

# Download Eat Clean, Play Dirty free Danielle Duboise & Whitney Tingle (PDF, ePub, Mobi)



"Food should make you feel sexy," say Danielle Duboise and Whitney Tingle, founders of the popular organic nutritional program, Sakara Life.

In their debut book, *Eat Clean, Play Dirty*, the duo delivers delicious recipes and reinvigorating rituals to achieve nutritional harmony, a way to nourish the body and feed the spirit simultaneously. It's about saying yes to kale and to dessert; to early-morning asanas and late-night dancing. It's about prioritizing health without making sacrifices.

Since delivering their first meals by bicycle in 2012, Whitney and Danielle have changed thousands of lives across the country and garnered a long list of celebrity devotees including Gwyneth Paltrow, Jessica Alba, and Oprah. With *Eat*

*Clean, Play Dirty*, they have gathered the vibrant, delicious dishes that clients and fans crave and make it possible to recreate the Sakara magic in their own kitchens.

Changing the dialogue we have with our bodies and our plates, the cookbook empowers each of us to become our own chef and ultimate healer by using food as medicine. Each delicious recipe, from the Eat-the-Rainbow Wrap, Orgasmic Coconut Yogurt, Red Beet Burger, and the Everything Bagel with Garlic Schmear is designed to:

balance our body heal our gut flood our body with ample nutrients shed excess weight reduce inflammation eliminate sugar cravings balance our hormones and mood give us the tools to create a body we love living in Every recipe is backed by Sakara's roots in nutritional science—honed over years of studying with doctors, scientists and healers of all kinds. Alongside the recipes, readers will learn about superfood ingredients from around the world, discover the phytonutrients needed for true vitality, unearth the secrets of the microbiome, and master tangible lifestyle tricks for balancing lifelong health with ultimate happiness. It's Sakara's signature blend of science, sexiness, irreverence, and light-filled intention.

The ultimate wellness cookbook has arrived. Celebrate abundance. Say yes to body love. And don't forget to break some rules.

**título** : Eat Clean, Play Dirty  
**Autor** : Danielle Duboise & Whitney Tingle  
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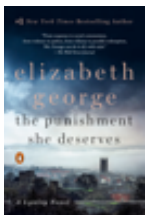


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