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I need detoxing and comfort foods in my life. I was diagnosed with Fibromyalgia, and my body hurts all over, all the time. My Psychic (go ahead and roll your eyes if you must), told me I need to detox, and I feel this way from the years of eating processed foods and environmental estrogens. I tend to believe him, and what will it hurt? So there aren’t really any new, healthier comfort food recipes you don’t already know how to make in this book. Come on, who needs recipes for Turkey Reuben’s and Grilled Cheese sandwiches? And a Banana split? The Southern Comfort Food Diabetes Book, by Maya Feller, M.S., R.D. “Maya does an excellent job sharing the cultural history of some traditional recipes and providing new recipes and flavorful substitutions throughout. The recipes are creative, delicious, and fun! I love love love this book because it focuses solely on pressure cooker recipes. I’m all about cooking being as quick (and economical as possible), and this book is the best of both worlds. I like to make at least one pressure cooker meal per week that I can enjoy as needed throughout the week. Jessica Jones. The book even goes into getting the most for your money. The next section of the book talks about detox diets. The benefits of a detox diet and what you should and shouldn’t eat while you’re on a detox diet. Then it has A TON of detox diet recipes, which actually sound like they’d taste good because only a few ingredients are swapped from regular recipes (all-purpose flour to rice flour, etc.). I need detoxing and comfort foods in my life. I was diagnosed with Fibromyalgia, and my body hurts all over, all the time. My Psychic (go ahead and roll your eyes if you must), told me I need to detox, and I feel this way from the years of eating processed foods and environmental estrogens. I tend to believe him, and what will it hurt? My first impressions of this book are my pet peeves. Delicious, healthy meals made from whole food ingredients can help the body naturally reset and heal. If you’re searching for a cookbook focused on easy and flexible recipes with delicious flavor and clean ingredients, Gwyneth Paltrow’s The Clean Plate: Eat, Reset, Heal is an excellent choice. The collection of over 100 recipes includes everything from soups and smoothies to entrées, snacks, and even desserts. The inventive cookbook features 100 recipes that are packed with natural, whole-food ingredients designed to support optimal digestion and to help your body naturally detox. There are options for the whole family, including Banana Coconut Muffins, Skillet Fish Tacos, and Oil-Free Walnut Pesto Pasta. See more ideas about recipes, healthy cook books, healthy. Healthy Cook Books. Collection by HealthFreak | Health fitness â€¢ Last updated 2 weeks ago. 156. This Easy Mushroom Risotto is a quick and simple way to make restaurant-style risotto at home in minutes and in only one pan! Skip the fancy restaurant and enjoy it at home as a vegetarian main dish or side dish! 0:45.