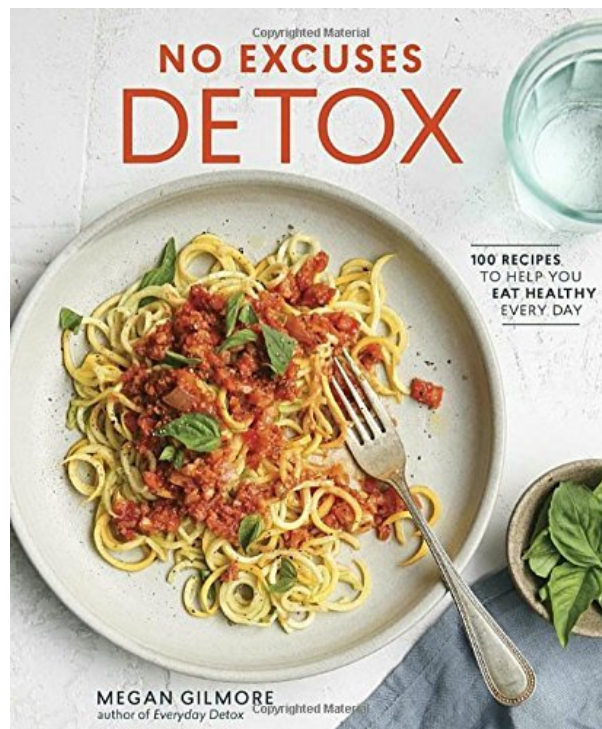
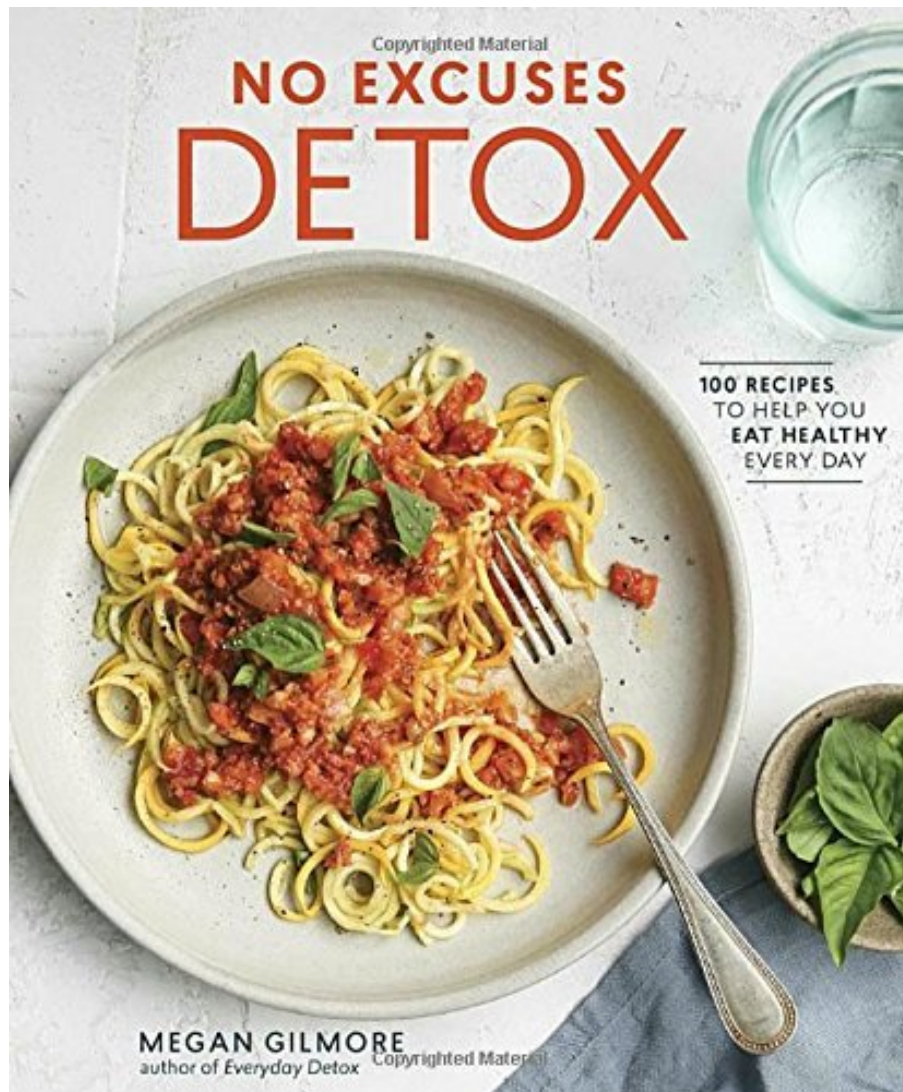


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From Everyday Detox author Megan Gilmore, powerhouse blogger behind Detoxinista.com, here are 100 quick-to-prepare, affordable, and delicious whole-food recipes that make it easy to follow a healthy lifestyle for you and your family every day. In No 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 n' 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.

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- 216 pages

Most helpful customer reviews

18 of 18 people found the following review helpful.

Truly, No Excuse

By craig debevoise

I loved the book "Everyday Detox" and have used recipes from that book every single week. This new book is aptly titled "No Excuses Detox" because Megan Gilmore has taken great pains to remove any excuses to eating whole foods, properly balanced in nutrition. The recipes look tasty and easy to follow even for a novice in the kitchen. I follow a group weight loss program that tracks points and prefer to use my points for real whole food. My FAVORITE feature of "No Excuse Detox" is that there are six pages that list what I need to know- calories, fat, carbs, sugar and protein- so I can just plunk in those numbers to get a points value. Truly, no excuse!!

31 of 33 people found the following review helpful.

but I would say this one is my favorite of the two

By Laura

Megan's books are the only things I've bought on Amazon 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!

13 of 13 people found the following review helpful.

Amazing! Lost 40lbs with Megan's Recipes

By Teija Cheung

What an amazing 2nd book! I lost 40lbs following Megan's advice and blog 6years ago to get ready for pictures in my sisters wedding, and it completely changed my life! I've easily kept 30+ lbs off over the years all thanks to her basic principles. So happy with the timing of this book as it's just in time for me to use the new recipes to trim down and get ready for my own wedding!

See all 66 customer reviews...

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