



Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season

By Rebecca Leffler

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Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season By Rebecca Leffler

Say *Bonjour* to Green Cuisine—it's the new French way to be healthy, happy, and stylish, *bien sûr*!

No one does food and lifestyle like the French! That's why the French approach to clean, green eating adds a dash of flair—or a drizzle of decadence—to even the humblest of fruits, veggies, and legumes. In this cheerful, charming cookbook, Rebecca Leffler shows you how they do it. She introduces her “best friend foods” like sweet potatoes and chia, whirlwinds through an entire rainbow of juices and smoothies, and keeps the focus on fitness, food, and fun in equal measures.

Globally inspired, but with lots of French accents, all 150 plant-based recipes are free of gluten, soy, and refined sugar. Rebecca organizes them the natural way: by season.

Feed your body what it needs during . . .

Spring: Beet Rawvioli with Faux-mage, White Asparagus Velouté, Le “Chic” Cake

Summer: Salade Niçoise, Cabinet Curry, “Split”-Second Banana Ice Cream

Fall: Sobeautiful Soba Salad, Beauty Bourguignon, Pancrêpes, Apple Tarte Tatin

Winter: Totally Wild Stuffed Squash, Amaranth Caviar, Happy Hazelnut Quinoa Bowl.

Plus, enjoy Rebecca's mood-boosting tips year round: natural beauty treatments, illustrated yoga poses, and positive playlists to sing along with as you peel, mince, and stir.

Having to choose between pleasure and health is so last season. It's time to say *non* to unhealthy foods and *oui* to color, flavor, variety, and smiles!

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Editorial Review

Review

“A different twist on joie de vivre.”—*Publishers Weekly*

“Making chocolate mousse with ripe avocado and replacing pizza crust with socca base (a traditional dish from Nice)? We daresay the French would be impressed. And forget crash diets and juice cleanses—the French way of detoxing is about doing something to feel healthier every day.”—*Metro Boston*

“If you were to ask Rebecca Leffler, she’d tell you that ‘having to choose between pleasure and health is *so* last season.’ Her book proves it with more than 150 healthy, seasonal, and plant-based recipes; DIY beauty tips; positive playlists; and fully illustrated yoga routines for everything from digestion to self-confidence. You’re guaranteed to feel good, enjoy life, and look fabulous when you start living the new French way.”—*The Daily Meal*

“For the plant-based Francophile.”—*MindBodyGreen.com*

“Rebecca Leffler shares her *savoir-faire* for keeping healthy, with French-inspired beauty tips along with tasty salads, soups, dips, and tonics—à votre santé!”

—**David Lebovitz**, author of *My Paris Kitchen*

“Rebecca manages the rare feat of bringing together glamor, a playful tone, and a good appetite. Like a good friend, she shares the best of her French and American influences through tips and delicious recipes that are sure to inspire a fresh and healthy new you.”

—**Clotilde Dusoulier**, author of *The French Market Cookbook* and *Edible French*

“Rebecca Leffler is a bright light in the world of wellness—she has a lot of fun all while helping you eat and live healthier and cleaner. This book is a treat!”

—**Drew Ramsey, MD**, author of *Fifty Shades of Kale*

“If you’ve ever assumed that healthy eating means bland, “crunchy,” or flavorless food, think again. Rebecca Leffler has set out to prove that green cuisine—food that’s wholesome, unprocessed, and veggie-centric—can be sophisticated, fun, and—above all else—*très chic*. With her colorful, creative recipes, and cheery voice, Leffler marries the art of living fashionably with the art of living well.”

—**Gena Hamshaw**, certified clinical nutritionist and author of *Choosing Raw*

“A fantastic combination of delicious recipes, beauty tips and yoga exercises for any time of the year.”

—**Rachel Khoo**, author of *The Little Paris Kitchen* and *My Little French Kitchen*

“Rebecca Leffler’s book *Très Green, Très Clean, Très Chic* is witty, and full of delicious recipes, it’s true. But! She has created so much more than a cookbook: this is truly a green, healthy, and happy lifestyle guide with fabulous beauty tips, energizing yoga postures, and even playlists to make your days shine! Her sense of humor and passion for all things wholesome will surely inspire you to put a green, French twist on just about everything. *C’est magnifique!*”

—**Sarah Britton**, author of *My New Roots*

“This is the instruction manual for the ‘It Girl’ who wants to live a green and glamorous life. *Très Green, Très Clean, Très Chic* is sassy and witty, and packed with beautifully designed meals that will keep a girl energized, radiant, and ready to strut her stuff! Rebecca Leffler’s book is this generation’s *French Women Don’t Get Fat*.”

—**Dana James, MS, CNS, CDN, BANT, AADP**, founder and director of Food Coach NYC

“Rebecca Leffler’s haute approach to green cuisine and everything in between makes *Très Green, Très Clean, Très Chic* a must-have for anyone who wants to embody the eco-friendly, green lifestyle. Her tasty and health-affirming recipes work wonders on the skin and promote optimal wellbeing. Nestled in colorful pages are hip lifestyle tips that speak to Rebecca’s expertise, style, and passion. It’s a great primer for anyone who wants to live a green and glamorous life!”

—**Latham Thomas**, maternity wellness expert and author of *Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy*; www.mamaglow.com

About the Author

Rebecca Leffler is a writer and journalist who, after a career as the France correspondent for *The Hollywood Reporter*, has traded the red carpets of Paris for the green streets of New York, where she hosts events and offers branded entertainment services for wellness brands.

Users Review

From reader reviews:

Angelina Rone:

In this 21st century, people become competitive in each way. By being competitive now, people have do something to make these survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that at times many people have underestimated the item for a while is reading. Yes, by reading a publication your ability to survive enhance then having chance to stay than other is high. For you who want to start reading the book, we give you this particular *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season* book as beginner and daily reading reserve. Why, because this book is usually more than just a book.

Donna Wright:

Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season can be one of your basic books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to get every word into pleasure arrangement in writing *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season* although doesn't forget the main stage, giving the reader the hottest as well as based confirm resource data that maybe you can be one among it. This great information can certainly drawn you into fresh stage of crucial imagining.

Kim Free:

This Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season is great book for you because the content and that is full of information for you who all always deal with world and also have to make decision every minute. This book reveal it info accurately using great coordinate word or we can claim no rambling sentences inside. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but difficult core information with beautiful delivering sentences. Having Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season in your hand like finding the world in your arm, facts in it is not ridiculous 1. We can say that no publication that offer you world in ten or fifteen minute right but this reserve already do that. So , this really is good reading book. Hello Mr. and Mrs. occupied do you still doubt this?

Stanley Cooper:

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