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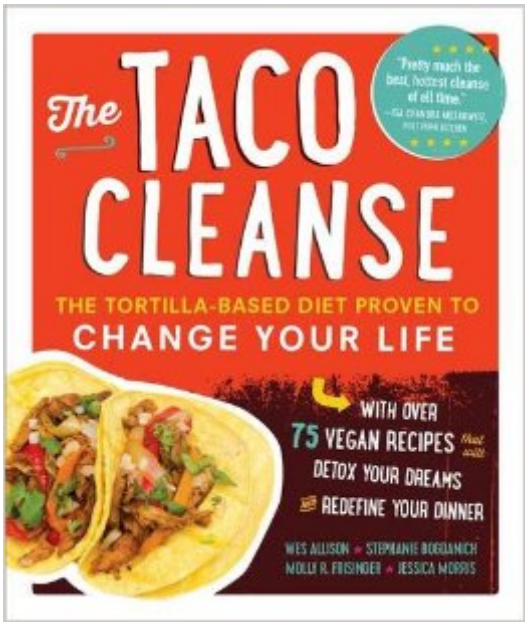
The Taco Cleanse: The Tortilla-Based Diet Proven To Change Your Life



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Synopsis

Â 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 toâ ”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 benefitsâ ”and you will, too! The Taco Cleanse shows you:How to make everything from the tortillaâ ”flour, corn, and waffle (!)â ”to the thirst-quenching â œSupplementsâ • (margaritas and other beverages) that best complement your tacosWhat to put in the tortillaâ ” beer-battered portobellos, mac and cheese, even tater totsHow 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. Itâ ™s that simple.

Book Information

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Customer Reviews

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!

I normally hate cleanses. They make you sound like you’re dirty inside. That’s pretty depressing. And you do them in January, when the weather is cold and you want to be eating warming stews of fatty beef, mashed potatoes and anything with cheese. And why a taco cleanse? Just travel to any dodgy street food stand in Guadalajara and order one with "verduras, todos frescas" and you’ll have a cleanse to remember. So why this book? You get to eat tacos, admittedly vegan, but tacos. Once you hide something in a taco, it might as well be tempeh as mystery meat, you’ll never be able to tell. Some of the ingredients are not found at regular groceries So you’ll have to go to some specialty store to find jackfruit and yeah, tempeh. For those of you not in a rural backwater such as myself, you’ll be good with Wegmans or Whole Foods. Alas, here, the CRINKLY kind of cabbage is in the exotic fruits and veg aisle.There are also exercise tips. When you remove an avocado pit and it inevitably squirts across the counter onto the floor, under the baseboards, don’t swear. That’s bad for your chi. Instead EMBRACE this karmic event and stoop down and do Avocado Yoga as you retrieve it from under the fridge.Highly recommended. This is one cleanse book that will make you smile as you toss it onto the "been there, NOT doing that" pile.

Completely hilarious "cleanse" book! Loved it from the first recipe. Not only is it entertaining, but it is also delicious! Recipes are as spot-on as their humor is. The tacos may be vegan, but they are the best tacos I’ve ever had! And this coming from a former Austinite.

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.

This entire thing cracked me up. Initially requested it because I'm obsessed with tacos/burritos/americanized-mexican food in general. Once I started reading it, I quickly realized it was simply an epic taco cookbook that happened to be vegan. Since so many elements of tacos are vegan normally, you can use a lot of the recipes and then add meat if you desire. Some of the ingredients were ridiculously confusing or bizarre, but I a majority of the recipes looked doable with some understanding of kitchen skills (which means I am still a bit screwed, lmfao). Completely a must have for any vegan or taco lover.

This is my new favorite cookbook! My husband and I are addicted to the Mighty Migas and served the Frito Pie Tacos to omnivores who raved about the flavor. Can't wait to try more of these fabulous recipes!

Don't trust anyone that doesn't like tacos! This is full of really fun and interesting recipes.

I would have to day that the combo of a taco heavy/burrito free diet, plus the taco yoga that is also in this book have really enhanced my life in positive ways, I'm almost able to get to Full Taco pose and i can meditate now with complete taco visualization. Thanks Taco Scientists

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