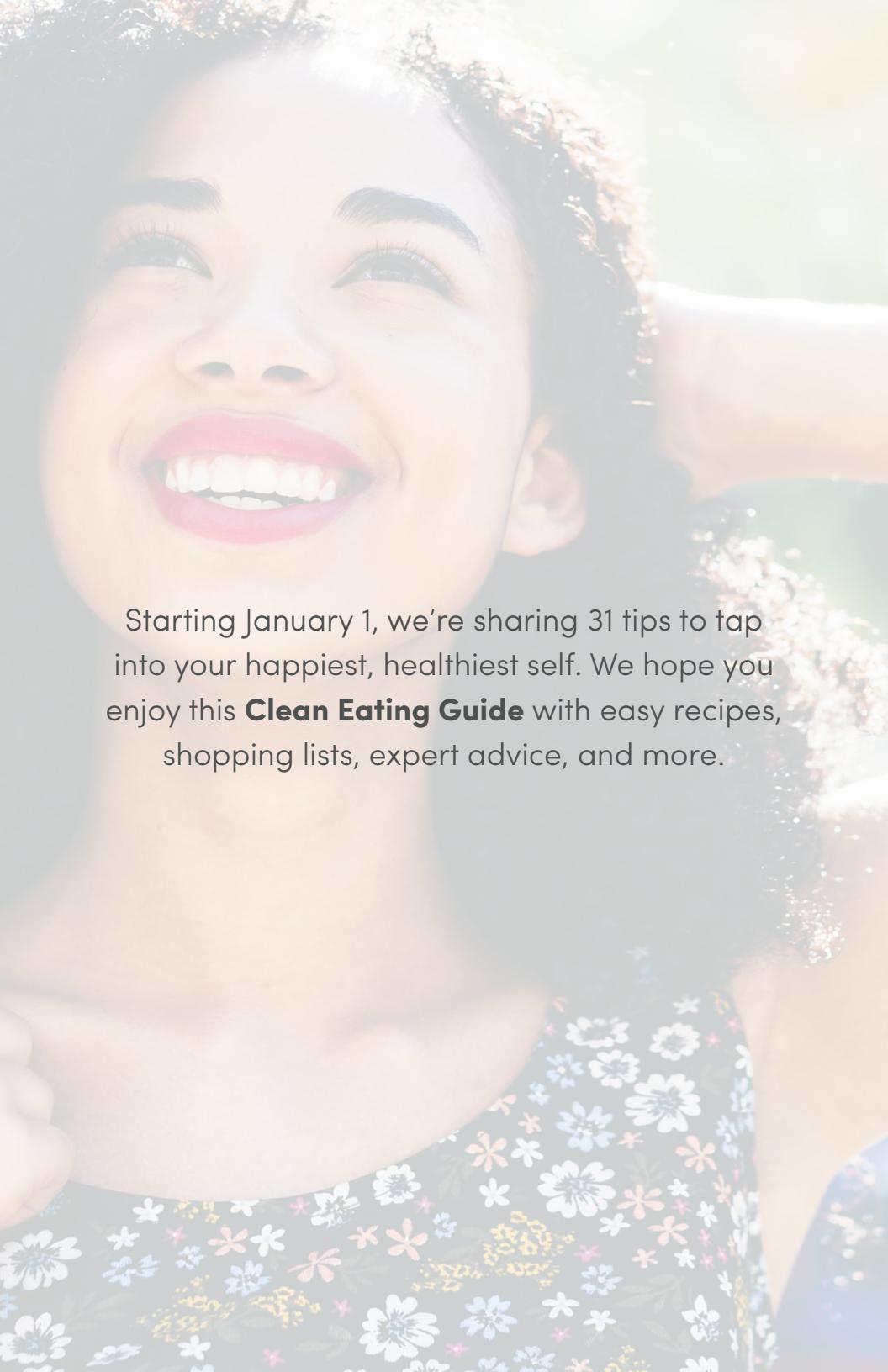




# CLEAN EATING GUIDE

10 minutes a day. 31 days.  
A brighter you.

mbg

A close-up photograph of a woman's face. She has dark hair with a gold floral headband. She is smiling broadly, showing her teeth. Her eyes are looking upwards and to the side. She is wearing a dark top with a white floral pattern. The background is blurred.

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# CLEAN EATING SHOPPING LIST

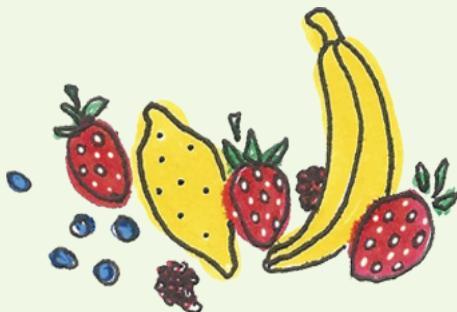
## ◊ VEGETABLES

broccoli  
cauliflower  
zucchini  
kale  
spinach  
romaine lettuce  
sweet potatoes  
butternut squash  
avocados  
carrots  
beets  
onions  
garlic  
2 seasonal additions



## ◊ FRUITS

blueberries  
raspberries  
strawberries  
bananas  
lemons  
2 seasonal additions



## ◊ FRESH HERBS + SEASONINGS

parsley  
cilantro  
cumin  
turmeric  
smoked paprika  
red chili flakes  
cayenne pepper  
red curry paste  
sea salt  
seasonal addition



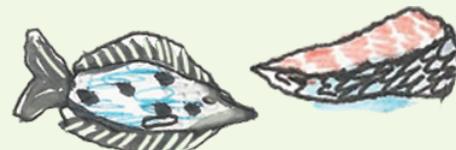
## ◊ REFRIGERATED

eggs  
plain greek yogurt  
coconut yogurt  
whole milk  
half & half  
almond milk



## ◊ SEAFOOD

wild salmon  
halibut



# CLEAN EATING SHOPPING LIST

## ◊ DRY GOODS

- gluten-free oats
- cashews
- walnuts
- almonds
- sunflower seeds
- pepitas
- brown rice
- quinoa
- lentils (red or black)



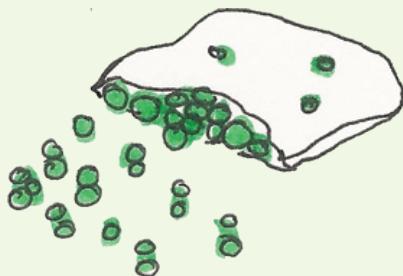
## ◊ CANNED GOODS

- chickpeas
- black beans
- coconut milk
- tomatoes



## ◊ FROZEN GOODS

- peas
- spinach
- shelled edamame



## ◊ PANTRY ITEMS

- apple cider vinegar
- balsamic vinegar
- tamari
- olive oil
- coconut oil
- maple syrup/honey





## 1. GREEN DETOX SMOOTHIE

SERVES 1

### Ingredients

- ½ teaspoon of vanilla powder
- 1 date
- 1 tablespoon of almond butter
- ½ tablespoon of coconut oil
- ¾ cup of coconut water (or filtered water)
- 1/8 teaspoon of cinnamon
- 1/8 teaspoon of ginger powder (or fresh ginger, to taste)
- 1 handful of your favorite greens (kale, romaine, spinach...)
- ½ teaspoon of spirulina powder
- ½ small cucumber
- 1 small apple, cored and chopped
- 1 banana
- ½ teaspoon of matcha powder (optional)

### Preparation

1. Add date to hot water for a few minutes to soften, then pit and peel.
2. Blend the almond butter with the coconut water, date and vanilla in a high-speed blender, preferably a Vitamix, until it becomes “milk”.
3. Chop apple and cucumber. Add all ingredients to the blender with the almond milk. Then blend. You can add more almond milk or liquid as needed — I like a thick shake, but if you prefer more liquid, go for it.

Recipe by Rebecca Leffler



## 2. STRAWBERRY CHIA BREAKFAST BOWL

SERVES 4

### Ingredients

- 1 13.5-oz. can full-fat coconut milk
- 3 tablespoons chia seeds
- ½ teaspoon ground vanilla
- 1 tablespoon lemon juice
- 2 cups fresh or frozen strawberries (about 20-22 berries)
- 2 dates, pits removed
- pinch of sea salt

### Preparation

1. Combine all ingredients in a blender, and blend. Scrape the sides a few times, and continue blending until smooth and creamy. If using frozen berries, you may have to wait for them to thaw a little to fully blend.
2. Let sit in the fridge for at least an hour, or overnight.
3. Top with your favorite toppings. We like fresh fruit, granola, and shredded coconut.

Recipe by Cody and Natalie Gantz

### ► TIP

Do a quick body scan, from head to toe, before you eat. Notice where you are holding stress, breathe into it, and release it. You will start your meal (and your day!) much more calmly.

— Ali Katz, self-care coach



### 3. BANANA NUT OATMEAL

SERVES 1

#### Ingredients

½ cup gluten-free rolled oats  
1 cup water  
½ teaspoon pure vanilla  
½ teaspoon cinnamon  
pinch of Himalayan sea salt  
1 small banana, sliced  
1 tablespoon almond butter

#### Optional toppings:

toasted coconut  
berries  
toasted seeds or nuts  
coconut or almond milk

#### Preparation

1. In a small pan over medium heat, bring the water to a boil and add the oats. Reduce to a simmer and stir for 5 minutes until liquid is almost absorbed.
2. Add vanilla, cinnamon, salt, and half of the sliced banana. Stir until combined. Cover and let stand for another 5 minutes.
3. Stir in almond butter and serve with the other half of the banana and desired toppings.

Recipe by Leah Vanderveldt

#### ► TIP

If you have trouble sleeping, caffeine has to go. The best way to kick coffee is to taper off in small increments. Begin by blending your regular coffee with 50% decaf, gradually increase the amount of decaf, and decrease the amount of regular.

— Dr. Frank Lipman, physician, founder Eleven

Eleven Wellness Center

## 4. ZUCCHINI, SPINACH + BASIL SOUP

SERVES 3-4

### Ingredients

olive oil or butter  
2 large leeks, trimmed, washed, and sliced  
3 garlic cloves, finely chopped  
3 medium zucchini, roughly chopped  
4 cups vegetable broth or water  
salt and pepper  
2-3 big handfuls of baby spinach  
1 medium bunch of basil, stems removed

### To serve:

a few spoonfuls of cooked quinoa per bowl  
roasted vegetables (I used cauliflower)  
fresh herbs, finely chopped

### Preparation

1. Coat the bottom of a large pot in olive oil or butter. Add leeks and cook, stirring for 5 minutes, until softened. Add garlic and cook for 30 seconds.
2. Stir in zucchini. Add broth and season with salt. Bring to a boil and simmer for another 3 to 4 minutes until the zucchini is cooked through. Stir in spinach and basil and remove from heat. Let it cool for about 5 minutes.
3. Using a stick blender, blend until the consistency is smooth. You can also do this in a regular blender in batches. Just be careful with the hot liquid.
4. Serve in a bowl with quinoa, roasted vegetables, and herbs.

Recipe by Leah Vanderveldt

### ► TIP

Practice intuitive eating during lunch. Eat slowly, move away from your computer, and take a pause for a few minutes to gauge your fullness about halfway through your meal. When you feel satisfied, take a few deep breaths and give gratitude for your meal.

— Claire Ragozzino, plant-based chef





#### ► TIP

Cutting back to just one or two dinners out a month and bringing brown-bag lunches can save you roughly \$2,000 to \$4,000 a year.

—Dr. Frank Lipman, integrative medicine expert

## 5. WHITE BEAN + PESTO BOWL

SERVES 2

### Ingredients

olive oil

1-2 cups cherry or grape tomatoes

3-4 garlic cloves, crushed under the blade of a chef's knife  
salt

½ cup farro or quinoa

2-3 cups of spinach or baby kale, roughly chopped

1 14-ounce can of cannellini beans, drained and rinsed

1 heaping tablespoon prepared pesto (homemade or store-bought)

### Preparation

1. Set a kettle on to boil water and preheat oven to 425°F.
2. Toss tomatoes and garlic cloves on a baking sheet with a drizzle of olive oil and sprinkle with salt. Place in the oven and bake for 12 to 15 minutes.
3. Meanwhile, combine 1 cup boiling water and quinoa or farro in a medium pot with a lid. Simmer for 10 to 15 minutes until soft. Remove from heat and let stand for 5 to 10 minutes.
4. Drain any excess water, and return to the warm pot. Add spinach, white beans, and pesto, and stir. Cover and let stand for a minute or two until the spinach has wilted.
5. Taste, season, and stir. Transfer to bowls and top with roasted tomatoes and more pesto or olive oil, if desired.

Recipe by Leah Vanderveldt



## 6. SIMPLE CLEAN WINTER STEW

SERVES 4

### Ingredients

- 1 tablespoon coconut oil
- 1 large yellow onion, diced
- 2 cloves of garlic, minced
- 2 cups of vegetable broth
- 4 medium sweet potatoes, cut into 1" cubes
- 3 large carrots, sliced
- 2 tablespoons tamari (or soy sauce, if gluten-free is not necessary)
- 3 cups of chopped kale
- salt and pepper to taste

### Preparation

1. Heat coconut oil in a large pot at medium-high. Add onion and garlic and cook for about 5 to 7 minutes (stirring throughout) until onions become translucent.
2. Add vegetable broth and bring pot to a boil. Add sweet potatoes and carrots and simmer for 15 minutes (or until both are tender).
3. Stir in tamari and kale and turn heat down. Allow kale to cook for 1 to 2 minutes. Add salt and pepper and enjoy right away.

Recipe by Ilene Godofsky

### ► TIP

Clean eating starts at your grocery store or farmer's market. Become familiar with which foods are sourced locally and what produce is in season right now. Eliminate products with more than five ingredients, or any ingredients you can't pronounce out loud.

— Dr. Lauren Dickerson, internal medicine physician

## 7. CHICKPEA MASALA

SERVES 2

### Ingredients

½ small red onion  
1 yellow bell pepper  
1 medium zucchini  
coconut oil or ghee  
1 teaspoon garam masala  
½ teaspoon cumin  
¼ teaspoon turmeric  
½ teaspoon salt, more to taste  
1 14-ounce can chopped tomatoes  
1 14-ounce can chickpeas, rinsed and drained  
1 cup coconut milk  
cilantro, to serve

### Preparation

1. Finely chop red onion and bell pepper and cut zucchini into small, bite-size chunks.
2. Heat oil in a large pan (with a lid) over medium-high heat. Add onion and pepper and cook, stirring for 2-3 minutes until softened. Add zucchini and cook for 1 minute. Stir in garam masala, cumin, turmeric, and salt, and cook for 1 minute.
3. Stir in tomatoes and chickpeas, and cover. Cook for 5 minutes, stirring about halfway through. Uncover, stir in coconut milk, and reduce heat to medium. Cook for 2 more minutes.
4. Serve over rice, quinoa, or greens with a little chopped cilantro.

Recipe by Leah Vanderveldt



### ► TIP

Chickpeas are a powerhouse food — they're packed with protein and provide a high amount of your daily potassium needs. They also contain a decent amount of fiber, leaving you full and satisfied.

— Jessica Cummings, holistic health counselor



## 8. THAI VEGETABLE + CHICKPEA CURRY

SERVES 2

### Ingredients

- 1 small head of broccoli
- 1 medium carrot
- 1 small zucchini
- 1 tablespoon curry paste, or more to taste (look for one without sugar)
- 1/4 cup vegetable broth or water
- pinch of salt
- 1 14-ounce can coconut milk
- 1 14-ounce can chickpeas, drained and rinsed

### To serve:

- cooked quinoa (optional)
- cilantro leaves

### Preparation

1. If you want to serve the curry over quinoa, put it on to cook now. Chop broccoli into small florets. Chop your carrot and zucchini into similar bite-sized pieces.
2. Heat a large pan or pot with a lid over medium-high heat. Add curry paste and vegetable stock and stir. Heat, while stirring to spread out the paste, for 30 seconds. Add vegetables and salt; stir and cover for 3 minutes.
3. Add coconut milk and chickpeas; stir and cover. Cook for another 5 minutes. Remove lid, and cook for another 2-5 minutes until the vegetables are tender (or to desired softness).
4. Season to taste and serve over quinoa or on its own, topped with cilantro.

Recipe by Leah Vanderveldt

### ► TIP

Want to take a significant step toward improving your health and nutrition and spend only \$10? Buy these three spice bottles and use them liberally: Apple pie spice, Italian seasoning mix, curry powder.

— Dr. Joel Kahn, vegan cardiologist

## 9. ZOODLES WITH CREAMY AVOCADO PESTO

SERVES 2

### Ingredients

2 large zucchinis  
2 cups arugula  
handful of cherry tomatoes  
1/3 cup hemp seeds

For the pesto:

2 large, ripe avocados  
1/4 cup of olive oil  
4 garlic cloves  
1/4 cup basil  
2 oz lemon juice or 1 lemon squeezed  
salt + pepper to taste

### Preparation

1. Create zoodles with zucchini using a spiralizer. (If you don't have one, a julienne slicer works great as well!)
2. Place zoodles on top of your arugula.
3. Slice tomatoes in half, add to bowl.
4. Add avocado, olive oil, garlic, basil, lemon + salt/pepper to a blender. Blend together until thick and smooth. Add on top of zoodles. Top with hemp seeds.

Recipe by Danielle Sobel



### ► TIP

Zoodles are a quick and easy way to incorporate more plants into your meals — and you can expand beyond zucchini. Other veggies that are great to spiralize include beets, sweet potatoes, and turnips.

— Ali Mafucci, plant-based food blogger



## 10. VEGETABLE-PACKED CHILI

SERVES 1-2

### Ingredients

olive oil or oil of your choice  
2 garlic cloves  
1 medium bell pepper (orange, yellow, or red)  
1 teaspoon cumin  
1 teaspoon smoked paprika  
 $\frac{1}{2}$  teaspoon chipotle powder  
 $\frac{1}{4}$  teaspoon cinnamon  
1 14-oz. can chopped tomatoes  
1 medium carrot  
1 small zucchini  
 $\frac{1}{2}$  teaspoon salt, or more to taste  
1 cup vegetable broth or water  
1 14-oz. can of black beans, drained and rinsed

### Optional toppings:

guacamole  
cilantro  
corn chips  
hot sauce

### Preparation

1. Finely chop garlic. Chop bell pepper, carrot, and zucchini into a small dice. (This is key, as smaller pieces of vegetables will cook quicker.)
2. Coat the bottom of a large pot with oil and heat over medium-high heat. Add bell pepper and garlic and stir. Cook for 1 minute. Add spices and cook, stirring, for 30 seconds.
3. Add tomatoes, carrot, zucchini, and salt and cook, stirring, for 2 minutes. Stir in vegetable broth and black beans and lower heat to medium.
4. Cook for 10 minutes, stirring occasionally. Use this time to smash up some guacamole and arrange your favorite toppings.
5. If you have the spare time, let the chili sit a few more minutes to let the flavors mingle before serving.

Recipe by Leah Vanderveldt



## 11. TOMATO SHAKSHUKA

SERVES 1-2

### Ingredients

olive oil  
1 shallot or  $\frac{1}{2}$  small onion, finely chopped  
1 garlic clove, finely chopped or grated on a microplane  
 $\frac{1}{2}$  teaspoon smoked paprika  
1 14-oz. can chopped tomatoes  
1 roasted red pepper from a jar, chopped  
 $\frac{1}{2}$  teaspoon salt  
a big handful of baby kale or spinach  
2-3 eggs (depending on how many people are eating it)  
pinch of red pepper flakes (optional)

### Preparation

1. Finely chop shallot (or onion), garlic, and roasted red pepper. Coat a small pan in oil and heat over medium-high heat. Add shallot and cook for 2 minutes, until beginning to soften.
2. Add garlic and paprika and cook, stirring, for 30 seconds. Add tomatoes, red pepper, and salt. Cook, stirring, for 2 minutes. Stir in baby kale.
3. Make little divots with a spoon and crack eggs into them (so eggs stay relatively contained). Cover the pan and reduce heat to medium-low. Cook for 5-7 minutes until egg whites have set but yolk is still runny.
4. Sprinkle with chili flakes and serve with toast, pita, or quinoa.

Recipe by Leah Vanderveldt

## 12. QUINOA STIR-FRY

SERVES 1-2

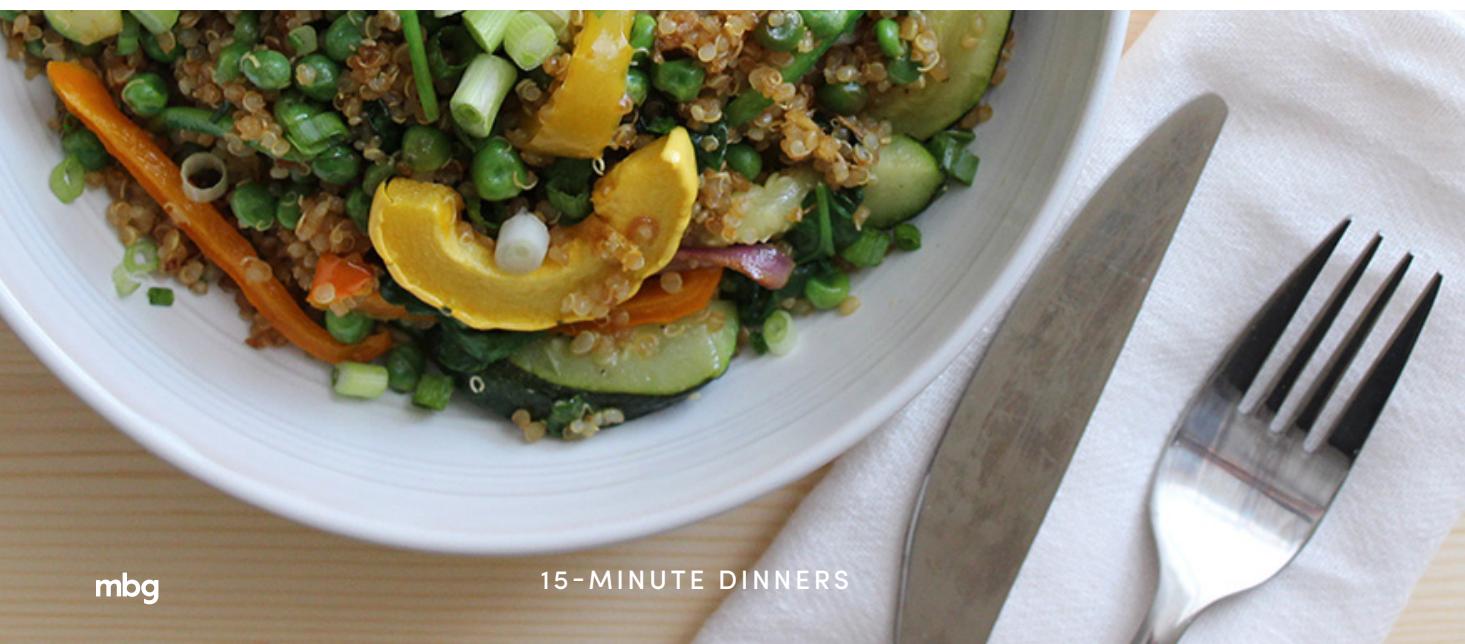
### Ingredients

- 1 cup cooked quinoa
- 1 cup roasted vegetables (I used zucchini, delicata squash, and bell peppers)
- 1 tablespoon oil
- 1 tablespoon fresh ginger, finely chopped
- 2 garlic cloves finely chopped
- 2 tablespoons tamari
- 1/2 cup frozen peas, thawed
- 2 scallions/green onion finely chopped
- 2 big handfuls of baby spinach
- pinch of red chili flakes (optional)
- 1 fried egg per bowl (optional)

### Preparation

1. Heat oil in a large pan over a medium-high heat. Add ginger and garlic to the pan and cook, stirring, for 30 seconds.
2. Add cooked quinoa, tamari and peas and stir, cooking for 2 minutes. Add spinach and other roasted vegetables and cook for another 2 minutes.
3. Fry an egg for each bowl, if desired. Fill bowls with fried quinoa and top with scallions, chili flakes and an egg.

Recipe by Leah Vanderveldt



### ► TIP

Fighting midnight cravings? One recent study found that just one 8-ounce glass of water before bed curbed cravings.

— JJ Virgin, health and nutrition expert



## 13. BROTH-POACHED BLACK SESAME SALMON + BOK CHOY

SERVES 2

### Ingredients

2 quarter pound pieces of wild salmon  
3 cups of seafood stock  
1 lime, thinly sliced  
10 whole black peppercorns  
2 heads of bok choy  
juice of 1 lime  
salt + pepper  
toasted black sesame seeds, to garnish

### Preparation

1. Add the seafood stock, limes and peppercorns to a deep skillet or heavy pot over high heat and bring to a boil, then immediately reduce to a simmer. Cover and cook for about 5 minutes.
2. Season salmon with salt and pepper and gently lower into simmering liquid, making sure the filets are at least  $\frac{3}{4}$  covered.

Reduce heat to a very gentle simmer, cover the pan and cook for about 6 minutes, until salmon is opaque throughout (you should be able to flake it with a fork). Remove salmon from the liquid and set aside on a towel lined plate.

3. Turn heat up to medium so the broth is at a steady simmer. Drop in the bok choy and cook for about 3 minutes, until they are soft but not mushy (they should still have a good bite). Remove pieces from liquid.
4. Turn the heat up to medium high and continue to cook the broth for about 3 more minutes. Add the lime juice and turn off heat.
5. Divide the bok choy and salmon between two shallow bowls. Ladle about  $\frac{1}{4} - \frac{1}{2}$  a cup of broth over each bowl. Garnish with black sesame seeds.

Recipe by Christina Liva

### ► TIP

Farm-raised salmon is usually packed into dense pens and infused with antibiotics to combat the unsanitary conditions. It's best to buy wild at a premium and save it for special occasions — wild salmon is at risk for over-consumption.

— Phoebe Lapine, gluten-free food blogger



#### ► TIP

When you're indulging in an unhealthy food, take one bite and determine if you like it enough to have more. If you really love it, have another bite and savor the taste. If you decide it's not worth it, stop at one bite.

— Ali Katz, self-care coach

## 14. CHOCOLATE MOUSSE

SERVES 4

### Ingredients

2 ripe avocados  
5 medjool dates, pitted + soaked  
1/2 cup raw cacao powder  
1/2 teaspoon pure vanilla extract  
1 can full fat coconut milk, refrigerated overnight  
tiny pinch of salt  
cinnamon for topping, optional  
fresh berries for topping, optional

### Preparation

1. Scoop out the inside of the avocados and add to a blender\*. Next add dates, raw cocao, vanilla and salt. Open the can of coconut milk, being careful not to shake it. The cream will have risen to the top, leaving a thinner liquid at the bottom. Add 1/4 cup cream to the blender, saving the remaining cream in a small bowl. Begin to blend the mousse, stopping often to push down the ingredients and stir. If it's too thick add liquid coconut milk a few tablespoons at a time until you reach the desired consistency.
  2. Hand whip remaining coconut cream until it has a soft "whipped cream" texture.
  3. Portion mousse into 4 custard cups and refrigerate for 1 hour before serving. Top with a dollop of coconut whipped cream, a sprinkle of cinnamon and fresh berries.
- \*Note: if you don't have a good blender, you can also use a food processor for this recipe.

Recipe by Heather Braaten

Photo Credit: Brent Hofacker



# 10 INGREDIENTS THAT SHOULD BE PART OF YOUR NATURAL BEAUTY ROUTINE

By Adina Grigore

Consider the list of ingredients that follow as the foundation of your new beauty routine. You can probably find some of them in your kitchen.

## 1. FINE-GRAIN SEA SALT

It can be used on the face or body and cleans deeply, removes dead skin cells, eliminates fluid retention, balances moisture, pulls toxins from pores, and relaxes muscles.

The simplest way to use sea salt is to wet your skin, put some salt on your wet hand so it sticks, then pat it gently onto your skin. You can leave it for a few minutes or rinse immediately. Just make sure not to scrub too hard — it is too abrasive by itself.

## 2. APPLE CIDER VINEGAR

The best astringent in nature because it helps to balance your skin's pH, making you both less oily and less dry. Plus, it promotes blood circulation and kills bacteria, yeasts, and viruses. Always dilute apple cider vinegar! It is pungent stuff. Apply to your face with cotton or a spritzer. No need to wash it off.

## 3. HONEY

Kills bacteria while soothing and moisturizing skin. It's also anti-inflammatory and hydrating to your pores. Honey makes a great addition to any exfoliant or mask — it even makes a great stand-alone mask. Rub it onto your face and leave on for a chunk of time, then rinse with warm water.

## 4. COCONUT OIL

An amazing body moisturizer that glides on easily and soaks in, leaving you hydrated for hours. It's antibacterial and antifungal, meaning it will help heal rashes, scars, infections, and acne. Apply coconut oil right after you shower, when your pores are hydrated and ready.



## 5. OLIVE OIL

A light moisturizer that's great for the face and is especially affordable. Olive oil protects against sun damage and skin cancer. And it's so gentle that even the most sensitive human on the planet is probably not allergic to it. Use olive oil like coconut oil, except more freely on your face and in your hair.

## 6. GROUND OATS OR GROUND ALMONDS

Both of these ingredients are incredibly soothing and healing to the skin, and they reduce inflammation. The simplest way to use oats is to pour a heaping cupful into a warm bath and soak.

## 7. BAKING SODA

A great spot treatment, toothpaste ingredient, deep cleanser for getting rid of shampoo buildup in hair, and odor fighter. The best way to use baking soda is as a once-in-a-while zit treatment. Make a paste with water and dab it on a blemish. Or spread onto a stinky area, leave on for however long you'd like, then rinse.

## 8. SHEA BUTTER

Shea butter has a natural SPF of 6 and absorbs some ultraviolet

radiation. The simplest way to use shea butter is straight on your face or body.

## 9. COARSE SUGAR

It melts quickly in water, leaving the skin cleansed and smooth. Have you heard of those crazy, expensive glycolic acid chemical peels? That's a synthetic version of sugar. So skip that junk and scrub down with sugar when you want shiny, clear, fresh skin. The easiest way to use sugar is to scrub it on while in the shower. You can also use it on your face, but don't be too vigorous — just pat!

## 10. ALOE VERA

Speeds up your skin's ability to heal, moisturizes it, helps it create fresh new cells, fights inflammation and itchiness, and is high in antioxidants. It's best to get it fresh from the leaf; just cut it open and apply the gooey insides to your skin. You can also get it in gel or juice form in the supplement section of your local natural grocery.

Adapted excerpt from *Skin Cleanse: The Simple, All-Natural Program for Clear, Calm, Happy Skin* by Adina Grigore. Copyright ©2015 by Adina Grigore. A HarperWave book, an imprint of HarperCollins Publishers.



## DIY BEAUTY: TRY THIS DETOX BATH FOR GLOWING SKIN

By Liana Werner-Gray

A weekly detox bath can help clean out the lymphatic system and cleanse the liver, gallbladder, skin, and digestive system. This recipe uses natural elements that come straight from the earth to draw toxins out of the body while the salt and charcoal drive minerals into the cells.

**Here's what you'll need**

2 cups of Epsom salts  
1 cup bentonite clay  
1 tablespoon real salt  
½ teaspoon activated charcoal (you can break open charcoal capsules)

Fill your bathtub with hot water, as hot as you can handle without being scalded. Add all the ingredients to the water when the tub is full (the water will be cloudy). Soak in the bath for at least 10 minutes — 30 minutes if you can. Towel off and eat a bowl of fresh berries or an orange after your bath to balance out your blood sugar, and drink ample water.

Adapted from *The Earth Diet: Your Complete Guide to Living Using Earth's Natural Ingredients* by Liana Werner-Gray. It is published by Hay House (October 2014) and is available now at all major bookstores.

# START DOING YOU.

Share photos with **#mindbodyhappy**



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