

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

By Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, Jessica Morris

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**The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life** By Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, Jessica Morris

**Prevent or reverse taco deficiency. Get that fresh taco-y feeling with over 75 seriously tasty vegan recipes.**

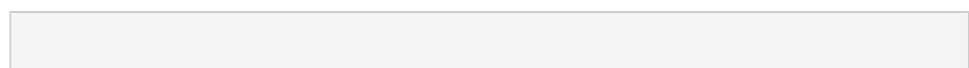
Tired of the same old cleanse? Instead of feeling rejuvenated are you feeling depleted, anxious, and cranky? (Not to mention . . . *hungry*?) A group of vegan taco scientists in Austin, Texas, know just how you feel, and now reveal their one-of-a-kind cleansing journey that anybody can follow and stick 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.*



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**Editorial Review**

Review

**One of Amazon's Best Books of the Month in Cookbooks, Food & Wine**

"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*

About the Author

**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."

## Users Review

**From reader reviews:**

**Sylvia Johnson:**

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled *The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life*. Try to stumble through book *The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life* as your good friend. It means that it can to get your friend when you experience alone and beside that course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you considerably more confidence because you can know everything by the book. So , we should make new experience as well as knowledge with this book.

**John Mallery:**

Book is to be different for each and every grade. Book for children till adult are different content. As you may know that book is very important for us. The book *The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life* seemed to be making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The book *The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life* is not only giving you considerably more new information but also for being your friend when you sense bored. You can spend your own personal spend time to read your publication. Try to make relationship with all the book *The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life*. You never experience lose out for everything when you read some books.

**Rodolfo Odum:**

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**Caroline Hagemann:**

Reading a e-book make you to get more knowledge from it. You can take knowledge and information from a book. Book is created or printed or descriptive from each source in which filled update of news. In this modern era like currently, many ways to get information are available for an individual. From media social similar to newspaper, magazines, science e-book, encyclopedia, reference book, new and comic. You can add your understanding by that book. Ready to spend your spare time to spread out your book? Or just looking for the The Taco Cleanse: The Tortilla-Based Diet Proven to Change Your Life when you necessary it?

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