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Clean slate : a cookbook and guide : reset your health, detox your body, and feel your best. from the editors of Martha Stewart living. Abstract:

Clean slate : a cookbook and guide: reset your

Clean Slate : A Cookbook and Guide: Reset Your Health, and Feel Your Best (Martha Stewart Living)
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to reset your health, detox your body, from the new cookbook Clean Slate: A Cookbook and Guide, the latest from the editors of Martha Stewart Living.

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and detox with these three clean recipes. Menu. Healthy Living; Healthy we ve selected three nutrient-rich recipes from the new cookbook Clean Slate:

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Here, Martha Stewart shares four tips and four recipes from her new book, "Clean Slate." TIPS1.

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Clean Slate: A Cookbook and Guide. Resetting the way you eat can be a pain. Organizing new grocery lists, scrounging for healthier recipes, and avoiding junk food

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We're thrilled to be sharing recipes from "Clean Slate," our newest book and healthy living guide. "Clean Slate" emphasizes the value of whole, unprocessed foods and

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