



## **Eat Clean, Play Dirty: Recipes for a Body and Life You Love by the Founders of Sakara Life**

*Danielle Dubois , Whitney Tingle*

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From Danielle Duboise and Whitney Tingle, the founders of the wildly popular vegan home-delivery service Sakara Life, comes a cookbook that places food at the center of wellness. By not focusing on calorie counting or points, Duboise and Tingle manage to rejuvenate an old-fashioned, often shame-filled diet industry. With recipes that are plant-based and organic, utilizing nutrient-dense whole foods that use the freshest, purest, most loving ingredients from around the world, *Sakara Life* will help you alkalize the body, heal the gut, reduce inflammation, balance your blood sugar and hormones, and regulate the digestive system. From beautifying breakfasts to delectable dinners, these nutritious and crazy-sexy foods will start you on your journey to feeling your absolute best.

**Eat Clean, Play Dirty: Recipes for a Body and Life You Love by the Founders of Sakara Life Details**

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