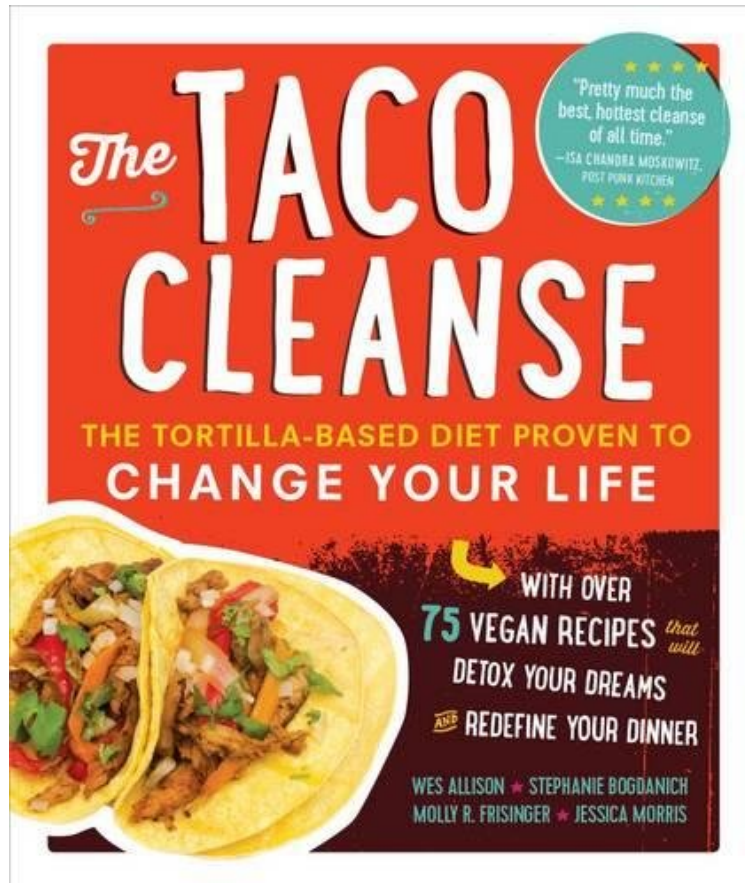


(Online library) The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life

The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life

Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, Jessica Morris
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Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, Jessica Morris : The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life:

47 of 48 people found the following review helpful. A new appreciation for being vegetarian... Great book.By drjBackground: I am vegetarian, I am not vegan, I do like Mexican food, I do not do a whole lot of cooking, I am good at following directions.Summary: The book provides a variety of vegan "fillings" for tacos. It also provides the recipes for the associated sauces/toppings/condiments as well as the tortillas themselves. The recipes are amazingly flavorful and fun to make. Cleanse? Not so sure... Change my life? Without a doubt!Comments:This book has absolutely wowed me. Admittedly, the "cleanse" part of the book is only half-way serious, but, (as the book says) if you look at a cleanse as being more than just the body but also of the spirit I can kinda get into their semi-serious cleanse.So, not being a "cleanse", why do I like it?-The recipes are REALLY good. I eat out for most every meal... But, after having made about 6 things from the book I am beginning to wonder why. I am making more enjoyable meals at home than

eating out. I would say most recipes are about a 20-40 min commitment which is not too bad.-My room mate, while non-vegetarian, is lactose intolerant. As a perk, the book has a DAMN good recipe for a vegan "nacho cheese" and a not bad recipe for a ranch dressing. Seriously. I like my 7-11 nacho cheese and this stuff is better and (I assume) a whole lot healthier!!-The book encouraged me to make staples I have never made before.... Tortillas, seitan, etc. Neat! And they are really not that hard. Also, as everyone says, home-made corn tortillas really are pretty good (and easy).- While I do eat tofu and other soy products, I try not to overdo it because of the phytoestrogen issue even though the evidence is really not supportive of that being an issue. So, that said, the book does have a lot of recipes using gluten and other non-soy protein sources. Of course there are lots of soy/non-gluten recipes as well. In general, the book has a lot of diversity for meat substitutes and it has opened my world a bit here. Some additional comments....-A large number of the recipes are much more involved than I am used to. I find that I had to really supplement my shelves to start to play with this book -- not a bad thing, but, I had never bought a jackfruit in brine or a soy curl or liquid smoke or "nutritional yeast".... Then again, I also had never bought dry dill nor coriander -- so take this comment with the realization that I am not much of a cook. Many of the recipes want to have a "readthru" before attempting to prep -- I find that I usually have 1 or 2 little bowls filled with mixes of ingredients so I can add them at the right times during the preparation.-I like cumin, but, the authors LOVE cumin. I have started halving all their cumin recommendations and making up the balance with ground coriander.-Any cleanse book that includes recipes for a few different types of margaritas understands the true spirit of a taco cleanse... A cleanse of the body and the spirit164 of 178 people found the following review helpful. I usually hate cleanses, mostly because of the lack of tacosBy Kristy T.I usually hate cleanses, mostly because of the lack of tacos. I mean, how am I supposed to change my life without eating tacos? That's rubbish. That's why this book is so revolutionary- my life is so much better now AND I'm eating delicious tacos all the damn time! It's great! Thank you, Taco Cleanse!5 of 5 people found the following review helpful. Great Vegan RecipesBy LucieOk, I fell for the "cleanse" part, but once you get over the joke and the fact that you've been played, there are some amazing vegan recipes in there. If you're looking for a different way to do tacos, this is it.

Prevent or reverse taco deficiency. Get that fresh taco-y feeling with over 75 seriously tasty vegan recipes. Tired of the same old cleanse? Instead of feeling rejuvenated are you feeling depleted, anxious, and cranky? (Not to mention . . . hungry?) A group of vegan taco scientists in Austin, Texas, know just how you feel, and now reveal their one-of-a-kind cleansing journey that anybody can follow and stick to the Taco Cleanse. While the typical cleanse works by depriving you of your favorite foods, the plant-based Taco Cleanse rewards your body with what it naturally craves: tortillas, refried beans, guacamole! Begin with a breakfast taco, the most important taco of the day. Even if you do nothing else, your mood will brighten in just 24 hours. Keep eating tacos and within a week your outlook will be noticeably improved. After 30 days, cleansers report lasting benefits and you will, too! The Taco Cleanse shows you: How to make everything from the tortilla flour, corn, and waffle (!) to the thirst-quenching Supplements (margaritas and other beverages) that best complement your tacos What to put in the tortilla beer-battered portobellos, mac and cheese, even tater tots How to remake popular staples like picadillo, tacos al pastor, carne guisada, and fish tacos using plants instead of, well, animals. The Taco Cleanse is cheap, easy, and delicious. Its recipes are authentically Austin, and are sometimes even inspired by Mexico, where the taco was first created. Everything tastes better folded (exactly once) into a tortilla. Just eat one or more tacos at every meal, adding margaritas as necessary. It's that simple.

One of s Best Books of the Month in Cookbooks, Food Wine I only ate tacos for a week and it made me so much healthier. Esquire Diets don't get any better than this. Eater Now, here's a cleanse we can get behind. People There's a new cleanse in town that fully embraces solid foods like corn tortillas, refried beans, and *praise hands* guacamole. It's called The Taco Cleanse, and it's real. *Praise hands*. Cosmopolitan Possibly the best diet strategy ever. E! Online The next trendy cleanse to hit Los Angeles incorporates avocados, kale, tempeh, tortillas and plenty of margaritas. It's called the taco cleanse, it's vegan, and it's here just in time for all those New Year's resolutions you have every intention of keeping. Los Angeles Times Hallelujah and pass The Taco Cleanse. Washington Post Pretty much the best, hottest cleanse of all time. Isa Chandra Moskowitz, author of Post Punk Kitchen The Taco Cleanse is the only cleanse we want to try this year. Huffington Post The book pokes fun at the tired diet industry while providing the reader with some kick-ass recipes along the way. MindBodyGreen "Close your eyes. Now, imagine a world where a health cleanse means a steady stream of tacos for breakfast, lunch and dinner. Now open your eyes. That day is here." Today.com The recipes are no joke. Everyday Health The Taco Cleanse is the only cleanse you'll ever need. Jezebel The glorious guide to achieving all your wildest dreams (i.e., living on tacos) is laid out in the eponymous cookbook The Taco Cleanse. Bustle Your New Year's detox can be a lot more painless than you anticipated. Refinery29 So this will be the year I finally try a radical dieting plan, now that we have the culinary equivalent of God skysurfing by with finger guns ablaze, saying, Hey bud, I like your style. Jake Kilroy, Playboy The Best Non-Diet Ever Womens Health The diet that you'll actually be able to stick with. The Daily Meal This taco cleanse is the new year's resolution of your dreams. PopSugar Sign us up! Metro US Damn if counting taco calories doesn't sound a lot more palatable than counting alfalfa sprouts or glasses of lemon water. Thrillist "The world's best diet. Marie Claire (UK) The empowering,

guilt-free, and soul-satisfying journey youre about to take your body and mind through will be not only supremely delicious (as tacos are involved) but also life-changing. from the foreword by Laura Beck, author of Vegansaurus