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In Clean Green Eats, celebrity chef Candice Kumai offers an answer to that dilemma, offering more than 100 simple, unique and delicious recipes made from whole foods packed with of nutrients that will help you lose weight, detox, and look amazing. All of her recipes are effortlessly gluten free (no complicated ingredients required!) and while a plant-based diet is the focus, the idea of "meat as a treat"—eating high-quality, sensible portions of animal protein—is also central to her plan.

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Clean eating is way of eating that focuses on fresh, natural foods. This article explains what clean eating is and shares 11 simple ways clean up your diet.

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