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Clean Eating Cookbook: Quick and Easy Clean Eating Recipes to Lose Weight and Live Healthy (Paperback)

By Savannah Gibbs

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Clean Eating Cookbook Are you ready to drop pounds and eat healthy? Clean Eating Cookbook can help! Clean eating is fast becoming popular because people are paying closer attention to the foods they choose and the methods with which those foods arrive on their plate. It means opting for foods that are unprocessed or unrefined. Clean foods are filled with healthy ingredients such as vitamins, minerals, and antioxidants. Your overall health will improve with clean eating. You ll have more energy, feel less bloated, and build up your natural immunities. There is a wealth of information that you can find in this book about being more mindful of your diet and adopting clean eating habits. By reading this book, you ll learn: - How to choose seasonal and local foods. - Which foods to eat and which foods to avoid for clean eating. - 37 Easy and delicious clean eating recipes for breakfast, lunch, dinner, snacks, and dessert. Clean eating is more than just a trend or a fad diet. It is a lifestyle that will boost your energy and help...

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