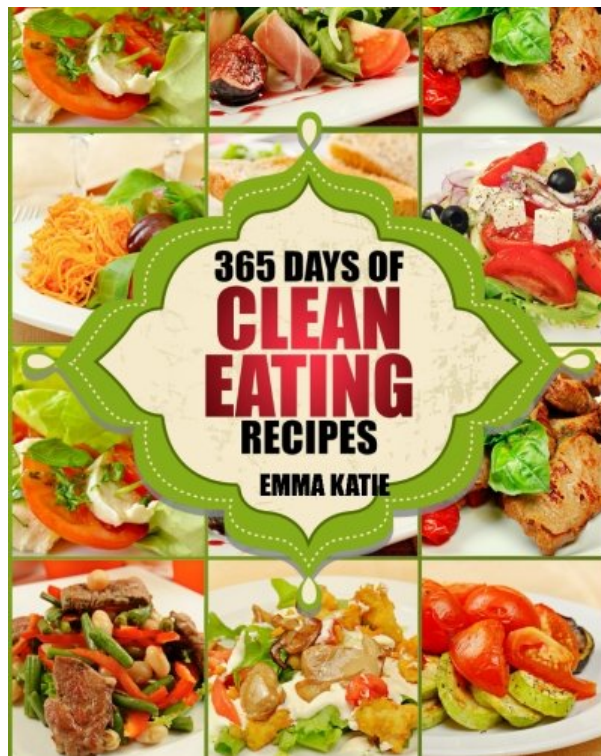
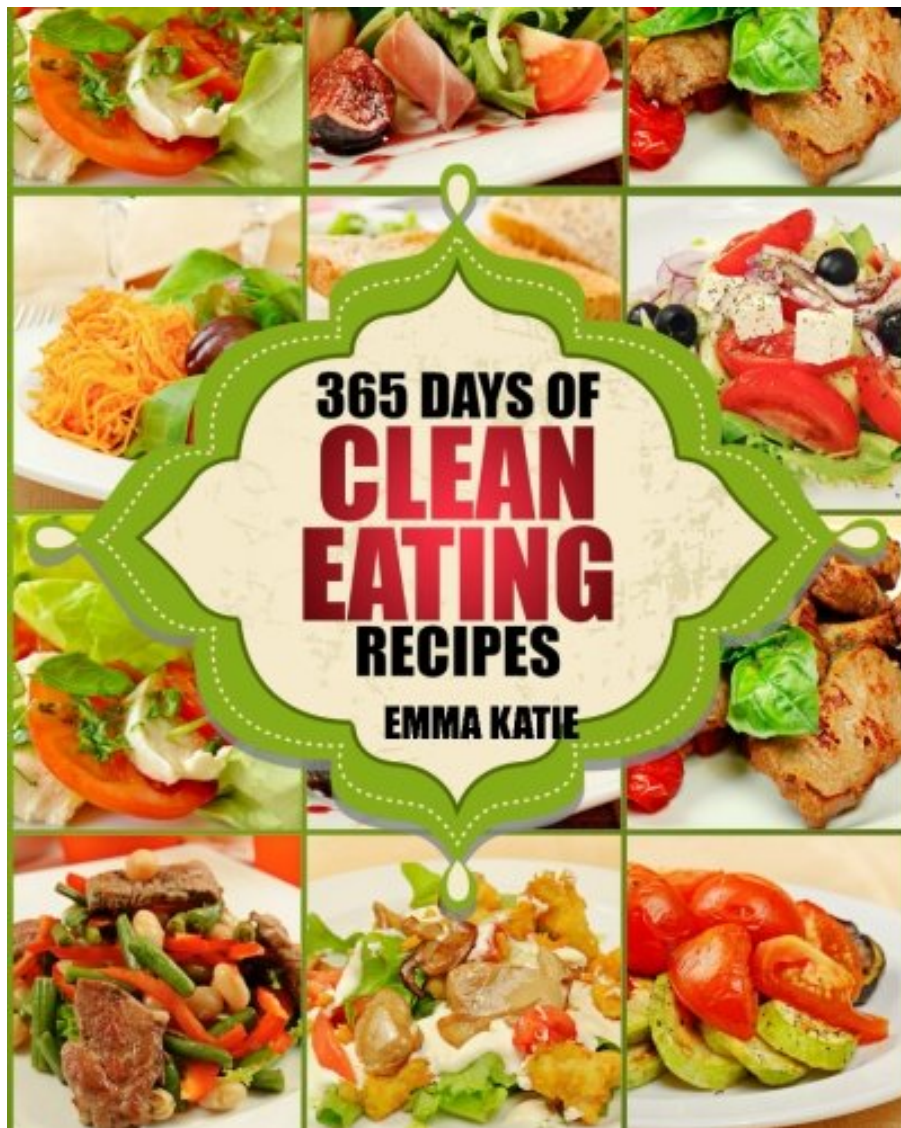


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Clean Eating

TODAY SPECIAL PRICE - 365 Days of Clean Eating Recipes (Limited Time Offer)

Eating over-processed food or junk food can have a negative impact on your mind and body over time. Your body can become sluggish and your mind can stop functioning properly as well – fatigue, not being able to focus properly, all of these are effects of a diet that lacks nutrients. Your body and mind failing on you is the worst feeling ever!

But it's time to get back on track! Change your lifestyle today by eating food that it's close to its natural state, food that has more nutrients than chemicals. This book contains everything you need to get you started on that! From an easy-to-understand explanation of what clean eating is, to a whole range of recipes, the information found between these pages is enough to offer you a good start towards an improved health, more energy and better state of mind.

Wait no more! Get your copy today and enjoy recipes like: overnight chia pudding, quinoa crusted quiche, creamy avocado soup, bouillabaisse, tomato fish bake, chimichurri salmon, apricot galette, amaretto baked pears and more!

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- Published on: 2016-11-08
- Original language: English
- Dimensions: 10.00" h x .46" w x 8.00" l,
- Binding: Paperback
- 200 pages

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41 of 42 people found the following review helpful.

Excellent book of tasty, healthy dishes and treats!

By horrorgirlonna

I am always trying to find new ways to avoid over-processed, chemical-laden foods. Not only are they bad for you over time, once you are to really pay attention to how your body feels and responds, you can feel the effects of poor eating right away. This book has some great tips to get back on track. It's packed full of good, clean, healthy recipes—one for every single day of the year. But the best thing is that this isn't a bunch of bland tofu recipes, but some terrific, tasty dishes and treats that will quench that craving for sweets. The

book is organized and broken into sections that include dinner, dessert, and lunch recipes. I appreciated that these healthful dishes didn't include any hard-to-find or exotic ingredients—everything is easily accessible at your local supermarket or organic food store. Plus, each dish also includes a breakdown of calories, proteins, fat, and carbs, which makes counting calories, etc. much easier. This is the best way to get back on track with your eating without feeling like you're starving to death. Be satisfied while getting your health and your body back!

20 of 20 people found the following review helpful.

Food for the Whole Family!

By Amberley Stephens

With all of the obesity, fast food, and food packed with chemicals, it is nice to finally find a source for a FULL year of eating clean, tasty food. This book is packed full of great recipes that even my kiddos will eat! A great source of clean eating for the whole family. I really like this book!

24 of 25 people found the following review helpful.

And the best section of the book happens to be my favorite

By Laurenreads1

Author Emma Katie offers readers a get your body healthy reset;a read to undo the damaged caused by the dietary intake of over processed foods. Katie provides a thorough break down of what clean eating is and then follows up with guidelines to help us along in the journey. And the best section of the book happens to be my favorite; scores of clean eating recipes (365 days worth) of smoothies, breakfast, lunch, dinner, snacks and desserts. By the way, the spicy lobster spaghetti is yum! I highly recommend.

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