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Clean eating recipes may sound like a fad diet or foodie trend, but it's so much more than that. These clean eating recipes come together in less than an hour and all use simple ingredients that you likely have on hand or can easily pick up at your next trip to the neighborhood grocery store.

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Mediterranean Diet Recipes Allrecipes com

Easy Arugula Salad This salad is shaken, not tossed. All the ingredients - arugula, cherry tomatoes, pine nuts, Parmesan cheese and an oil and vinegar dressing - are combined in a plastic bowl with a lid and given a few shakes.

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20 Easy And Healthy Dinner Ideas Eat This Not That

Thankfully, it doesn't take a lot of work to transform a raw fillet into a filling, delicious meal, and this recipe by The Healthy Maven proves just that. We love that it goes from the oven to your dinner table in just 20-minutes flat. Get the recipe from The Healthy Maven.

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