



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: Sobebautiful 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:

Joaquin Hogan:

Have you spare time for the day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a wander, shopping, or went to the actual Mall. How about open or maybe read a book entitled *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season*? Maybe it is for being best activity for you. You understand beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have some other opinion?

Christine McClellan:

This *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season* usually are reliable for you who want to be described as a successful person, why. The key reason why of this *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season* can be on the list of great books you must have is giving you more than just simple reading through food but feed a person with information that maybe will shock your before knowledge. This book will be handy, you can bring it everywhere and whenever your conditions in the e-book and printed kinds. Beside that this *Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season* forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we know it useful in your day exercise. So , let's have it appreciate reading.

Deborah Young:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season can be very good book to read. May be it is usually best activity to you.

Cora Snyder:

This Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season is fresh way for you who has attention to look for some information mainly because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this Très Green, Très Clean, Très Chic: Eat (and Live!) the New French Way with Plant-Based, Gluten-Free Recipes for Every Season can be the light food for you because the information inside this particular book is easy to get simply by anyone. These books produce itself in the form that is certainly reachable by anyone, yep I mean in the e-book application form. People who think that in reserve form make them feel sleepy even dizzy this publication is the answer. So there isn't any in reading a e-book especially this one. You can find actually looking for. It should be here for you. So , don't miss the idea! Just read this e-book sort for your better life and also knowledge.

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