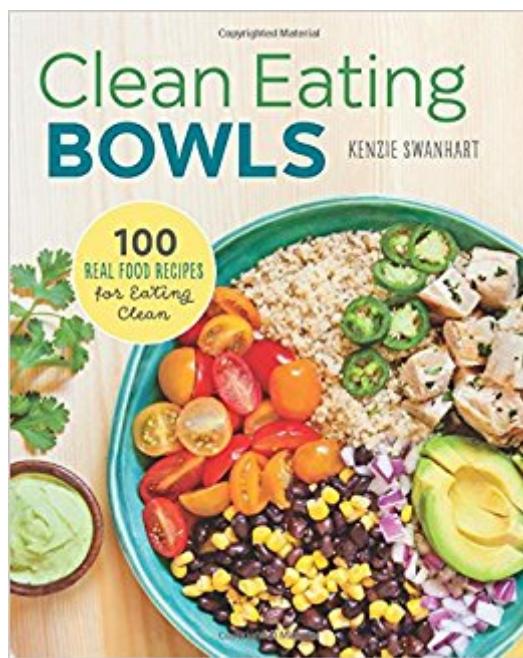


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# Clean Eating Bowls: 100 Real Food Recipes For Eating Clean



## Synopsis

"Kenzie Swanhart has compiled an impressive collection of clean eating recipes that span breakfast, lunch, dinner, and dessert (all in a bowl)! These clean eating recipes are straightforward but exciting, and they don't sacrifice flavor or texture for nutrition." —Megan Flynn Peterson, author of *The Big 15 Paleo Spiralizer Cookbook Bowls* make it easy to combine and customize your favorite flavors in no time at all. *Clean Eating Bowls* balances the convenience of "bowl food" with the complete nutritional benefits of a clean eating diet. From smoothie and breakfast bowls to grain and noodle bowls, these recipes that leave you feeling satisfied. 100 simple recipes use affordable, clean ingredients that deliver satisfying, healthy meals when combined in a bowl. A mix-and-match guide for every chapter to create your own clean eating bowl combinations. Inspiring, supportive guidance for enjoying nourishing meals while savoring the foods you love. With *Clean Eating Bowls* you'll discover the pleasures of clean eating, instead of worrying about what not to eat. Join Kenzie Swanhart, author of the two bestselling cookbooks *Paleo in 28* and *Spiralize It!*, on her journey to make clean eating fun, delicious, and easier than ever before. "Simple to jump right in and incorporate into your lifestyle. I travel for work and eating healthy while traveling is a struggle. I prepared two meals from the book that I split between lunch and dinner ahead of my trip. Not only were they fantastic, but everyone at the office wanted the recipes and kept asking what smelled so good." —Customer

## Book Information

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## Customer Reviews

Gone are the days where a salad was the only option for someone trying to eat healthier. •Kenzie has compiled an impressive collection of clean recipes that span breakfast, lunch, dinner, and dessert (and all in a bowl)! The recipes are straightforward, but exciting and they don't sacrifice flavor or texture for nutrition. You will want to make (and eat) all 100 of these recipes. •Megan Flynn Peterson, author of *The Big 15 Paleo Cookbook* and *The Freckled Italian blog*"Bowls are the hot menu item these days. I love the diversity, healthy ingredients, and tasty combinations in these bowls." •Martha McKittrick, RDN, CDE, CHWC•"Kenzie has done it again with her latest cookbook, *Clean Eating Bowls*. These recipes are healthy, beautifully presented, easy to make and frankly, make me want to never eat off a plate again! You can find everything you need in this book whether you're looking for something sweet, savory, or a little of both. •Sarah Gaines, Founder of *Fit University*"Eating healthy should never consist of complicated, flavorless meals that leave you hungry and unsatisfied. Bowls are such a nutritious and simple way to prepare meals! Kenzie has masterfully created 100 easy, nutritious, and flavorful recipes that make you anticipate eating healthy every meal of the day. This book is so much more than recipes to follow because she also gives you all the tools and resources you need to customize your own bowls for a healthy and delicious lifestyle. This book is a must for every kitchen because of its versatility and mouth-watering recipes!" •Jessi Heggan, Founder of *healthy eating blog Jessi's Kitchen (jessiskitchen.com)*"The Cave Girl in the City has done it again! Kenzie's recipes are easy-to-follow, diverse, fun, and all served in a bowl. The smoothie bowls are a particularly feel-good, yummy choice for dessert. While this is a great book for making clean and delicious bowls, it's also a guide to learning how to celebrate whole foods that make you feel good." •Kristina Sadlo, CSCS (@BlondePaleo)

KENZIE SWANHART is the founder of the popular food blog *Cave Girl in the City* and author of the cookbooks *Paleo in 28* and *Spiralize It!*. Kenzie's culinary adventures began after graduating from college, when she considered the role her diet played in her life. In an effort to cultivate a healthy, balanced lifestyle, Kenzie embraced a whole food, clean eating lifestyle and along with it, as well as a respectable collection of bowls.

The recipes are very simple, but somewhat boring. There are very few pictures throughout the entire book. The only pictures are at the beginning of each chapter. Most clean eating/healthy cookbooks often include nutritional info, but this one doesn't have any of that information. This makes it challenging when trying to track macros and added sugars in my diet. Overall, nothing special about

this cookbook.

LOVE LOVE LOVE this cookbook. I have actually made quite a few recipes from this book and I love them all. The only downfall is that I want to make all the extra sides and it takes a tad longer but after making them once or twice I have discovered how to save for other recipes or downsize the portion size. You have to try the desserts!

Simple to jump right in and incorporate into lifestyle. I travel for work and eating healthy while traveling is a struggle. I prepared two meals from the book that I split between lunch and dinner ahead of my trip. Not only were they fantastic - everyone at the office wanted the recipes and kept asking what smelled so good.

easy to follow instructions, and great ideas for busy whats for dinner people.

This is the food I want to eat! Everything is fresh, beautiful, and vibrant. The recipes are quick and uncomplicated, and for the most part, the ingredients are simple everyday grocery store items. A while back I bought a different "bowl" cookbook and ended up returning it because all the recipes were ridiculously froufrou and expensive. Not so with this book! I will say that my kids (I have four, all young) haven't been very interested in anything I've made from this book except for the smoothie bowls, which they've enjoyed. So I mostly make these recipes for my lunches or sometimes for my dinner when I don't want to eat what I'm making for the kids. Several recipes call for spiralizing vegetables; I don't own a spiralizer and don't plan on purchasing one, and I don't feel ripped off or anything for not being able to make all the recipes. If you do own one, you'll have all the more fun with this book. Some reviewers have complained about the lack of pictures...and yeah, more pictures would have made the book sexier, but I don't think it's that big of a deal. The recipes are straightforward enough that I don't need much help visualising what they should look like. I have had this book for a month and have so far made: Avocado and Kale Smoothie Bowl; Chunky Monkey Smoothie Bowl; Strawberry Shortcake Smoothie Bowl; Pumpkin Pie Smoothie Bowl; Blueberry Chia Jam and Oatmeal Breakfast Bowl; Warm Green Breakfast Bowl; Mango, Chicken, and Avocado Bowl; Deconstructed Spring Roll Noodle Bowl; and Sweet & Spicy Chicken Noodle Bowl. Most of them were wonderful. Some I won't make again, just because of personal preference issues. But it's nice to have another source for simple, healthful, real-food meal ideas. Thank you Kenzie!

Good recipes but nothing mind blowing. I cook for one most of the time and make bowls often so this is mostly used as inspiration. This doesn't work well for quick meals which is what I was looking for. I don't think I've followed a single recipe as written because I find that there are way too many ingredients in most of the recipes. I like well flavored meals, this is not an issue of too many spices or herbs, more like these are overly complicated. A good bowl can be made with 5 ingredients.

## LOVE IT SOME GREAT IDEAS AND RECEPIES

Got it to start eating healthy, I included the rest of the family and we are glad to have this book as a guide. There are some really great suggestions such as making more to have on other days and a suggested shopping list to have ahead of time to save shopping time. This is a boon to those who want to eat healthy and smart.

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