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Clean Eating Quick and Easy Recipes for a Healthy Clean Eating Lifestyle: 14-Day Eating Plan (Paperback)

By Madison Miller

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Clean Eating will change your life forever! Boost your energy, lose weight, feel satisfied, and gain radiant health! Have you been longing for a way to feel healthier, regain your energy and feel more alive? Have you searched for this through various diet plans, only to find yourself discouraged and feeling worse than before? You are not alone in either of these things. Fortunately, your quest has brought you here! You are ready to embark on the natural lifestyle of clean eating. Clean eating is simple and intuitive. There are not pages and pages of rules or complicated calculations regarding calorie or nutrition content. This is because neither of these things is necessary with the proper food choices. All that is needed is a respect for wholesome, clean ingredients. With clean eating, you will focus on the purest foods, free of processing and unnecessary additives. You will also learn how to combine the freshest of flavors to bring them to life in new, vibrant dishes. Very soon, you will begin to feel the pulse of life flowing through...



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