



CLEAN SLATE

A COOKBOOK
AND GUIDE

Reset Your Health,
Detox Your Body,
and Feel Your Best

from the editors of
martha stewart living



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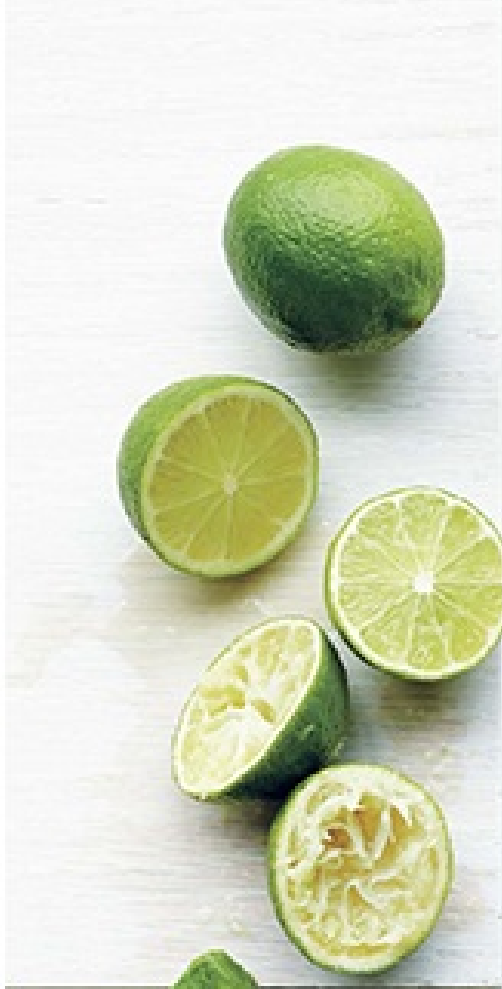
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reset



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introduction

Most of us know that the way we eat is central to our well-being. But we may not always know exactly what ingredients to buy or meals to plan for the most satisfying, delicious, and healthful results. This book will show you how easy it can be: Start with fresh produce, whole grains, and lean proteins; prepare them simply; and take the time to share and enjoy them.

This old-fashioned approach to food has a modern name—eating clean. It means making meals from scratch, whether a workday breakfast for one or a weeknight dinner for four. It means making your own snacks instead of relying on anything from a package. And it can also mean enjoying dessert (see [Golden Rule 11: Maintain a Healthy Perspective](#))! Just as important, eating clean means focusing on every aspect of our meals—turning away from our screens and devices and avoiding other distractions, so we can savor the process of cooking and eating.

Perhaps you're already eating this way, or maybe these ideas are new to you. Either way, there is plenty to discover here. You'll find excellent recipes as well as the very latest advice from reliable professionals, including nutritionist Kathie Madonna Swift, who contributed her knowledge and expertise to this project. I'm still exploring and evolving and looking for new ways to appreciate clean, whole food, and I hope you'll be inspired to do the same.

Martha Stewart





PART ONE

reset

GET A CLEAN START

Whatever inspired you to pick up this book—a resolution to eat better, a desire to wipe the slate clean with a whole-body detox, or a wish to boost your energy level—you have just taken the first step toward achieving that goal. This book is designed for anyone wanting to hit the reset button and gain a more rewarding, and pleasurable, approach to food.

Food plays a central role in our lives. On the most basic level, it feeds our hunger and keeps us alive. But it also functions on social and emotional levels, so to fully address nutrition you need to consider, from all angles, what you eat. Focusing on whole, unprocessed foods helps your body prevent and fight diseases and increases your energy levels. This means eating fresh fruits and vegetables, beans and other legumes, whole grains and whole-grain pasta, nuts and seeds, and modest amounts of lean proteins, including fish, eggs, chicken, and tofu. And yes, even the occasional dessert.

As you evaluate what you eat, you should also consider your relationship to food, in terms of how you plan your meals, how you shop, how you prepare food, and how you actually eat it. In our grab-and-go lifestyle, food can become mere fuel to get us through the day, rather than providing us an opportunity to slow down, switch gears, eliminate distractions, and relish the moment.

ABOUT THE RECIPES

In keeping with widely accepted ideals of “eating clean,” none of the recipes in this book contains any butter, refined sugar, all-purpose flour, or red meat. Honey and other natural sweeteners appear, as do whole-wheat flour and pasta, and dairy products; full-fat dairy is the most minimally processed, but you can use reduced-fat varieties if you prefer. Look for the icons listed at the end of this section on each recipe page; these are indicated by colored dots in the Action Plan menus and on the juice and smoothie recipes in the “Reboot” chapter.

HOW TO USE THIS BOOK

“**Know Your Nutrients**” lists foods that are the best sources of antioxidants and anti-inflammatory, detoxifying, and digestive properties. Having a well-stocked pantry is an essential first step, and we’ve covered the basics—whole grains, legumes, healthy fats, and flavor enhancers—in the “**Restock Your Pantry**.” Then, we encourage you to clean the slate with one of the action plans (designed for either **three days** or **twenty-one days**). Or you can just start cooking from the wealth of delicious recipes in the second part of this book. But before you do anything else, read the “Golden Rules for Eating Clean” on the following pages, and remember that the goal is a healthy, whole, wonderful appreciation of food, not deprivation.

ICONS

- VEGAN
- DAIRY-FREE
- NUT-FREE
- GLUTEN-FREE

choose whole foods over processed

Whole foods—primarily fresh fruits and vegetables, whole grains, and legumes—deliver the vitamins, minerals, phytonutrients (plant compounds such as flavonoids and carotenoids), and fiber you need to feel your best.

ABOUT PROCESSED FOODS

Foods that have been processed have been stripped of some or all of their essential nutrients, making them poor substitutes for whole foods. The preservatives that manufacturers add can make matters worse. Take, for instance, the high amount of sodium found in many processed foods, which has been linked to high blood pressure and heart disease. All the added sugars can cause obesity, diabetes, and blood-sugar spikes that can trigger inflammation. Plus, processed foods often contain artificial colorings and flavorings, chemical preservatives, and additives that can negatively impact our health (and our environment).

Volumes of studies have connected the standard American diet, and its high proportion of processed foods, to epidemics such as cardiovascular disease, autoimmune disorders, gastrointestinal illnesses, and certain types of cancer. According to Kathie Madonna Swift, M.S., R.D.N., L.D.N., an integrative medical nutritionist and former nutrition director at Canyon Ranch in Lenox, Massachusetts (among other leading institutions), “Multiple mechanisms are at play here, including shifting to a pro-inflammatory state, insulin resistance, hormone disorders, and digestive problems, which affect all the systems of the body.”

WEIGH YOUR OPTIONS

Don't be fooled by the clever packaging of so-called health foods. According to Marion Nestle, professor at the Department of Nutrition, Food Studies, and Public Health at New York University, “Research shows that almost anything with a health claim—no trans fat, gluten-free, probiotics, or organic—makes people think the food is healthier and lower in calories. A junk food with a health claim, alas, is still a junk food. While no one is suggesting avoiding packaged goods altogether, Nestle recommends “avoiding anything with more than five ingredients, ingredients that you can't pronounce, or anything artificial.”

Ultimately, when it's a choice between buying a frozen dinner (even an organic one) and preparing a meal entirely from fresh ingredients, opt for making it yourself, from scratch.

MAKE SMART CHOICES

Some minimally processed foods are better than others, of course—such as canned fish, beans, and tomatoes; plain yogurt; cheese; tofu; and whole-grain bread and pasta. Frozen fruits and vegetables are also worth buying, especially during the months when fresh ones are in short supply. These all offer comparable nutritional value to unprocessed versions, as well as convenience.

embrace a plant-based diet

People who follow a plant-based diet have significantly lower rates of chronic illnesses, including cancer and heart disease, and it's easy to see why: Based primarily on produce, beans and other legumes, whole grains, and nuts and seeds, with modest amounts of fish and other lean proteins, it's a diet rich in health-boosting nutrients.

THE BENEFITS

Besides being an excellent source of vitamins and minerals, the foods in a plant-based diet contain a wide range of antioxidants and anti-inflammatory compounds. (For more specific healthful properties of many of these foods, see the glossaries that begin with [Super Detoxifiers](#) as well as the [“Restock Your Pantry.”](#)) They are also high in dietary fiber that helps rid the body of harmful toxins and helps keep the digestive tract working smoothly. So it should come as no surprise that eating a plant-based diet (similar to the much-touted Mediterranean diet) is strongly linked to lower cholesterol and a reduced risk of obesity, type 2 diabetes, cardiovascular disease, and certain forms of cancer.

The more you eat a plant-based diet, the more you will appreciate the way it makes you feel.

CHANGE FOR GOOD

Plus, filling up your plate with plants means there's less room for animal-based foods—and their saturated fats. Butter, cream, red meat, and skin-on poultry are the most obvious culprits. You don't have to cut them out entirely, but rather eat them in moderate amounts.

Once you incorporate more plants into your diet, you'll also find they actually help curb your cravings for sugary sweets and other less-healthy options.

EXPLORE THE PRODUCE AISLE

Rather than sticking with the tried-and-true, experiment with at least two new vegetables or fruits each month, picking what's in season and grown locally, whenever possible. As an alternative to potatoes, try turnips, parsnips, rutabaga, or celeriac; choose mustard, turnip, or collard greens instead of kale or Swiss chard. You can also explore the produce aisles at Asian, Middle Eastern, or Latin American food markets for

practice mindful eating

It's easy to allow your daily intake of food to become more routine than ritual. Instead, slow down and savor every bite—without any distractions. Because when you take the time to focus on what's in front of you, something wonderful happens: You begin to feel more satisfied with less.

FOCUS ON HOW YOU EAT

Make a point to enjoy your meals while seated at the table. Multitasking during a meal—whether that's watching television, working on the computer, or reading a book—can cause you to pile more food onto your plate. If this idea is novel to you, start by sitting down to a distraction-free meal a couple times each week. Soon enough, you'll look forward to the respite that these meals offer from the busyness of life.

Equally as important is how you fill your plate. Imagine produce taking up half, whole grains one quarter, and protein—plant- or animal-based—the remaining quarter. Never feel obligated to clean your plate; it's best to eat smaller, more frequent meals to keep your metabolism on an even keel.

Mark Hyman, M.D., founder and medical director of the UltraWellness Center in Lenox, Massachusetts, suggests eating from a smaller plate, such as one for salads, rather than a standard dinner plate. The portions will be the same size, but the plate will look much fuller.

TAKE YOUR TIME

Don't rush. Allow yourself at least twenty minutes to finish a meal, chewing slowly and thoroughly and making a conscious effort to put your fork down between bites. (Doing so aids digestion.) Tune in to textures, aromas, and flavors, and take pleasure in (re)discovering favorite foods. And learn to appreciate the feeling of being sated without being overly full. This form of portion control, practiced by the inhabitants of the Japanese island of Okinawa (who have one of the highest percentages of centenarians on the planet), is called “hara hachi bu,” which roughly translates to “80 percent full.”

Before you eat anything, sit down, take five deep breaths, and focus your attention on how your body feels.

engage in an active lifestyle

With so much attention being paid to how (and what) you eat, it makes sense to focus on how much you move, too. This is less about committing to a rigorous workout routine and more about taking part in the types of activities that boost your energy, improve your mood, and leave you feeling better than you did before.

GET MOVING

Any type of exercise that gets your heart rate up and creates a sheen of sweat—including yogic sun salutations, brisk walking, and riding a bike—helps your body rid itself of toxins. “Exercise increases blood flow and works your muscles,” says Dr. Mark Hyman, “and both of these actions stimulate lymph flow.” It is this process, the primary function of the lymphatic system, that helps rid the body of toxins and other harmful substances. (This is why movement is an integral part of the [21-Day Action Plan](#).) Exercise has a host of other benefits, too, including promoting better sleep and managing stress, both of which contribute to your overall health.

The energy you expend doing everyday activities like gardening, walking, mowing the lawn, playing tag with the kids, and shoveling snow also adds up. Take the stairs instead of the elevator (try two at a time to really raise your heart rate), and walk or ride your bike to the store instead of driving or using public transportation.

PENCIL IT IN

It’s important to establish a routine you can live with. Start by sizing up your schedule and pinpointing pockets of time you can devote to exercising. You should also assess your current fitness level and set goals, whether it’s to increase your heart rate or shed a few pounds. Then make a plan. Aim for thirty minutes at least four times a week, even if it means squeezing in three ten-minute stints (in the morning during lunch, and at the end of a workday)—it counts just the same. Consider steps that will help you stick to your program, like asking a friend to walk with you or joining a running club or a yoga group.

Variety is also helpful in ensuring long-term success, so try to include different activities—such as dancing, Pilates, swimming, or rock climbing. Your body benefits from cross-training, and your mind benefits from the changeup in the routine.

Consult with your doctor before embarking on any fitness program or making changes to your activity level.

GO OUTSIDE

If you typically head to the gym, opt for a change of scenery: Studies show that people get more enjoyment and therefore stay motivated longer when exercising outdoors. So head to the local park or beach, seek out nearby hiking trails, or go cross-country skiing.

make sure to get enough fiber

Fiber is absolutely essential to good health: It aids in digestion, regulates blood sugar, promotes a healthy heart, and helps to control weight. “Fiber also feeds the good bacteria in the digestive tract,” adds nutritionist Swift, “which helps the immune system protect against invading pathogens (unfriendly bacteria and viruses) and escorts toxins out of the body.”

HOW MUCH IS ENOUGH?

Aim for at least forty grams of fiber each day (this is twice the amount in the average American diet). It's actually easy to meet this quota if you eat primarily fruits and vegetables, whole grains (and whole-wheat products), dried beans and legumes, and nuts and seeds. It also means having an orange or grapefruit instead of a glass of juice; topping yogurt with oat-filled granola; adding chickpeas or black beans to salad; and snacking on whole foods such as apples, celery, almonds, and carrots.

SOLUBLE VS. INSOLUBLE

There are two types of dietary fiber—soluble and insoluble. Each plays an important role in keeping your body's systems on track. Both types can make you feel full quickly and for longer. Eat a varied plant-based diet, including all the foods listed at right, to be sure to get both kinds of fiber.

Soluble fiber dissolves in water and binds to and helps eliminate cholesterol, thereby boosting heart health. It also normalizes blood glucose and insulin levels, which can help protect against inflammation and diabetes. Best sources include apples, pears, citrus fruit, and berries; oats, oat bran, and barley; and legumes, carrots, and brussels sprouts.

Insoluble fiber (also known as “roughage”) facilitates digestion by increasing the bulk in the stool, which in turn speeds up the elimination of waste and toxins. This type of fiber is found in many fruits and vegetables, but leafy greens like kale, collards, and mustard greens, cabbage, and the skins of apples and pears have the most. Other sources include whole-wheat flour (including that found in bread and pasta), wheat bran, and nuts and seeds.

READ THE LABEL

Whole-wheat and whole-grain products such as bread, cereal, and crackers can be good sources of fiber, as long as you choose them carefully. If there are less than two grams of dietary fiber in each serving, look for something with more. And pay attention to the addition of sugar and other sweeteners, especially high-

fructose corn syrup, which can offset the benefits of the fiber.

boost energy with lean protein

Protein provides us with the necessary fuel to power us through the day, promotes brain functioning, and keeps us sated. It's also necessary for building muscles, bones, and cartilage, and every cell in our body needs protein for maintenance and repair. Most Americans (and even vegans) have no problem getting enough protein, but the source of the protein also matters.

TARGET AMOUNT

The Institute of Medicine (IOM), the health arm of the National Academy of Sciences, recommends that protein make up between 10 percent and 35 percent of our daily caloric intake. This translates to about 46 grams per day for an average adult woman, 56 grams for men. To find out your average individual need, multiply your body weight times 0.36. For example, a 110-pound woman should aim for 40 grams of protein per day. As a point of reference, four ounces of cooked salmon has about 26 grams of protein, one cup of cooked lentils about 18 grams, one cup of cooked quinoa about 8 grams, one ounce of pumpkin seeds about 7 grams, and one large egg about 6 grams.

BEST SOURCES

Ideally, you should try to get most of your protein from plant sources; beans and legumes, quinoa, and nuts and seeds are all especially good. Fish is also rich in protein and contains beneficial omega-3s.

Other high-quality animal proteins such as poultry, eggs, and dairy (including yogurt and cheese) can be part of a clean food diet, too: The key is to eat them in smaller quantities and to make smart choices when shopping (see [“Know What You Are Buying.”](#))

COMPLETE VS. INCOMPLETE

Animal proteins are considered “complete” proteins in that they contain all nine essential amino acids, the building blocks of protein that must be derived from the food we eat. (Our bodies can produce the other eleven amino acids.)

Soy and quinoa are also complete proteins, but all other plant sources are “incomplete,” or missing one or more of these essential amino acids. So long as you eat a variety of these foods every day, you'll be sure to get enough protein in your diet.

A NOTE ABOUT RED MEAT

Although red meat doesn't appear in the pages of this book, or on most clean food lists, that doesn't mean it must be excluded entirely. Just be sure to buy organic, "100 percent grass-fed" or "grass-fed and finished" meats, which contain more omega-3s, vitamin E, and other antioxidants than meat from animals fed corn or grain. Consuming smaller portions (4 ounces, or the size of a deck of cards) and fewer servings per week are also advised.

pay attention to how you feel

Food allergies are rare, affecting only 3 to 4 percent of adults in the United States. Yet food intolerances are on the rise, with many Americans experiencing sensitivities to one or more types of food. Though far less severe than allergies, sensitivities can negatively impact your digestive health as well as your quality of life.

ABOUT SENSITIVITIES

An allergy is an immune-system response that triggers symptoms that tend to come on immediately—from nausea and hives to shortness of breath and anaphylaxis (shock). A food intolerance, on the other hand, triggers a response from the gastrointestinal system that can result in gas, bloating, diarrhea or constipation, nausea, or abdominal pain up to two or three days after consumption.

But since being gassy and bloated after drinking milk or eating pasta does not necessarily mean you have a food intolerance, it's important to avoid self-diagnosis. And restricting your diet unnecessarily can deprive your body of essential nutrients.

Check with your doctor to rule out allergies or other underlying conditions before embarking on an elimination program.

HOW DO YOU KNOW?

According to the American College of Gastroenterology, the primary intolerance culprits are foods containing lactose, gluten, and fructose, but MSG (monosodium glutamate) and other additives, including artificial colors and flavors and artificial sweeteners, are also potential triggers.

If you suspect that any of these are at the root of your symptoms, eliminate them from your diet for seven to ten days, being careful to scrutinize food labels (for instance, modified food starch, malt flavoring, and caramel contain gluten; honey, agave, and fruit juice contain fructose). Take note of whether your symptoms abate, then “re-challenge” your GI system with the suspected culprit. If symptoms return, you’re most likely intolerant.

The good news is that even if you’re predisposed to intolerance for a food, you can likely eat a certain amount of it without experiencing digestive discomfort—and that dose varies by individual.

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