

CLEAN EATING

DIET

by JENNIFER EVANS

EASY Recipes to
Burn Your Fat
with SUPER
SPEED

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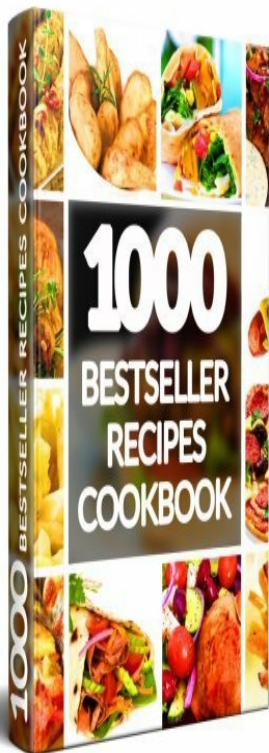
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Introduction

The trend of 'clean eating' is booming; more and more people realize the benefits of changing not only their diet but also their lifestyle to eliminate processed food and buy food directly from the source. Eating clean changes the way you eat, the amount of food, and the interval between meals. Eating clean encourages the modification of a diet containing fresh foods and nutrient-rich cereals, as well as foods that contain healthy fats for health to improve your general health. This lifestyle has many

benefits, including reducing the risk of developing cardiovascular disease, cancer, and other medical conditions.

One of the main fundamentals of clean eating is avoiding processed foods since most of them are unhealthy and sometimes contain harmful additives. Processed foods are difficult to digest and are associated with fairly serious health complications. Additionally, they can contain a lot of dangerous ingredients that are harmful to the digestive system and the liver. These harmful ingredients and additives are often accumulated in the body.

Awareness and control of what food

passes to reach your plate eliminate additives, filling agents and other unnecessary products. This cookbook contains 25 clean eating recipes. So I created this cookbook for you. My recipes are to be simple and require basic ingredients. The recipes are easy and delicious and contain the basic macronutrients for healthy living.

Breakfast

Delicious Breakfast Tofu

Servings: 2

Prep Time: 5 minutes

Cooking Time: 2 hours.

Ingredients

- 1-pound tofu
- 6 tbsp. Yeast
- ½ tsp. Garlic powder
- ½ tsp. Turmeric
- ½ tsp. Onion powder
- ½ c. Sunflower seeds

- ½ tsp. sea salt
- 1 yellow onion
- 2 tbsp. extra-virgin olive oil
- 4 green onions
- 3 garlic cloves, minced
- 1 red bell pepper
- 10 asparagus

Preparation

1. Mash the tofu in a large bowl and mix with the garlic, onion and tamari powders as well as the yeast, salt, and turmeric.
2. In a slow cooker, heat oil and pour in sunflower seeds. Cook the seeds for 3 to 4 minutes, frequently stirring the whole time.
3. Stir in the green onion, yellow onion,

garlic, and the bell pepper. Cover the mixture and cook for 30 minutes.

4. Add tofu and 2 cups of water.
5. Cook on medium for 2 hours
6. Put the tofu scramble on the plate and cover with the spears of asparagus.

Nutrition Information

Calories: 252

Protein: 12g

Fat: 19g

Carbohydrates: 12.7g

Tasty Morning Cinnamon

Prep time: 30 minutes

Cooking time: 3 hours

Servings: 4

Points: 2

Ingredients

- 6 cups bread cinnamon scrolls, cubed
- 7 large eggs
- 2 tablespoons of lemon juice
- ¼ cup sugar
- ¼ cup maple syrup
- 2 tbsp. in pure vanilla extract
- 1½ tea. with ground cinnamon
- ¼ tsp. with ground nutmeg

- 7/8 cup vegetable oil
- 3/4 cup dates, chopped
- 3/4 cup caramelized pecans,
- 2 tsp. teaspoon brown sugar
- 1 cup chopped pecans

Preparation

1. Spray the inside of your Crock-Pot with nonstick cooking spray.
2. Spread the bread cubes on a baking sheet. Let them brown in the oven at 275 ° F for 20 minutes or until they are lightly dried and cured. Transfer the bread cubes to your slow cooker.
3. During cooking cubes of bread in the oven, whisk eggs, sugar, maple syrup, vanilla, cinnamon and nutmeg in a mixing bowl

4. Pour the mixture over the bread and stir gently to ensure that all cubes are submerged. Sprinkle with dates and pecans (melt the butter and brown sugar and pecans coat of this mixture; bake until completely caramelized). Finish with the pieces of butter.
5. Cook over high heat for 3 to 4 hours. Garnish with powdered sugar and syrup. Enjoy your meal!

Nutrition Information

Calories: 90

Protein: 3g

Fat: 2.5g

Carbohydrates: 14g

Breakfast Eggs and cinnamon delight

Servings: 3

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 1 cup fresh homemade cheese
- 12 slices of bacon
- 6 eggs, hard-cooked
- ¼ tsp. of dried organic thyme

Preparation

1. Mix thyme and homemade cheese in a bowl using a spoon and then cover

and put aside.

2. Peel the eggs and cut them into halves.
3. Fill six halves with cheese and use the other halves to cover them.
4. Cut the bacon into slices and use them to cover the eggs.
5. Place the wrapped eggs in a ceramic baking dish in an oven and bake for 30 minutes.
6. Remove the food from the oven and serve.

Nutrition Information

Calories 136

Fat 10.4g

Carbohydrates 0.5g

Protein 9.2g

Refreshing morning compote

Servings: 2

Prep Time: 5 minutes

Cooking Time: 15 minutes

Ingredients

- Spinach
- Coconut oil
- Spices-salt and pepper
- Frozen mix of cauliflower, broccoli, carrots and green beans
- 2 eggs

Preparation

1. Put a frying pan on moderate heat and add coconut oil.
2. Add the frozen mix of vegetables and let it thaw for at least 5 minutes.
3. Add the eggs.
4. Add salt and pepper to taste.
5. Add spinach then stir for at least 10 minutes.
6. Serve and enjoy.

Nutrition Information

Calories 217

Fat 19g

Protein 12.4g

Carbohydrates 0g

Breakfast Toast bite

Servings: 4

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 1 loaf of sliced bread, no matter the kind
- 8-12 eggs
- 1 tsp. tablespoon vanilla extract
- 1 tsp. cinnamon
- 1 tsp. teaspoon brown sugar.

Preparation

1. Grease the sides of the crock pot

with butter.

2. Place the loaf in the crock pot. Move the slices if the loaf is too big.
3. In a bowl, combine eggs, vanilla, cinnamon and brown sugar.
4. Pour mixture over bread, taking care to coat all pieces of bread
5. Set your oven to 356F and bake for 30minutes.

Nutrition Information

Calories: 150

Protein: 3.7g

Fat: 8g

Carbohydrates: 14.5g

Lunch

Vegetable and pasta salad

Servings: 4

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 7 oz. grams of pasta
- 4 large tomatoes
- 2 bell green pepper
- 1 pepper red
- A dozen black olives

- Salt, pepper
- Herbs
- Olive oil

Preparation

1. Wash the tomatoes. Peel the tomato stalks and divide them into two. Open the peppers and remove the seeds.
2. To a parchment paper baking sheet, place the vegetables add pepper and salt then sprinkle with herbs and add the tomatoes.
3. Leave the peppers as it is. Bake at 356F C for 30 minutes.
4. Meanwhile, proceed to cook the pasta as indicated on the package. Drain and pass the pasta under cold

water to stop cooking. Let it cool.

5. In a bowl, combine the tomatoes and peppers (remember to remove the skin from the peppers). Add pasta and black olives.
6. Add salt and pepper, sprinkle with herbs and finally season with olive oil.
7. Finally, store in refrigerator for serving

Nutrition Information

Calories: 157

Carbohydrates: 36.1g

Fats: 0.3g

Proteins: 6g

Spicy Fish fillet delicacy

Servings: 4

Prep Time: 5 minutes

Cooking Time: 15 minutes

Ingredients

- Sesame oil or vegetable oil
- Grated orange zest
- 1/2 tsp. of salt
- Pepper
- 4 haddock fillets
- 3/4 cup sesame seeds
- 1 package fresh spinach, trimmed
- 1 tbsp. melted butter

Preparation

1. In a bowl, using a whisk, combine oil, orange zest and half the salt and pepper. Brush this mixture on each side of fish fillets. Put the sesame seeds on a plate and pass the fish fillets, turning to coat.
2. Place the fish fillets on a baking tray and cook under preheated broiler for about 8 minutes and the flesh flakes easily with a fork (turn the fillets once during cooking).
3. Meanwhile, rinse spinach, shaking off excess water and place in a large saucepan. Cover (without water) over medium-high heat for about 3 minutes or until spinach are softened. Drain. Add the butter and remaining

salt and pepper and mix. Divide the spinach among four plates and place the fish fillets. Serve immediately.

Nutrition Information

Calories: 267

Carbohydrates: 7.5g

Fats: 7.8g

Proteins: 42.3g

Appetizing Chickpea mix

Servings: 4

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 1 lemon
- 1 garlic clove
- 1 bunch flat leaf parsley
- 14 oz. chickpeas
- 3 tablespoons olive oil
- 1 tbsp. of ground cumin
- 1 tbsp. of paprika
- Pepper

- Salt

Preparation

1. Rinse the chickpeas in water. Dip them in a large bowl of cold water and remove the skins by rubbing your hands. Repeat the operation as many times as possible.
2. Heat the chickpeas with steam for 5 minutes.
3. Meanwhile, peel the garlic. Cut into 2 and remove the seeds. Butt with a garlic press.
4. Wash the parsley and chop finely. Squeeze the lemon to extract the juice.
5. Pour the oil into a bowl. Add the lemon juice, garlic, parsley, salt,

paprika, cumin and a pinch of pepper and mix to obtain a sauce.

Nutrition Information

Calories: 251.8

Carbohydrates: 30.6g

Fats: 6.7g

Proteins: 19.4g

Flavored Herbal swordfish

Servings: 4

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 12 oz. swordfish
- 1 sprig of thyme
- 1 pinch of salt
- 1 pinch of pepper
- 1 cl olive oil
- 1/2 lemon

Preparation

1. Brush the swordfish, slice on each

side with olive oil and sprinkle with thyme.

2. Add salt and pepper, marinate in the fridge until cooked.
3. Fry the fish 2-3 minutes per side
4. Leave it a few minutes in the pan off the fire.
5. Serve on warm plates with a lemon wedge.

Nutrition Information

Calories: 538

Carbohydrates: 5.1g

Fats: 29.9g

Proteins: 60.1g

Delicious herbal shrimp

Servings: 4

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 3 cloves garlic
- 3 tbsp. of olive oil
- 1 tbsp. paprika
- 2 tbsp. brandy
- Salt, pepper
- A few leaves of basil

Preparation

1. Mince the garlic.

2. Fry the garlic and shrimp in a frying pan for 3 minutes, stirring constantly.
3. Sprinkle with paprika, salt, and pepper.
4. Pour the brandy.
5. Chop basil leaves and sprinkle shrimp.
6. Cook for around 2 to 3 minutes.
7. Serve warm.

Nutrition Information

Calories: 460

Carbohydrates: 36g

Fats: 14g

Proteins: 0g

Dinner

Flavored Green Salad

Servings: 3

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients

- 1 green onion, minced
- 1 celery ribs, minced
- 5 ounces of chicken breast meat
- ¼ teaspoon of garlic
- 1 boiled egg, chopped
- 1 teaspoon of mustard
- Salt

- 1 Pepper
- 1/3 cup of homemade mayonnaise
- 2 tablespoons of parsley

Preparation

1. Put celery, parsley and onions in a food processor bowl.
2. Pulse until they become fine then transfer to a mixing bowl.
3. Add chicken and pulse.
4. Grate the egg and add to the mixing bowl.
5. Add mayonnaise and mix well using a spoon.
6. Season to taste with salt and pepper and keep in the refrigerator while inside an airtight container for a week.

7. Serve and enjoy.

Nutrition Information

Calories 283

Fat 23g

Protein 16g

Carbohydrates 0.33g

Chili beef delicacy

Servings: 6

Prep Time: 5 minutes

Cooking Time: 1 hour

Ingredients

- 1.5 lb. minced meat with fat
- 1 medium onion
- 3 green peppers
- 3 tablespoons tomato paste
- 1 tomato, diced
- 1 tablespoon Mexican seasoning
- 2 garlic clove
- 5 cl olive oil
- Salt and pepper

Preparation

1. Cut the onion and diced peppers, crush the garlic and fry in a pan with half of the olive oil. Fry for 3 minutes or until onions turn golden.
2. Fry the minced meat for around 5 minutes. Add salt and pepper.
3. Add the chopped tomatoes, and diced tomato paste to the pot with the Mexican seasoning, the rest of the olive oil and cooked ground meat.
4. Cook everything over very low heat for one hour while occasionally stirring.

Nutrition Information

Calories 268

Fat 21.7g

Protein 15.7g

Carbohydrates 10.4g

Fried coconut chicken

Servings: 6

Prep Time: 5 minutes

Cooking Time: 20 minutes

Ingredients

- 4 lb. of chicken thighs
- 1 tbsp. salt
- 1 pepper
- 1 tbsp. garlic powder or two garlic cloves mashed
- 1 tablespoon paprika
- ½ cup coconut flour
- 2 tbsps. Coconut oil for frying

Preparation

1. Marinade: In a large bowl, combine the chicken, salt, pepper, garlic, and paprika. Mix well with your hands and make sure the spices cover the entire surface of the chicken. Marinate for at least two hours. It is better to marinate the night before.
2. Breading the chicken marinated in coconut flour, heat oil in a deep fryer or saucepan to 356F and fry the chicken, being careful not to put too much at once so that the chicken becomes crispy.
3. Cook 8 minutes on each side until chicken pieces are golden.
4. Rune thigh cut in two to make sure the meat is not pink in the interior.

5. Serve.

Nutrition Information

Calories 526

Fat 39.4g

Sodium 212mg

Cholesterol 178mg

Carbohydrates 29g

Protein 22g

Potassium 396mg

Gratin veggie salmon

Servings: 6

Prep Time: 5 minutes

Cooking Time: 40 minutes

Ingredients

- 4 oz. smoked salmon
- A large bowl of cooked spinach
- ½ cup homemade cream cheese with garlic and herbs
- A handful of grated cheese
- Salt
- Pepper

Preparation

1. Mix the spinach with $\frac{3}{4}$ of the homemade cream cheese, gently add the smoked salmon. Put in a baking dish and sprinkle with grated cheese.
2. Heat oven to 356 F.
3. Mix homemade cheese with grated pepper and salt.
4. Sprinkle with homemade cheese mixed with salt and pepper then bake for 30-40 minutes.
5. Let stand for 5 minutes before serving and then serve with brown/white rice.

Nutrition Information

Calories 334

Fat 29.6g

Protein 14g

Carbohydrates 15.8g

Tomato delight

Servings: 4

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 4 large tomatoes
- 1 clove garlic + 1 small onion diced
- 2 c. to s. olive oil
- 10 chopped basil leaves

Preparation

1. Wash tomatoes and cut the upper part so as to detach a hat.
2. Cut the tomatoes lengthwise and

small pieces. Wash quinoa with clean water and rinse.

3. Cook the quinoa with 2 times its volume of water. Once the water absorbed (about 15 minutes), cover and let stand.
4. Fry garlic and onion in olive oil for 3 minutes or until the onions turn golden. Add the tomato flesh and basil. Salt and pepper.
5. Mix well and stuff the tomatoes.

Nutrition Information

Calories 140

Carbohydrates 11.2

Fat 16.7g

Protein 7g

Snacks

Celery bites

Servings: 5

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- ½ cup celery
- 2 tbsp. coconut oil
- Oregano
- Salt

Preparation

1. Peel the celery, grate into thin slices

with a mandolin or machine.

2. Spread them one by one on parchment paper and dry in a rotating oven for at least 30mn. Be careful not to blacken the celery: The oven door can also be opened a little to let the steam escape.
3. In a frying pan, heat enough oil (coco or classic) and add the celery slices so that they bathe, sprinkle with oregano and salt.
4. Fry for 30 minutes.

Nutrition information

94 calories

Fats 9.08 g

Proteins 0.92g

Carbohydrates 2.1g

Aromatic leafy compote

Servings: 5

Prep Time: 5 minutes

Cooking Time: 20 minutes

Ingredients

- 1 cup mix of parsley and sorrel leaves
- 12 oz. beef stock
- 1 egg yolk,
- ½ cup homemade cream

Preparation

1. Wash the leaves. Chop them in long strings until they look like large

noodles.

2. Boil the beef stock. Add the leaves. Simmer for a minute or two.
3. Cool the broth for about 5 minutes.
4. Get about 2-3 ladles of the hot broth. Let it cool for another minute.
5. Mix the yolk and the cream in a cup.
6. Slowly add the yolk and cream mixture into the separated broth, whisk carefully and continuously to avoid coagulating the yolk.
7. Pour this mixture into the main pot of broth and the leaves. Mix well and serve immediately.

Nutrition Information

Calories 202

Fat: 16.5g

Protein: 7.75g

Carbs: 7g

Appetizing salad Crisps

Servings: 4

Prep Time: 5 minutes

Cooking Time: 15 minutes

Ingredients

- 1 medium-sized zucchini
- 2 yellow squash
- 1 teaspoon of lemon juice, fresh
- 1 ounce of prosciutto
- ¼ teaspoon of black pepper
- ½ teaspoon of lemon rind, grated
- 1 teaspoon of olive oil
- 1 ounce of cheese
- 2 tablespoons of mint

- ¼ teaspoon of salt

Preparation

1. Use a vegetable peeler to shave the zucchini and discard its seeds. Place and squash it in a bowl and toss it with salt.
2. Combine mint, olive oil, lemon rind, lemon juice and pepper in another bowl and stir.
3. Pour zucchini to the mixture and toss.
4. Put a skillet over medium heat and add prosciutto. Heat for 2 minutes.
5. Put a half a cup of salad on each of the four plates, and top with 1 tablespoon of cheese each then add prosciutto. Enjoy!

Nutrition Information

Calories 238

Fat: 15g

Protein: 10g

Carbs: 12g

Spinach lemon salad

Servings: 4

Prep Time: 5 minutes

Cooking Time: 0 minutes

Ingredients

- 2 avocados
- 1 bunch radishes
- 2 spring onions
- 7 oz. of spinach salad
- 1 lemon
- 4 tbsp. olive oil
- Salt
- Pepper

Preparation

1. Cut the avocados in half and detach the seeds. Peel the barks.
2. Slice the avocado into small pieces.
3. Cut the green onions into pieces and chop the bulbs.
4. Mix the spinach with radishes, avocado, and green onions. Sprinkle the lemon juice.
5. Mix the remaining juice with oil and chopped onion.
6. Season with pepper and salt.
7. Drizzle salad with this dressing and serve.

Nutrition Information

Calories 206

Fat: 20.6g

Protein: 1.8g

Carbs: 5.2g

Pumpkin bites

Servings: 4

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 1 lb. Pumpkin
- 1 lb. Potatoes
- 2.5 oz. Soy flour
- 3 tbsps. Chopped parsley
- Sea salt
- 1 pinch Pepper
- 3 tbsps. Olive oil

Preparations

1. Peel pumpkin and potatoes, and grate both of them to get their chunky pieces. Take a bowl and mix in two tablespoons of flour (soy flour) in this bowl with four tablespoons of water.
2. Take another bowl and put pumpkins and grated potatoes into this bowl and mix in remaining soy flour. Mix all ingredients well and sprinkle pepper, parsley and salt in this bowl. Make round patties with this mixture.
3. Heat olive oil in one pan and fry these patties for a few minutes from both sides to make them golden brown. Your alkalizing patties are ready.

Nutrition Information

Calories 87

Fat: 2g

Protein: 4g

Carbs: 15g

Desserts

Sweet Monkfish Skewers

Servings: 6

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 2 lb. Monkfish tail
- Saffron stigma filaments
- 2 tbsp. Olive oil
- 1 tsp. Salt
- 1 tsp. Pepper.

Preparation

1. Infuse the saffron in a little warm water a few hours or overnight.
2. Keep some filaments for decoration.
3. Cut the monkfish into large cubes.

Preparation of kebabs

1. Dip cubes of monkfish in saffron infusion and thread onto skewers.
2. Salt and pepper and sprinkle with saffron.
3. Oil a grill and place over the skewers.
4. Place the grate over your fire and cook on both sides 5 minutes each.

Nutrition Information

Calories 158

Fat: 5g

Protein: 14g

Carbs: 12g

Flavored chestnut takes

Servings: 10

Prep Time: 5 minutes

Cooking Time: 40 minutes

Ingredients

- 10 oz. water chestnuts drained well, peeled
- ½ teaspoon grated ginger
- 10 slices of bacon
- ¼ cup homemade sauce

Directions:

1. Combine ginger and sauce in bowl; add chestnuts and marinade for several hours.

2. Remove chestnuts from marinade and roll in brown sugar.
3. Cut bacon in half and wrap chestnuts with bacon slices; secure with toothpicks.
4. Preheat oven to 350F and set wire rack onto a baking sheet.
5. Set chestnuts onto a wire rack and bake for 30-35 minutes or until bacon is crispy.
6. Serve when cooled slightly.

Nutrition Information

Calories 74.5

Fat: 3.5g

Protein: 2.3g

Carbs: 9.4g

Delicious herbal Turnips

Servings: 4

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 1 ½ lb. new potatoes, scrubbed
- Zest from 1 lemon
- 2 sprigs rosemary
- 1 sprig thyme
- 2 tablespoons olive oil
- Fresh ground salt and pepper

Preparation

1. Preheat oven 450F and prepare

roasting pan.

2. Place scrubbed potatoes in large pot with boiling water; boil gently over medium heat for 5 minutes.
3. Place olive oil in roasting pan and set in the oven for 2 minutes or until heated.
4. Drain potatoes and set in heated roasting pan; stir to coat with heated oil and season with salt and pepper.
5. Sprinkle potatoes with lemon zest and top with rosemary and thyme.
6. Roast potatoes for 20-22 minutes or until golden.
7. Serve with cheese or favorite dip, while still hot.

Nutrition Information

Calories 129.3

Fat: 7g

Protein: 2.3g

Carbs: 16g

Super Granita

Servings: 6

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 cup unsweetened apple juice
- 1/4 cup lime juice
- 4 cups cubed ripe melon
- Fresh mint leaves, for garnish

Preparation

1. Start with combining the apple juice,

melon and lime juice. Blend until smooth and pour into metal or glass pan.

2. Freeze the pan, scraping and stirring with a fork every half hour, until the granite is hard, for about 3-4 hours.
 3. Next, remove the granite from the freezer and break it up into small pieces. Freeze again for 1 hour.
 4. Serve sprinkled with berries and garnish with fresh mint leaves.
- Enjoy!

Nutrition Information

Calories 103

Fat: 7g

Protein: 0.13g

Carbs: 26.5g

Delirious Almonds bites

Servings: 9

Prep Time: 5 minutes

Cooking Time: 1 hour

Ingredients

- 1/2 cup butter (at room temperature)
- 1 tablespoon baking powder
- 3 cups almond meal
- 1/4 teaspoon salt
- 2 teaspoons almond extract
- 2 eggs
- 1 teaspoon vanilla extract
- 5 tbsp. honey

Preparation

1. Cover a baking sheet with baking paper and grease with oil. Preheat the oven to 350°F.
2. In a medium mixing bowl combine the almond meal, butter, salt and baking powder.
3. Add in the eggs, sugar substitute and extracts and beat until is well combined.
4. Let the batter to rest for 5 minutes and then pour it into the baking sheet.
5. Bake for 25 minutes then remove the cookies from the oven. Let them cool for 10 minutes and cut into slices.
6. Lay the cookies sideways and bake for additional 15 minutes.
7. Serve and enjoy!

Nutrition Information

Calories 154

Fat: 6g

Protein: 4g

Carbs: 20g

Conclusion

Our body regularly needs a certain amount of nutrients to function. To provide our bodies with these nutrients, we must adopt a clean eating diet. If we eat well, we will succeed in having and maintaining a healthy body that will allow us to perform demanding physical and mental tasks while remaining healthy.

In this sense, all the above recipes are specifically meant to bring you pleasure, health, and performance. Processed

foods are dangerous to our bodies in many ways. These food contain additives and flavors that affect the normal functioning of the body. Diseases such as cancer, cardiovascular diseases can be avoided by majoring on the clean diet.

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