



# No Excuses Detox: 100 Recipes to Help You Eat Healthy Every Day

*Megan Gilmore*

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From *Everyday Detox* author Megan Gilmore, powerhouse blogger behind [Detoxinista.com](http://Detoxinista.com), here are 100 quick-to-prepare, affordable, and delicious whole-food recipes that make it easy to follow a healthy lifestyle for you and your family every day.

In *No Excuses Detox*, Megan Gilmore presents a collection of satisfying, family-friendly recipes developed with speed, convenience, and optimum digestion in mind. Because enjoying what you eat on a daily basis is crucial to maintaining health goals, these recipes for comfort food favorites—from Freezer Oat Waffles, Butternut Mac n' Cheese, Quinoa Pizza, Loaded Nacho Dip, and Avocado Caesar Salad to Frosty Chocolate Shakes, No-Bake Brownie Bites, and Carrot Cake Cupcakes—taste just as good as their traditional counterparts, but are healthier versions packed with nutrients. Megan Gilmore sharply identifies many of the reasons people fail to stick to a healthy diet—too busy, budget conscious, cooking for picky eaters, concerns about taste or fullness, and more—addressing them head on and offering simple solutions. This beautifully packaged and artfully photographed book gives readers no excuse to not eat well year-round.

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