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Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean (Paperback)

By Rockridge Press

Rockridge Press, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Learn how uncomplicated your life and diet can be with unprocessed and unrefined foods from Clean Eating Made Simple. Eating healthy doesn't have to be complicated. Clean Eating Made Simple will walk you through the basics of a life-changing clean eating diet, with common sense guidelines and over 110 healthy recipes that will not leave you feeling deprived. With an easy-to-follow clean eating meal plan and handy nutritional breakdowns, Clean Eating Made Simple helps you change the way you eat, and the way you feel, by simply returning to eating whole, natural foods and fresh produce. Clean Eating Made Simple helps you adopt healthy changes easily--and permanently--with: A Weekly Meal Plan helping you transition to a clean eating diet Over 110 Recipes serving clean eating meals for breakfast, lunch, and dinner, with nutritional information for every recipe An Essential Introduction covering the fundamentals and health benefits of clean eating Handy Tips for adapting each recipe for your personal dietary needs, including vegetarian or vegan, low-sodium, FODMAP, gluten-free, and nightshade-free Clean eating recipes include: Coconut Quinoa Porridge, Barley Kale Risotto, Lemon Tuna Patties, Pork Tenderloin with Squash...



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Reviews

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

-- **Melody Jakubowski**

This publication could be worth a read through, and far better than other. This is certainly for all those who state there was not a worth reading through. You may like just how the author composes this publication.

-- **Dr. Kayley Kovacek PhD**