



# The Clean 20: 20 Foods, 20 Days, Total Transformation

*Ian K. Smith*

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From the *New York Times* bestselling author of *SHRED* and *Blast the Sugar Out*, the ultimate guide to clean eating!

What is clean eating? In his newest diet book, Dr. Ian K. Smith teaches readers the benefits of clean eating and how to implement it in their own lives. He tells readers how to easily reduce unhealthy processed foods in their diets, a key to weight loss, disease prevention, and overall health. *The Clean 20* focuses on twenty clean foods--from avocado to whole wheat pasta and everything in between--that readers can easily find, prepare, and incorporate into their diets. *The Clean 20* includes a complete clean eating program with a daily meal plan, 60 recipes and substitutions, as well as 20 minute easy-to-work-in workouts.

Dr. Ian knows what works: it's not eliminating food groups, but choosing foods *within* each group wisely to satisfy the palate and the body's nutritional demands. *The Clean 20* isn't just vegetables. Grains are in. And so is fruit, fat, meat and fish. When palate and nutrition are in sync, weight loss not only follows, it sticks. *The Clean 20* is a life and body changer.

## The Clean 20: 20 Foods, 20 Days, Total Transformation Details

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Author : Ian K. Smith

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## **From Reader Review The Clean 20: 20 Foods, 20 Days, Total Transformation for online ebook**

### **Marcos Malumbres says**

Not clearly presented. The concept of “clean” seems obvious but the selection of foods is perhaps too arbitrary. Especially it makes no sense for Europeans or Mediterranean people. Poor narrative, rather a list of foods with little explanation.

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### **V Dixon says**

To be honest, this was just a rehashing of his other books.

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### **Natalia Penalver says**

#### **Awesome**

This is an awesome healthy read. Loved it. I enjoyed this book and am planning to follow this guide. Easy read

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### **Lindsey says**

Looking forward to trying this. It is simple enough and only 20-days/

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### **Cheryl says**

I already did the 21 Day Fix so a lot of this information I knew, but if you didn't it would be informative. My favorite aspect of this book is how the 20 top foods were written about in detail including why the food is nutritious and shopping tips for when you purchase it. There are a few recipes I haven't seen before that I would like to try but I feel like there could have been more variety of the recipes offered.

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### **Thebestdogmom says**

While it is packed with good info, I can't see myself only eating 20 foods for 20 days. The daily diet plan is not specific enough, my husband could do this and need to eat way more of the food they are saying than me.

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### **Carol Boyer says**

My son is the one who actually bought this book since he is invested in eating more non-processed foods. We both love the book, it is easy to read, has some really delicious recipes, and has jump started us to healthier meal ideas.

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### **Marianne says**

If you're new or need an introduction to clean eating, then this book is an easy to read and follow guide. The meal plans are okay, but if you're following them to a T, I am pretty sure each day only amounts to 1200 to 1500 calories, which is not sustainable or even safe TBH, esp since it also wants you to complete a certain amount of exercise, that amount of calories daily won't be enough, you'll lose weight after 20 days but I don't think it's sustainable with the meal plan. But if you're just following the guidelines and not the exact meal plans, then I think it's a perfect introduction to clean eating. But this teaches you nothing about macros and those doing intermittent fasting probably won't agree with the meal schedule recommend here, but like I said, it's an intro. It's for those with bad eating habits looking into changing their diet and jump start their weight loss. It's not a crash diet but it can be if you only rely on this. I suggest just follow it as a clean eating guideline not as a weight loss program.

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### **Shelby says**

A clean eating program, very easy to understand and follow for twenty days. But I can see myself following this program for the rest of my life. Great and useful information inside.

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### **Delia says**

I am not a big fan of reading diet books because they are not my types of books but the information and advice in this book is really helpful and easy to understand. Highly recommend and I have already started to see some results from cutting out some foods, so yay!

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### **Amy Garnica says**

excellent no-nonsense nutrition, life, exercise advice!

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### **Carissa says**

Well laid out and easy to read. Foods are not overly restrictive like I've seen other plans be. Love the recipes that are included. All seem fairly easy. I like that the daily exercises are included. I also like the long list of snack options. Starting tomorrow so I will update this review when I'm finished.

## **Cyndi Williams says**

### **Exciting**

I read through this book in one day because I am so anxious to get started on this journey.

It appears to be an easy to follow plan but the key is planning. Read through, mark specific things like the clean 20 list, recipes, and exercises.

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## **Marilyn says**

The Clean 20 is all about opening your mind to new things, gaining confidence, developing a better relationship with your body, better understanding of how you can push yourself, and finding joy in the power of transformation.

Bonus material is found in chapter 5 of the Daily Meal Plan. For each of the 20 days, Dr. Smith provides a motivational message along with choices for each meal, and 'Food for Thought' segment on vitamins and minerals of specific foods.

I would recommend this book for anyone interested in eating whole foods or as close to nature as possible.

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## **Taylor Ahlstrom says**

Ian Smith's diet-nutrition-exercise-motivation book is a simple, easy-to-follow, well-written guide to his Clean 20 plan. The book is laid out in a logical manner, first introducing the reader to the problems with highly processed diets, and then explaining the benefits in detail of each of the 20 foods he suggests. Smith goes as far as reviewing different varieties of each vegetable you might find in your local grocer, along with a comparative analysis of their nutritional values. While some of his tips for shopping for various produce are quite helpful—such as how to tell if an avocado is ripe and when to buy it—others are less revelatory, such as staying away from chicken with a “strong, unpleasant odor.”

His diet and exercise plans are as specific as possible for those who need rigid guidance, but allow for experimentation, creativity, and substitution for those who don't. It is clear that Smith understands a great number of people fail at diets without flexibility, and, as such, he has created one with a higher chance of success for more people.

One of the greatest strengths of the Clean 20 is its diversity. Many fad diets today insist that gluten, dairy, or processed foods must be removed completely. Instead, Smith recognizes the benefits of a balanced diet including both bread and cheese: two staples of almost every American meal. He also admits that cutting out all processed foods can be close to impossible. Allowing those following the plan to still enjoy some things they love, albeit as part of a much healthier meal, offers a much greater chance of success for those making the biggest changes.

If you're already a generally healthy eater, there won't be much surprising news in here (added sugar is bad,

vegetables are good), but the concept of the Clean 20 in itself is a worthwhile endeavor no matter how healthy or unhealthy your current lifestyle is.

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