishes body and mind. You'll find guidelines for restocking your pantry with whole grains, beans, and legumes, lean proteins, and healthy fats; glossaries of the best sources of detoxifiers, antioxidants, and other health-boosting nutrients; and menus for a simple 3-day cleanse and a 21-day whole-body detox with easy-to-follow tips and strategies for staying on track. Get inspired by more than 160 beautifully photographed recipes organized into action-focused chapters including Replenish, Get off to a good start, Whole Wheat Waffles with Strawberries and Yogurt, Poached Eggs with Roasted Tomatoes, Reboot Drink to your health, Grapefruit, Carrot, and Ginger Juice, Green Machine Smoothie, Recharge Load up on vegetables, Roasted Mushroom Tartines with Avocado, Steamed Vegetable Salad with Macadamia Dressing, Reenergize Choose your snacks wisely, Warm Spinach White Bean Dip, Trail Mix with Toasted Coconut, Restore Make meals with substance, Wild Salmon, Asparagus and Shiitakes in Parchment, Grilled Chicken with Cucumber, Radish, and Cherry Tomato Relish, Relax Have a little something sweet, Dark Chocolate Bark with Hazelnuts, Berry Almond Crisp. The British National

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Table of Contents Way Of Life 21 Day Detox Challenge Manual 2 Final Version

1. Understanding the eBook Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - The Rise of Digital Reading Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Advantages of eBooks Over Traditional Books
2. Identifying Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - User-Friendly Interface
4. Exploring eBook Recommendations from Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Personalized Recommendations
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version User Reviews and Ratings
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version and Bestseller Lists
5. Accessing Way Of Life 21 Day Detox Challenge Manual 2 Final Version Free and Paid eBooks
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version Public Domain eBooks
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version eBook Subscription Services
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version Budget-Friendly Options

6. Navigating Way Of Life 21 Day Detox Challenge Manual 2 Final Version eBook Formats
 - ePub, PDF, MOBI, and More
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version Compatibility with Devices
 - Way Of Life 21 Day Detox Challenge Manual 2 Final Version Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Highlighting and Note-Taking Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Interactive Elements Way Of Life 21 Day Detox Challenge Manual 2 Final Version
8. Staying Engaged with Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Way Of Life 21 Day Detox Challenge Manual 2 Final Version
9. Balancing eBooks and Physical Books Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Way Of Life 21 Day Detox Challenge Manual 2 Final Version
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Setting Reading Goals Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Fact-Checking eBook Content of Way Of Life 21 Day Detox Challenge Manual 2 Final Version
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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