

Très Green, Très Clean, Très Chic - Rebecca Leffler Read Ebooks [EN] PDF, EPub, Mobi



Très Green, Très Clean, Très Chic Rebecca Leffler Read ebooks [EN] PDF, ePub, Mobi, Say *Bonjour* to Green Cuisine—it's the new French way to be healthy, happy, and stylish, *bien sûr!*

No one does food and lifestyle like the French! That's why the French approach to clean, green eating adds a dash of flair—or a drizzle of decadence—to even the humblest of fruits, veggies, and legumes. In this cheerful, charming cookbook, Rebecca Leffler shows you how they do it. She introduces her “best friend foods” like sweet potatoes and chia, whirlwinds through an entire rainbow of juices and smoothies, and keeps the focus on fitness, food, and fun in equal measures.

Globally inspired, but with lots of French accents, all 150 plant-based recipes are free of gluten, soy, and refined sugar. Rebecca organizes them the natural way: by season.

Feed your body what it needs during . . .

Spring: Beet Rawvioli with Faux-mage, White Asparagus Velouté, Le “Chic” Cake

Summer: Salade Niçoise, Cabinet Curry, “Split”-Second Banana Ice Cream

Fall: Sobeautiful Soba Salad, Beauty Bourguignon, Pancrêpes, Apple Tarte Tatin

Winter: Totally Wild Stuffed Squash, Amaranth Caviar, Happy Hazelnut Quinoa Bowl.

Plus, enjoy Rebecca's mood-boosting tips year round: natural beauty treatments, illustrated yoga poses, and positive playlists to sing along with as you peel, mince, and stir.

Having to choose between pleasure and health is so last season. It's time to say *non* to unhealthy foods and *oui* to color, flavor, variety, and smiles!

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