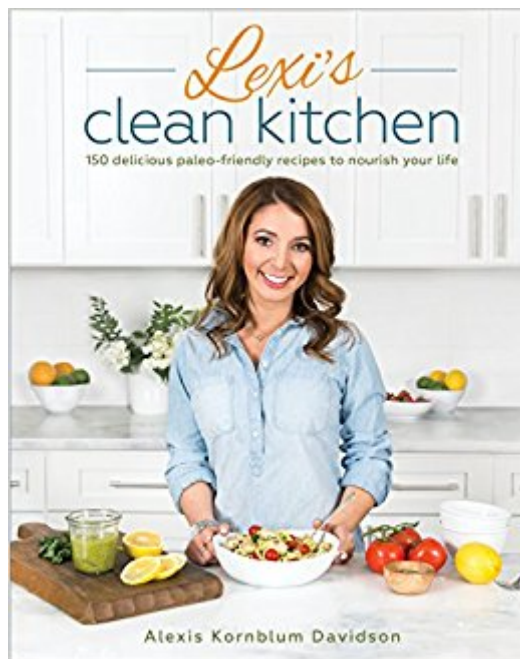




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Lexi's Clean Kitchen: 150 Delicious Paleo-Friendly Recipes To Nourish Your Life



Synopsis

Lexi, the talent behind the highly acclaimed recipe blog Lexi's Clean Kitchen, answers the demand for a one-stop cookbook that takes the focus off of the constraints of modern dieting and puts the spotlight back on achieving health and happiness through one simple concept "eating clean." While applying the invaluable principles of gluten-free and Paleo lifestyles, Lexi's Clean Kitchen: 150 Delicious Paleo-Friendly Recipes to Nourish Your Life takes a practical approach to clean eating that won't deprive you of your favorite foods. This cookbook transcends dietary labels "it is for everyone who loves preparing delectable meals that satisfy every palate and craving." Lexi's Clean Kitchen is a complete guide to putting together delicious meals from nutrient-dense whole foods. Lexi's Clean Kitchen is packed with more than 150 nourishing recipes, full-color photos, shopping lists, how-to guides, and simple tips for customizing your clean lifestyle, making each step of the way approachable and, above all, enjoyable! Lexi delivers healthy meals packed with flavor, like Thai Meatballs, Classic Chili, One-Pan Arroz con Pollo, Maple-Glazed Salmon, and Sriracha Lime Chopped Chicken Salad, with healthier options of your favorite indulgent foods, like French Toast Sticks, Perfect Waffles, Birthday Cake, Easy Sandwich Bread, and more.

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Customer Reviews

If your mantra is to eat clean in 2017, this is the recipe book to own. --The Today Show Lexi has created such a beautiful cookbook. There are so many mouth-watering choices, I don't even know where to begin! Aji Tuna Bites, Prosciutto Flatbread with Grilled Peaches, Creamy Chicken

Bacon Spaghetti Squash Bowls â “ sign me up! Even if you donâ™t follow a Paleo lifestyle, anyone can enjoy this cookbook. -Gina Homolka, New York Times best-selling author of The Skinnytaste Cookbook Creative. Exciting. Delicious. Clean! These are the words that come to mind when I think of Lexi's recipes - and this book is a beautiful collection of the best of the best. Lexi takes the guesswork out of cooking healthy meals that'll keep your whole family happy and eager to sit down to eat. Her recipes are completely approachable, but with just the right amount of flair to keep you on your toes, keep the flavors bold, and delight your palate. -Diane Sanfilippo, New York Times best-selling author of Practical Paleo and The 21 Day Sugar Detox When you thought every paleo recipe had already been made, Lexi proves that her creativity is endless. With recipes like French Toast Sticks, Focaccia Bread, and New England Lobster Rolls, you will constantly be amazed what you are still able to eat while eating clean! If you were to stock your bookshelf with just one cookbook, it should be this one because you will absolutely never get bored when it comes to your healthy meals! -Juli Bauer, New York Times best-selling author of The Paleo Kitchen, Juli Bauer's Paleo Cookbook and OMG. That's Paleo?Â First of all, the moment I started reading Lexiâ™s book I could relate to the gut issues she wrote about and the journey that she took to overcome them and find the healthiest, happiest version of herself. As a fellow believer in the power of food, you could NOT be in better hands than you are with this book. From health doâ™s and donâ™ts to tons of amazing recipes â ” those chia puddings, by the way, WOW â ” you will find yourself inspired to get in the kitchen and choose your healthiest you! Plus, those food photography skills are untouchable. â ” Jordan Younger, founder & editor of The Balanced Blonde blog & author of Breaking Vegan This cookbook proves that healthy eating doesnâ™t have to be boring or restrictive. I love how Lexi makes clean eating so flexible and approachable, with a delicious collection of recipes that will have you drooling! -Megan Gilmore, author ofÂ Everyday DetoxÂ and Detoxinista.com

Alexis Kornblum Davidson is the voice behind Lexiâ™s Clean Kitchenâ ” the go-to food blog for clean and delicious recipes that shows readers that living a healthy lifestyle can be simple, fun, and above all satisfying. After discovering firsthand the healing power of food, Lexi was inspired to create recipes that omit negative health instigators like gluten, grains, dairy, and refined sugars while still delivering the taste and gratification people expect. She inspires readers to get creative, whether they are gluten-free, eat Paleo, or just love delicious food. Lexi has been featured in Cosmopolitan, Redbook, Self, Womenâ™s Health, Yahoo.com, and many other publications.

I just started an even cleaner than normal eating regimen due to some digestive issues and this cook book has been an amazing help! When you are changing your eating habits it can be upsetting to think you won't be able to enjoy some of your favorite foods anymore - however, with Lexi's help and a few modifications / substitutions you can enjoy food without restrictions! In addition the cookbook has some really helpful references including pantry must haves and kitchen gadgets. Highly recommend this book!

If you're looking for THE cookbook on clean eating, this is it! A great tool to add to your bookshelf!

I happen to be an incredibly picky eater, and her recipes are some of the best things I have ever eaten. Definitely the best I have ever cooked myself. She knows how to bring actual flavor to clean recipes. So I know I can trust every single one of her recipes to be amazing, unlike other blogs or cookbooks. She also posts many other recipes and I wouldn't be surprised if this isn't her last cookbook. 100% recommended from a highly picky foodie. Go Lexie!

I don't cook and since I got this book last weekend I've cooked four different recipes. I found the book very easy to follow. Will be using this book weekly!

Great recipes. Have only made a few things but they have turned out great. Love all the grain free pancakes, waffle and crepe recipes (and the variations) .

Loving this cookbook!! Have tried a few recipes so far, and they have all been great!!

Clear, easy to follow recipes and tips. Delicious!

Absolutely love this cookbook! This cookbook has great, delicious recipes and I have loved everything I have made from it. None of the recipes are difficult to make and I can't wait to try more new recipes from it. It's so awesome that Lexi made a cookbook that has so many diverse and delicious paleo friendly recipes!

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