

TEMPTING DESSERTS: Under 250 Calories P.65

Clean Eating

Improving your life one meal at a time.

SEPTEMBER/OCTOBER 2010

82 Fat-Melting Recipes

Simple, Savory Meals

15

Mix'n'Match Pastas!

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Seafood

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Slimming Creamy
Alfredo Giardino
(only 6 grams of fat!) P.49



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Please display until 10/05/10

Beet Down Body Toxins

The beautiful garnet-red color in beets comes from a potent antioxidant called betalain, which, according to scientists at the University of Wisconsin-Madison, may activate your cells' natural cancer-fighting machinery. If you don't have 45 minutes to boil beets, check the refrigerator section of your local grocery store for all-natural pre-steamed baby beets that are ready in five minutes or blend 100 percent beet juice with carrot juice and sliced ginger for a betalain-rich punch.



Just a heads up:

Clean Eating announces the release of its *Best of Clean Eating* cookbook slated for sale in fall 2010.



You'll find your favorites, plus 20 all-new recipes.

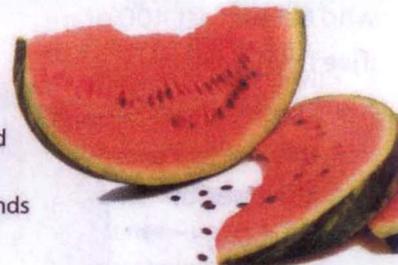
We're still working on it and will keep you posted. This one will definitely be CE-approved!

ECO TIP

Buy groceries and run errands in the evening or early morning. Vehicle emissions accumulate more in the heat, plus you can roll down the windows instead of turning up the AC.

Bloat Busters

If you're struggling to zip up your jeans, pick up your fork! According to Jackie Keller, a Le Cordon Bleu-trained chef and author of *Body After Baby* (Avery, 2007), certain foods banish bloat. For a flatter tummy, Keller recommends adding these to your clean-eating plan:



Dandelion greens: Available at most grocery stores, dandelion greens contain choline, a mineral that helps transport fat and cholesterol from the liver and cleanse the digestive system, as well as apigenin and luteolin – two flavonoids that help flush fiber.

TRY IT: Toss a cup in with your salad.

Watermelon: Although it has a high water content, watermelon contains significant amounts of potassium, a natural diuretic. Aim for one cup a day.

TRY IT: Blend cubed fruit, water, ice and lime juice, to taste, for a refreshing beverage.

Cucumbers: Due to their high water and fiber contents – one 10-ounce cucumber contains 10 percent of your daily fiber requirement – cucumbers help flush the digestive system.

TRY IT: Squeeze lemon juice over raw cucumber slices for a fresh and simple snack.

Asparagus: This delicious green vegetable aids in digestion and also helps detoxify the liver.

TRY IT: For a tasty and fast side to tonight's dinner, drizzle five steamed stalks with olive oil and lemon juice.

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Eat a small, balanced meal every three to four hours.

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"Upcycle" leftovers: Turning last night's roasted vegetables into tonight's vegetable pilaf utilizes extras while keeping cooking creative – and your budget will thank you, too.