



[THE CLEAN PLATE: EAT, RESET, HEAL](#) by Gwyneth Paltrow. Copyright © 2019 by Gwyneth Paltrow. Photos copyright © 2019 Ditte Isager. Published by Grand Central Life & Style Publishing. All Rights Reserved.

Our Summary:

When January rolls around and the world is obsessed with healthy eating after the indulgent holidays, leave it to the *Goop*-goddess to throw her hat into the ring with a new cookbook intending to help you eat well, reset your metabolism and heal your body. Gwyneth Paltrow, in her new book, [The Clean Plate](#), once again takes on healthy eating as an author. Only this time, Paltrow wraps in the knowledge and advice of all her doctors that provide a mindful food-first philosophy, and to provide a

foundation to what her team of nutrition experts say is healthy eating. From that, Paltrow “goopifies” six healing cleanses with foods and menus to maximize health. The recipes in [The Clean Plate](#) do not include alcohol, gluten, processed foods or sugars, caffeine, nightshades, red meat, dairy, peanuts or soy. For those with, or cooking for those with food allergies or intolerances, you’ll find not only clean eating, but safe eating here.

What you need to know:

Get it: [THE CLEAN PLATE: EAT, RESET, HEAL](#) by Gwyneth Paltrow. Copyright © 2019 by Gwyneth Paltrow. Photos copyright © 2019 Ditte Isager. Published by Grand Central Life & Style Publishing, January 8, 2019 Hardcover \$35.00 ([Amazon \\$21.00](#); [Kindle \\$16.99](#)).

See it: 288 pages (about half are full-page, full-color pictures of Paltrow) divided into two parts: *The Recipes* and *Healing Cleanses*. *The Recipes* are divided amongst chapters, including breakfast, soups, salads, bowls & rolls, main course or more filling recipes, drinks & snacks, and a chapter of basic pantry items. *Healing Cleanses* includes 6 cleanses to support fat reductions, heavy metal detox, adrenal function, a candida reset, a healthy heart and a “veg-friendly” Ayurveda cleanse.

Make it: Over 100 recipes focused on clean ingredient-pillars; most are designated either or a combination of Quick, Vegan or Packable.

Chef Donna’s Review

[The Clean Plate](#), is an ambitious cookbook: a collection of over 100 recipes and customizable meal plans that celebrity-star-lifestyle-brand Gwyneth Paltrow creates with her team of nutritionists to offer taste, simplicity, and targeted health benefits. The recipes include a range of satisfying meal options from smoothies and soups to bowls, entrees, snacks and desserts. Her relatively simple and simplistic recipes rely on fresh ingredients to add flavor and health benefits, as well. The recipes in [The Clean Plate](#) do not include alcohol, gluten, processed foods or sugars, caffeine, nightshades, red meat, dairy, peanuts or soy. For those eating or cooking for those with food allergies or intolerances, you’ll find not only clean eating, but also safe eating here.

Categorizing most recipes into packable, quick, or vegan, [The Clean Plate](#) lets you quickly land on what you need, whether it’s a meal at home or on the go. Most recipes serve only two, so you’re cooking only what you need for yourself, with perhaps a serving leftover. Paltrow justifies the smaller serving size by acknowledging that most families don’t cook clean for everyone, or for dinner parties. That’s to



say, this is a personal book for a personal journey. You'll be cooking for one, and creating most of your sauces and condiments.

For those looking to up their clean-eating game, [The Clean Plate](#) offers support with six different menus for a full week of clean eating, each with a tailored twist. Menus corresponds to a slightly different food philosophy and is based on Paltrow's doctors' insights. Said to be leaders in their field, their respective approaches to maximizing well-being are outlined in the short Q&A's leading into the "goopified" menu. Each menu includes 3 meals (breakfast lunch and dinner) with a few snacks (including beverages). None of the recipes contain nutritional information, nor do her doctors endorse the menus for her detox and cleanses. If you're confident in your managing your own diet, however, [The Clean Plate](#) provides you plenty of basic whole, mostly plant-based recipes to keep you cooking, and eating.

If you're used to eating cultural-based cuisine, or from a plant-based platform, your pantry is probably already stocked with exactly what [The Clean Plate](#) calls for. You will have to find things like coconut aminos, and liquid stevia, not stevia-based sweeteners, but other than that most ingredients are recognizable and in your local grocery store or at your favorite market. For a few ingredients, chickpea miso paste, for example, you'll need a better, higher-end grocer or a healthy-based grocer or market.

[The Clean Plate](#) is clean, basic eating. Many of the recipes will leave you scratching your head wondering why you paid for a simple recipe that you could have easily come up with, had you given it some thought. Therein lies the point. Clean-eating is not something we routinely target or think about given our over-scheduled lives. And, when you're serious about changing up your eating game, skipping shortcuts like store-bought sauces or condiments – at least according to Paltrow – is necessary. If you're committed to changing the way you eat, you'll find what you need here. Along with a lot of terrific looking photos of the author to inspire you.

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[Black Rice Pudding with Coconut Milk and Mango](#)

[Crunchy Spring Veggie Grain Bowl](#)

[Peruvian Chicken Cauliflower Rice Soup](#)