

A photograph of Gwyneth Paltrow in a bright, modern kitchen. She is wearing a white button-down shirt and is smiling while chopping ingredients on a wooden cutting board. In the background, there are white cabinets and a window. In the foreground, there are various kitchen items including a copper pot hanging from a rack, a glass jar, and some fresh herbs.

THE

Eat, Reset, Heal

CLEAN

#1 NEW YORK TIMES BESTSELLING AUTHOR

GWYNETH PALTROW

PLATE

**OVER 100 RECIPES AND
SIX DOCTOR-APPROVED CLEANSSES**

Gwyneth Paltrow

The Clean Plate: Eat, Reset, Heal



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Now she's back with her most ambitious cookbook to date: a assortment of 100-plus quality recipes and customizable meal programs that offer taste, simpleness, and targeted health advantages. Taz Bhatia)Veg-Friendly Ayurveda (with Dr. Highlights include quick staples like Turkey Meatball Pho, Sheet Pan Poultry Broccolini, and Butternut Squash Tacos, and nice treats like Cashew Turmeric Iced Lattes and Chocolate Chia Pudding. Her dishes focus on delicious flavors and clean ingredients--pillars that have launched her cookbooks to bestseller position.Delicious food can heal the body. This food-lover's cookbook brings everything to the table--from smoothies and soups to bowls, entrées, snack foods, and desserts--with the simplicity and flavor that we have come to anticipate from Paltrow and her group at GOOP. Gwyneth Paltrow gets the energy of simple, quality meals. Steven Gundry)Candida (with Dr. Backed by Paltrow's team of nutrition experts and doctors, the book offers specific diet programs centered on:Adrenal Support (with Dr. Alejandro Junger)Heart Health (with Dr. Beyond the appealing recipes, THE CLEAN PLATE offers meal programs, detoxes, and cleanses to address the reader's specific needs and desired outcomes. Amy Myers)ROCK Detox (with Dr. James Novak)Fat Flush (with Dr. Reset and rebalance with clean quality recipes that are flexible and possible for busy weeknight foods or lunches on the run, and healthy more than enough for more intensive, doctor-backed cleanses. Aruna Viswanathan)Filled with go-to quality recipes and revitalizing health ideas, THE CLEAN PLATE is exactly the standout cookbook we've been waiting for, from the largest name in clean consuming.



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