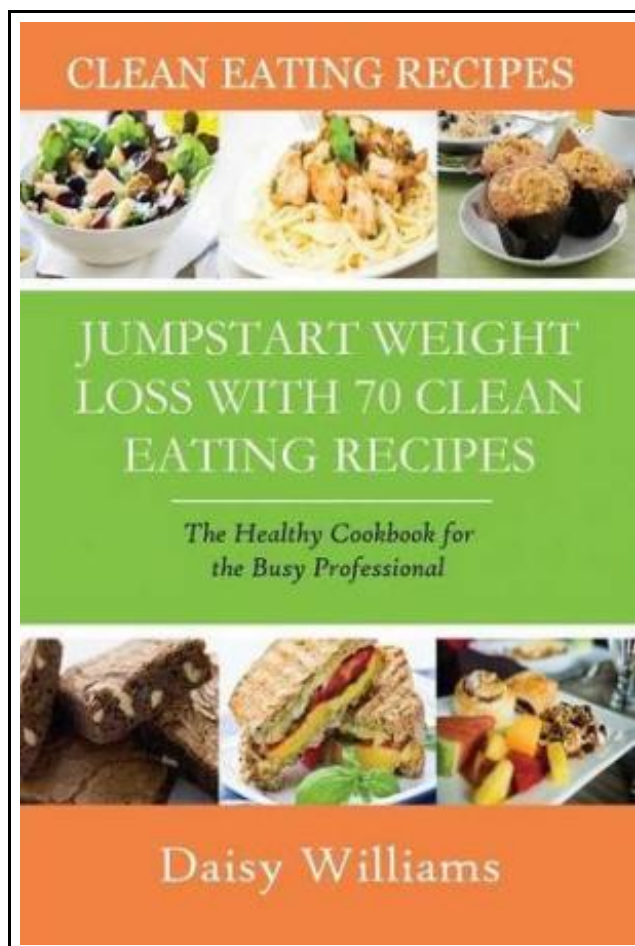


Clean Eating Recipes: Jumpstart Weight Loss with 70 Clean Eating Recipes: The Healthy Cookbook for the Busy Professional



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Reviews

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(Dr. Jarrett Bednar)

CLEAN EATING RECIPES: JUMPSTART WEIGHT LOSS WITH 70 CLEAN EATING RECIPES: THE HEALTHY COOKBOOK FOR THE BUSY PROFESSIONAL



Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to control your weight and eat healthier without feeling deprived? Are you tired of grabbing preservative-packed packaged meals because you don't have time to cook clean or don't know how or what to cook? Author and chef, Daisy Williams, understands your dilemma so she designed quick and easy clean recipes for breakfast, lunch, and dinner. This highly practical clean eating guide includes: o More than a week's worth of satisfying, quick and easy clean breakfast recipes o Ten lean and clean lunch recipes utilizing commonly found ingredients o Fast and fabulous go-to dinner recipes the whole family will love o Delicious, healthy desserts to satisfy your sweet tooth o Protein shakes, watermelon smoothies and other grab-and-go healthy treats It won't be long before you'll be whipping up tasty dishes like Italian Grilled Cheese sandwiches and Stuffed Turkey Burgers; with three-ingredient Easy Banana Nut Cookies for dessert. There's a diverse range of recipes to suit just about any taste, including recipes that don't require cooking. You don't have to be an experienced chef to whip up these recipes and you won't have to spend a fortune on gourmet special ingredients either. Once you start eating these recipes, you'll lose your taste for food containing chemicals, preservatives, artificial flavorings, and excess fat and sugar. You'll start to appreciate the taste of simple, natural ingredients and won't feel the need to eat excessively because you'll naturally be eating more fiber and receiving the nourishment your body craves.



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