

## Clean Eating: The Ultimate Clean Eating Guide - Detox Your Body, Bring Back Health, and Feel Amazing!



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## CLEAN EATING: THE ULTIMATE CLEAN EATING GUIDE - DETOX YOUR BODY, BRING BACK HEALTH, AND FEEL AMAZING!

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Want Quick Simple Clean Eating Recipe Cookbook? Many people like you, want to be healthy, feel amazing, and lose weight, however a lot of people do it the wrong way. Some try to cut down on their calories by skipping a couple of meals believing that it is the fastest way to lose weight. While others replace meals with fruits and vegetable juices believing that this is a healthier alternative because these beverages are packed with nutrients (however, they fail to consume the fiber that our body needs). And, they're those that hit the gym and spend hours there trying to burn fat. Of course, there's nothing wrong with working out, but if you go to the gym to make up for your diet of unhealthy food, then you're definitely on the wrong track. If you really want to be healthy, then exercising, skipping meals, and solely drinking juice is not enough. If you want to be healthy and feel good, what you need to do is to go back to clean eating—limit or totally avoid eating junk and eat only whole and natural foods to allow your body to detoxify from the preservatives and additives that you've been consuming for so long. This book will help guide you on your journey to healthy eating. Here, I will show how your current diet and lifestyle is totally affecting your health, how you can prepare yourself on your clean eating journey, and finally, I've compiled quick and easy recipes that are so delicious, you won't think they're healthy! Some recipes you'll find in this book: Leafy Breakfast Skillet, Wild Rice Fry on Baked Zucchini, Quinoa and Berries...



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