

Eat Clean. Live Well: Clean Food Made Quick, Easy and Delicious - Terry Walters

Eat Clean Live Well is the newest cookbook from Terry Walters. This book is a gem and the third cookbook written by Terry focusing on clean eating. Terry's cookbooks are guides to eating as close to the source as possible for maximum nutrition. Eat Clean Live Well is divided into seasons, encouraging the eating of foods "in the season thereof." Within each season/chapter Terry has divided the chapter into sections which include; Clean Living, Soups, Vegetables, Grains, Legumes, Desserts and a section that is targeted specifically to each particular season. Terry combines all of the taste components which include salty, sweet, sour, bitter, pungent and savory in over 175 easy, nutritious and delicious recipes in this book. The photography is beautiful and Terry's philosophy makes transitioning to a whole food lifestyle a beautiful journey. Terry explains, "The cleaner we eat, the clearer we think, and the better we can embrace good health and nutrition."

Terry made a lifestyle change while in college after she learned she had high cholesterol. She did not want to be on

cholesterol medication for the rest of her life. Her doctor told her she needed to eat kale and brown rice. She bought some and decided she needed to figure out how to make it taste delicious. Terry is a clean food chef and advocate for healthy change in the way we eat and live.

"Fill your plate with foods that nourish you; bless all of your choices, even if they serve something other than your best nutritional needs; listen to your body; and be gentle on yourself. Do the best you can, make one choice at a time and enjoy every bite." -Terry Walters

