

REFRESHED & REFINED

CLEANER
EATING IN
2012PHOTOGRAPHY: JEN ALTMAN
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THE RECIPES!

January is notorious for being a month of fresh starts, particularly when it comes to cleaning up eating habits after the whirlwind of holiday indulgences has finally fizzled. Resolutions aside (we all know those are out of mind by March anyway), it's fair to say that most of us are ready for a bit of a detox, or clean up if you will. Focusing in on cleansing ingredients and targeting simple strategies will have you back to feeling your best in no time. Of course, they can be employed all yearlong, but we figured calling them out loud and clear now wouldn't hurt.

FRUITS & VEG: Up your fruit and vegetable intake in any way possible. Highlight seasonal produce, which boast higher amounts of vitamins and has even more flavor.

AGUA: Start guzzling. Water keeps digestion running smoothly and squeezes out toxins. For an extra detox boost, start each morning with a cup of hot water and lemon. Works like a charm!

BREAD & PASTA: Challenge yourself. Look to other sources of nutrient-packed carbs like sweet potatoes, quinoa, brown rice, taro, oats, winter squashes, lentils, and beans, just to name a few.

DETOX SUPERSTARS: Kiss bloating goodbye. Fill your fridge with ingredients like citrus, avocado, fennel, beets, celery root, dark leafy greens, wild salmon, and chili peppers.

"Oh yeah, and curb the alcohol for a few weeks. Painful maybe, but your liver and your waistline will thank you in the long run."