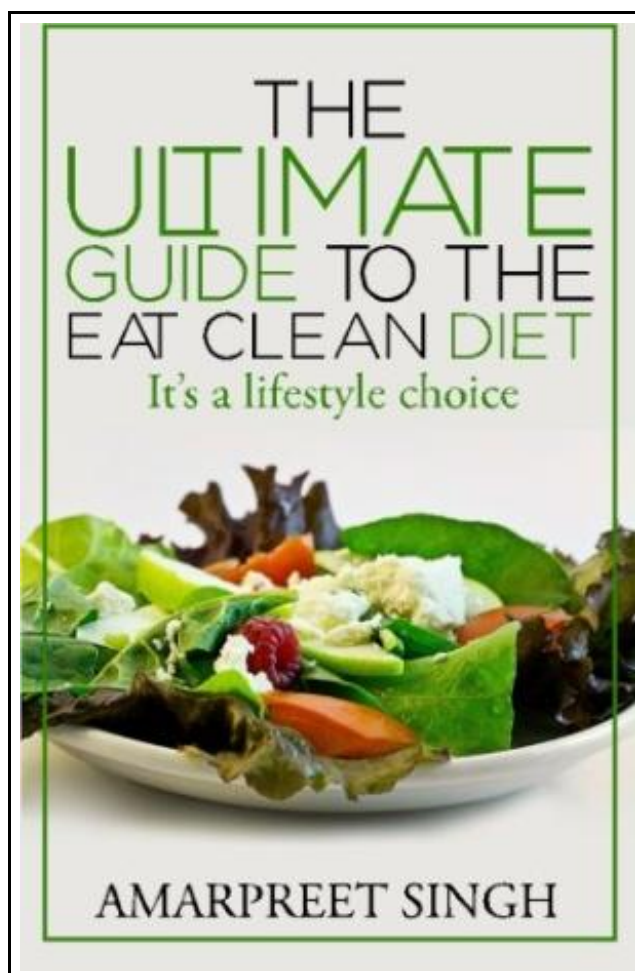


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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate guide to Eat Clean Diet - it s a lifestyle choice! Would you eat something that s tasty but extremely harmful to your system? We think not! Read on to find about a healthier alternative! The more science advanced, the more our world got polluted. And with it, the food we eat too. Think of all the chemicals and pesticides sprayed on crops. And then the harmful preservatives and unhealthy ingredients used in processing food. Would you still put taste ahead of health? Ever thought about the safety of food we put in our systems? Eat Clean Diet was born out of this awareness about the harmful nature of food today. Join this popular movement against pollution in food! What are the principles of the Eat Clean Diet? What foods can you have, and what is prohibited? We ll give you all the answers - plus some delicious recipes to get you started right away. It s so simple and convenient, you can create your own Clean Diet in the comfort of your home! Eat Clean Diet - less a diet, more a lifestyle! It s a complete boycott of processed foods and a warm welcome to wholesome fruits, vegetables, lean meats and healthy fats! Say bye-bye to canned food, flour, suspect ingredients and unhealthy preservatives. Even a simple hotdog or instant oatmeal comes under processed foods so watch out when you re in the supermarket the next time. During processing , out go the nutrients and in come the additives - some of which can even cause cancer. Read this eBook and protect yourself!.



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