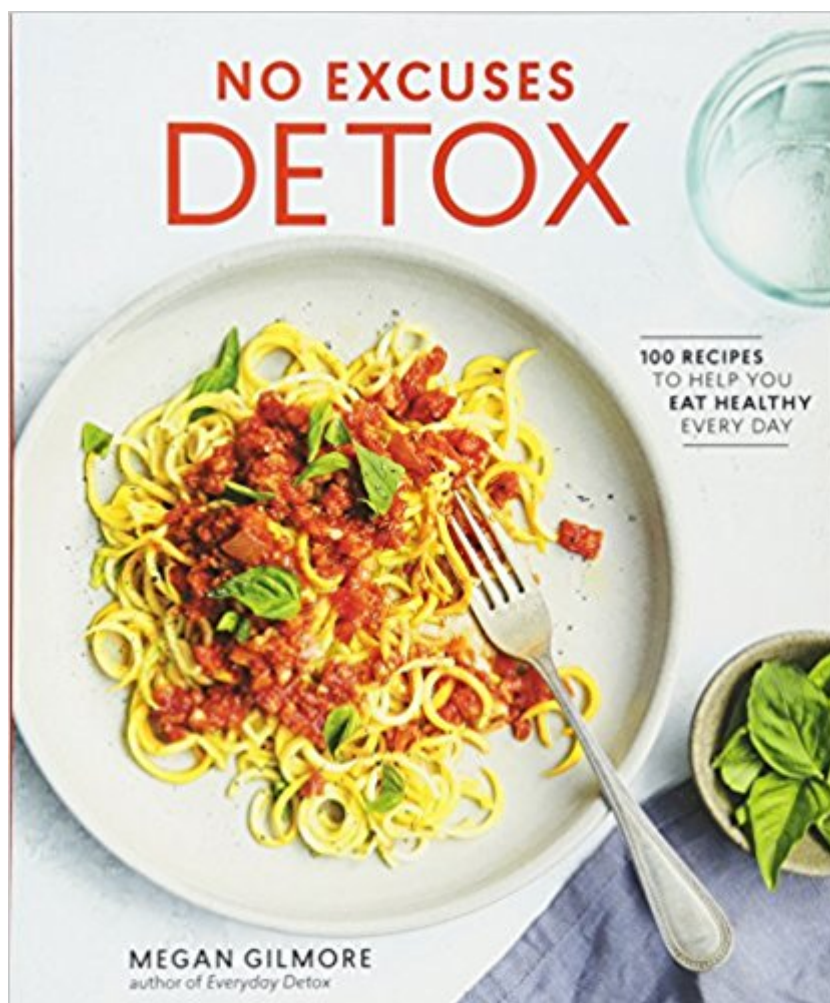


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# No Excuses Detox: 100 Recipes To Help You Eat Healthy Every Day



## Synopsis

From the powerhouse blogger behind Detoxinista.com, here are 100 quick, affordable, and delicious whole-food recipes that make it easy for you and your family to follow a healthy lifestyle. In *No Excuses Detox*, Megan Gilmore presents a collection of satisfying, family-friendly recipes developed with speed, convenience, and optimum digestion in mind. Because enjoying what you eat on a daily basis is crucial to maintaining health goals, these recipes for comfort food favorites--from Freezer Oat Waffles, Butternut Mac & Cheese, Quinoa Pizza, Loaded Nacho Dip, and Avocado Caesar Salad to Frosty Chocolate Shakes, No-Bake Brownie Bites, and Carrot Cake Cupcakes--taste just as good as their traditional counterparts, but are healthier versions packed with nutrients. Megan Gilmore sharply identifies many of the reasons people fail to stick to a healthy diet--too busy, budget conscious, cooking for picky eaters, concerns about taste or fullness, and more--addressing them head on and offering simple solutions. This beautifully packaged and artfully photographed book gives readers no excuse to not eat well year-round.

## Book Information

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## Customer Reviews

"No Excuses Detox is full of delicious but healthy recipes that can be pulled together quickly for easy weeknight meals that the whole family will love." • "DANIELLE WALKER, New York Times bestselling author of *Against all Grain* and *Meals Made Simple*" No Excuses Detox offers approachable, delicious, and easy-to-follow recipes to feed the whole family. There's no shortage of recipes that will leave you feeling full, nourished, and most important, happy and

satisfied!âMegan Gilmore has masterfully turned indulgent classicsâinto detox-friendly dishesâno excuses needed!â

- âALI MAFUCCI, New York Times bestselling authorâ of *Inspiralized* and *Inspiralize Everything*â

âMegan Gilmoreâ<sup>TM</sup>s *No Excuses Detox* is a happy antidoteâto the fad diets and conflicting information that makeâhealthy eating feel so complicated these days. Her recipesâare proof that simple food can be abundantly satisfyingâand flavorful, and her stress-free meal plans will help anyâhome cook feel empowered to commit to a wholesomeâand nourishing lifestyle.â

- âGENA HAMSHAW, author of *Food52 Vegan*â and *Choosing Raw*â

âMegan has a gift for creating recipes that areâquick and simple, appetizing and nutritiousâall at once. Her practical advice and friendly,âno-nonsense attitude will surely be of help toâbusy home cooks. I want to cook through thisâentire cookbook!â

- âKATHRYNE TAYLOR, bloggerâ at [CookieandKate.com](http://CookieandKate.com)

MEGAN GILMORE is the creator and recipe developer behind [Detoxinista.com](http://Detoxinista.com), a website that makes healthy living easier and more accessible, and the author of *Everyday Detox*. A certified health coach and certified nutritionist consultant, she trained at the Institute for Integrative Nutrition and NHI College.

Megan's books are the only things I've bought on that I've felt compelled to review (and I've purchased a lot over the years!). I was a recipe tester for both books - aka I helped Megan test recipes for both books pre-publication. So I've already tried many of the recipes in both books. Both books are staples in my kitchen, but I would say this one is my favorite of the two. This book includes more "Comfort foods" and "traditional entrees" (although her other book has tons of meals that are meant to be eaten at dinner!). Really both books are definitely fantastic purchases, and I recommend owning both of them. If you're new to healthy eating, and only want to buy one book initially, maybe go for this one first because the comfort foods category. It might accelerate the healthy eating acclamation process. My favorite recipes (so far) are: Breakfast: Frosty Chocolate hake, Freezer Oat Waffles, Orange-Mango Creamsicle Smoothie Soups: Mexican Quinoa Stew Snacks: Cashew Queso Comfort Foods: Sloppy Joe-Stuffed Sweet Potatoes, Philly Cheesesteak-stuffed Spaghetti Squash, Butternut Mac 'n' Cheese, Vegan Shepherd's Pie I was most skeptical about the Mac 'n' Cheese because of the butternut squash base, but it was one of my favorite dishes. If you go into it expecting to try new things, instead of trying to exactly replicate indulgent dishes, you'll likely love the results. Highly recommended!

I love that the recipes are clean, simple, yet satisfying. Most of the ingredients are things I already have in the pantry or regularly buy. No hard to find ingredients. This book is a must have in the kitchen if you are or want to eat clean and healthy.

I am a big fan of Megan's website and I have her first cookbook and love it!! This book is amazing! What a great mixture of recipes to add to my rotation! I have a sweet tooth and I love how Megan can help me satisfy it by not indulging in refined sugar, etc. Her website and cookbooks have really helped me transform my eating and lifestyle. Thank you Megan for all your hard work and dedication to helping me become healthier!

Love the recipes in this cookbook!!! I was lucky enough to be a recipe tester for Megan so I was able to try many of these recipes a year ago. What was great about being a recipe tester is it made me try recipes that I normally wouldn't have due to some of the ingredients. I am so grateful I had that opportunity because I now have a much bigger repertoire of entrees, salads and treats that I make all the time. I have followed her blog for many years and if you haven't done so, do so now. She consistently has the best recipes!!!

She has great recipes that are easy to make and have practical ingredients that I can get at a regular grocery store. And the food tastes good!

Megan's cookbooks are an absolute fav and my go-to in the kitchen. I love the simplicity of the recipes and how they are vegetable-centric! You can easily adapt most recipes as needed, for example, adding meat to increase the protein of the dishes. The recipes taste amazing and leave you feeling that way too! This cookbook is a must have!

I love Megan's cookbooks, both this one and Everyday Detox. The recipes have helped me branch out and try new healthy ingredients and methods I would have never known about and I haven't made one recipe yet that I didn't like. Most of the recipes have a short ingredient list and are so simple to make. A lot of the recipes are vegetarian or vegan but even if you love meat like my family does they are surprisingly satisfying! Definitely recommend this cookbook!

I tell everyone I know about these cookbooks and her blog. I love how simple, easy and nutritious every single recipe is. I can feel good feeding my family these meals and we eat them multiple times

a week. This and the Everyday Detox are two of my favorite cookbooks I've ever owned!

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Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! Zero Belly Breakfasts: More Than 100 Recipes & Nutrition Secrets That Help Melt Pounds All Day, Every Day!

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