Book: Sample Cookbook

Half Title Page

Sample Cookbook

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Also by

Other Cookbook

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Sample Cookbook

A sample

Author

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first edition

Designed by TK

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 978–0–000000000

17 18 19 20 21     10 9 8 7 6 5 4 3 2 1

Dedication

Dedication goes here

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Introduction

Introduction

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Chapter 1

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Quiz

Sample quiz.

1. How much weight do you want to lose?
2. 10 to 15 pounds
3. 15 to 25 pounds
4. 30-plus pounds
5. I’m not looking to lose much, maybe 5 to 10 pounds
6. How old are you?
7. 25 to 45
8. 18 to 25
9. 45 to 60
10. 60 plus

Sidebar

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end Sidebar

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B Head

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Detox Diet Week

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Chapter 2: Recipes

Chapter 2

Recipes

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Sunrise Smoothie 000

Green with Glow Envy Smoothie 000

Green Pina Colada Smoothie 000

Recipe: Smoothie

Smoothie

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When I first made this smoothie, my daughter Sophia drank almost all of it leaving me with just a few sips, so the next time I increased the amounts to make enough for her and me, and she again finished all of hers and most of mine. These are kid-approved (or in my case, kid-demanded) mostly because of the taste, but also because it’s fun to swirl the colors.

Makes 2 servings

Serving Size: 8 to 10 ounces (depending on how thin you like it)

Per serving: calories: 144; Fat: 3; saturated fat: 2; fiber: 5; protein: 2; carbohydrates: 31; sugar: 23

Prep Time: 15 minutes

Yellow layer

1 banana

1/4 cup frozen pineapple

1 tablespoon unsweetened coconut flakes

1/4 cup water (more as needed)

Pink layer

1/2 cup frozen strawberries

1/4 cup frozen peaches

1/4 cup water (more as needed)

Orange layer

1 orange, peeled and seeded

1/4 cup frozen mango chunks

1/4 cup water (more as needed)

1. Blend the yellow layer ingredients until smooth, adding more water 1/8 cup at a time as needed to thin it. You want it thick—add just enough water to help it blend. Higher quality blenders will need less water while lower quality blenders will need more (see page 000 for blender tips). Pour the yellow layer into two glasses (do not wash out the blender).
2. Blend all the pink layer ingredients, keeping the consistency the same as in the yellow layer. Spoon the pink layer on top of the yellow layer. Do not wash out the blender.
3. Blend all the orange layer ingredients as you did the first two layers. Gently spoon some on top of the pink layer (this will keep it from sinking to the bottom), then gently divid the rest of the orange layer between the two glasses. Some of the layers will automatically spill into each other, but don’t stress—they’re meant to taste delicious together. This is why you don’t wash out the blender after each layer, so the flavors all marry together a little . . . and to save you some time too.

Variation

Variations

* Make it a green smoothie! Add 1 grated carrot to the orange layer and 1/2 cup spinach to the pink layer. The spinach will change the color a little but you won’t be able to taste it, and the carrot will only make the bottom layer more vibrant.
* Up the protein! Adding 1/3 cup Greek yogurt to each layer adds 12 grams of protein to each shake.

end Variation

Recipe: Another Smoothie

Another Smoothie

Ch002\_002A.jpg

Ch002\_002B.jpg

This smoothie will bring out your inner glow, tone and clear up your skin, and make you feel and look amazing . . . Your friends will envy your new glow. I leave it up to you to decide to share your new beauty secret.

If you like your smoothies sweeter (and trust me, this is already sweet) add an extra 1/2 cup pineapple.

Makes 2 servings

Serving Size: 8 to 10 ounces (depending on how thin you like it)

Per serving: calories: 158; fat: 5; saturated fat: 1; fiber: 6; protein: 2.5; carbohydrates: 28.5; sugar: 15.5

Prep Time: 3 minutes

1 banana, sliced and frozen overnight

1 cup frozen pineapple chunks

1/2 avocado

1 cup spinach

1 cup chopped romaine

1 cup water

1. Add all the ingredients to a blender and pulse. When it’s all moving, put it on medium speed and blend until smooth. If you like a thinner drink, add water 1/4 cup at a time until you reach the desired consistency.

As soon as you pour the smoothie into your cup, rinse your blender, if you do it right away nothing will stick and cleaning will be a breeze.

Acknowledgments

Acknowledgments

Writing a book takes a village, and my village is filled with amazing people!

Thank you to my family, Chris and Sophia, for believing in me and encouraging me to follow my dreams. You helped me test recipes, took work off my plate to give me time to write, and even went grocery shopping when I was elbow deep in a recipe test and missing a single ingredient. To my extended family, for always being so supportive, cheering me on, and inspiring me.

To my best friend of thirty years, Kara Dowling, I leaned on you the most during this long process. Thank you for always being there for me and for being the best sister, friend, and soulmate a gal could ever ask for!

To my amazing editor, Cassie Jones, I’m honored to be one of your authors and to work with you! To the entire HarperCollins team, thank you for helping me make this book the best it can be. To my agents, Sarah Passick and Celeste Fine, thank you for believing in me and helping me make this book happen.

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