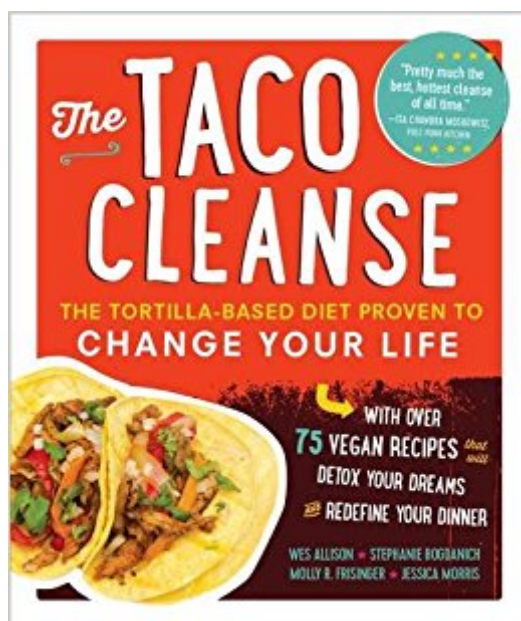


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# The Taco Cleanse: The Tortilla-Based Diet Proven To Change Your Life



## Synopsis

Prevent or reverse taco deficiency. Get that fresh taco-y feeling with over 75 seriously tasty vegan recipes. Tired of the same old cleanse? Instead of feeling rejuvenated are you feeling depleted, anxious, and cranky? (Not to mention . . . hungry?) A group of vegan taco scientists in Austin, Texas, know just how you feel, and now reveal their one-of-a-kind cleansing journey that anybody can follow and stick to—the Taco Cleanse. While the typical cleanse works by depriving you of your favorite foods, the plant-based Taco Cleanse rewards your body with what it naturally craves: tortillas, refried beans, guacamole! Begin with a breakfast taco, the most important taco of the day. Even if you do nothing else, your mood will brighten in just 24 hours. Keep eating tacos and within a week your outlook will be noticeably improved. After 30 days, cleansers report lasting benefits—and you will, too! The Taco Cleanse shows you: How to make everything from the tortilla flour, corn, and waffle (!) to the thirst-quenching “Supplements” (margaritas and other beverages) that best complement your tacos. What to put in the tortilla—beer-battered portobellos, mac and cheese, even tater tots. How to remake popular staples like picadillo, tacos al pastor, carne guisada, and fish tacos using plants instead of, well, animals. The Taco Cleanse is cheap, easy, and delicious. Its recipes are authentically Austin, and are sometimes even inspired by Mexico, where the taco was first created. Everything tastes better folded (exactly once) into a tortilla. Just eat one or more tacos at every meal, adding margaritas as necessary. It’s that simple.

## Book Information

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## Customer Reviews

One of [Esquire](#)'s Best Books of the Month in Cookbooks, Food & Wine [Eater](#) "I only ate tacos for a week and it made me so much healthier." [Esquire](#) "Diets don't get any better than this." [Eater](#) "Now, here's a cleanse we can get behind." [People](#) "There's a new cleanse in town that fully embraces solid foods like corn tortillas, refried beans, and \*praise hands\* guacamole. It's called The Taco Cleanse, and it's real. \*Praise hands\*." [Cosmopolitan](#) "Possibly the best diet strategy ever." [E!](#) Online "The next trendy cleanse to hit Los Angeles incorporates avocados, kale, tempeh, tortillas and plenty of margaritas. It's called the taco cleanse, it's vegan, and it's here just in time for all those New Year's resolutions you have every intention of keeping." [Los Angeles Times](#) "Hallelujah and pass! The Taco Cleanse." [Washington Post](#) "Pretty much the best, hottest cleanse of all time." [Isa Chandra Moskowitz](#), author of [Post Punk Kitchen](#) "The Taco Cleanse is the only cleanse we want to try this year." [Huffington Post](#) "The book pokes fun at the tired diet industry while providing the reader with some kick-ass recipes along the way." [MindBodyGreen](#) "Close your eyes. Now, imagine a world where a health cleanse means a steady stream of tacos for breakfast, lunch and dinner. Now open your eyes. That day is here." [Today.com](#) "The recipes are no joke." [Everyday Health](#) "The Taco Cleanse is the only cleanse you'll ever need." [Jezebel](#) "The glorious guide to achieving all your wildest dreams (i.e., living on tacos) is laid out in the eponymous cookbook [The Taco Cleanse](#)." [Bustle](#) "Your New Year's detox can be a lot more painless than you anticipated." [Refinery29](#) "So this will be the year I finally try a radical dieting plan, now that we have the culinary equivalent of God skysurfing by with finger guns ablaze, saying, 'Hey bud, I like your style.'" [Jake Kilroy](#), [Playboy](#) "The Best Non-Diet Ever." [Women's Health](#) "The diet that you'll actually be able to stick with." [The Daily Meal](#) "This taco cleanse is the new year's resolution of your dreams." [PopSugar](#) "Sign us up!" [Metro US](#) "Damn if counting taco calories doesn't sound a lot more palatable than counting alfalfa sprouts or glasses of lemon water." [Thrillist](#) "The world's best diet." [Marie Claire \(UK\)](#) "The empowering, guilt-free, and soul-satisfying journey you're about to take your body and mind through will be not only supremely

delicious (as tacos are involved) but also life-changing. — from the foreword by Laura Beck, author of Vegansaurus

Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, and Jessica Morris live in Tacotopia (Austin, TX). They introduced the Taco Cleanse at the 2013 Vegan Month of Food by eating tacos for breakfast, lunch, and dinner for 30 days. Veganmofo.com said, "It should come as no surprise that the newsworthy, tortilla-stockpiling Taco Cleanse . . . not only tops my own list of memories, but everyone else's."

I usually hate cleanses, mostly because of the lack of tacos. I mean, how am I supposed to change my life without eating tacos? That's rubbish. That's why this book is so revolutionary- my life is so much better now AND I'm eating delicious tacos all the damn time! It's great! Thank you, Taco Cleanse!

Background: I am vegetarian, I am not vegan, I do like Mexican food, I do not do a whole lot of cooking, I am good at following directions. Summary: The book provides a variety of vegan "fillings" for tacos. It also provides the recipes for the associated sauces/toppings/condiments as well as the tortillas themselves. The recipes are amazingly flavorful and fun to make. Cleanse? Not so sure... Change my life? Without a doubt! Comments: This book has absolutely wowed me. Admittedly, the "cleanse" part of the book is only half-way serious, but, (as the book says) if you look at a cleanse as being more than just the body but also of the spirit I can kinda get into their semi-serious cleanse. So, not being a "cleanse", why do I like it? -The recipes are REALLY good. I eat out for most every meal... But, after having made about 6 things from the book I am beginning to wonder why. I am making more enjoyable meals at home than eating out. I would say most recipes are about a 20-40 min commitment which is not too bad. -My room mate, while non-vegetarian, is lactose intolerant. As a perk, the book has a DAMN good recipe for a vegan "nacho cheese" and a not bad recipe for a ranch dressing. Seriously. I like my 7-11 nacho cheese and this stuff is better and (I assume) a whole lot healthier!! -The book encouraged me to make staples I have never made before.... Tortillas, seitan, etc. Neat! And they are really not that hard. Also, as everyone says, home-made corn tortillas really are pretty good (and easy). -While I do eat tofu and other soy products, I try not to overdo it because of the phytoestrogen issue even though the evidence is really not supportive of that being an issue. So, that said, the book does have a lot of recipes using gluten and other non-soy protein sources. Of course there are lots of soy/non-gluten recipes as well.

In general, the book has a lot of diversity for meat substitutes and it has opened my world a bit here. Some additional comments....-A large number of the recipes are much more involved than I am used to. I find that I had to really supplement my shelves to start to play with this book -- not a bad thing, but, I had never bought a jackfruit in brine or a soy curl or liquid smoke or "nutritional yeast".... Then again, I also had never bought dry dill nor coriander -- so take this comment with the realization that I am not much of a cook. Many of the recipes want to have a "readthru" before attempting to prep -- I find that I usually have 1 or 2 little bowls filled with mixes of ingredients so I can add them at the right times during the preparation.-I like cumin, but, the authors LOVE cumin. I have started halving all their cumin recommendations and making up the balance with ground coriander.-Any cleanse book that includes recipes for a few different types of margaritas understands the true spirit of a taco cleanse... A cleanse of the body and the spirit

I've only made a couple of recipes from this, but I'm looking forward to making more. If you, like me, are a carnivore who is curious enough to dip a toe into the vegan pool, this is a good way to start. Hilarious and well-written with delightful-sounding (and so far, tasting) recipes.

Many people don't know that pictures of tacos can also be detoxifying to your body. From the moment I got this book I could instantly feel the leftover organic dinosaur kale in my body start to be pushed out to make room for tacos. The taco cleanse isn't just a diet, it's a way of life. If you have a dream board, put a picture of a taco on it, order this book, make a taco, and revel in a fulfilled dream. Chipotle is great (minus the current food poisoning problem they have that is endangering lives), but there's a problem. They're burrito pushers, or even worse, they try to get you to forgo the tortilla replacing it with.... paper? Sure they have tacos, but they treat them like the black sheep of the family. The taco cleanse will help to reshape America's view of what's really important in life: Tacos. Start with some Mighty Migas, it's a great way to acclimate your body to eating tacos. Before you know it your body will start to be able to eat what it craves: More tacos.

Ok, I fell for the "cleanse" part, but once you get over the joke and the fact that you've been played, there are some amazing vegan recipes in there. If you're looking for a different way to do tacos, this is it.

I did the mild cleanse just a couple of days after getting the book. It wasn't long after I accidentally did the medium cleanse. This book has forever changed my life in the 4 ways that matter most:

sexually, mentally, physically, and emotionally. Would definitely recommend to any and all, vegan and non-vegan alike.

You have to read this.

This book is hysterical, and the recipes are excellent. I preordered the book, so I couldn't look inside before I bought it, but when I received it I was able to start making recipes from it that night with what I have on hand in my vegan pantry. Jackfruit is hard to find in my area, but now carries that as well, and it's well worth ordering it. The tortillas are simple to make. There are recipes for fillings (tofu, tempeh, jackfruit, winter squash, beans, bulgur, rice, vegetables, nacho cheese, etc) and creative ways to put them together. Since different fillings are used in more than one taco, leftovers are easy to use. There are also some drink recipes, and even a couple of taco-themed puzzles. Overall, the book is so much fun that it makes you want to play along and do the cleanse, rather than pulling the book off your shelf every now and then. Lastly, the authors encourage you to post your taco adventures on social media, and they will interact with you.

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