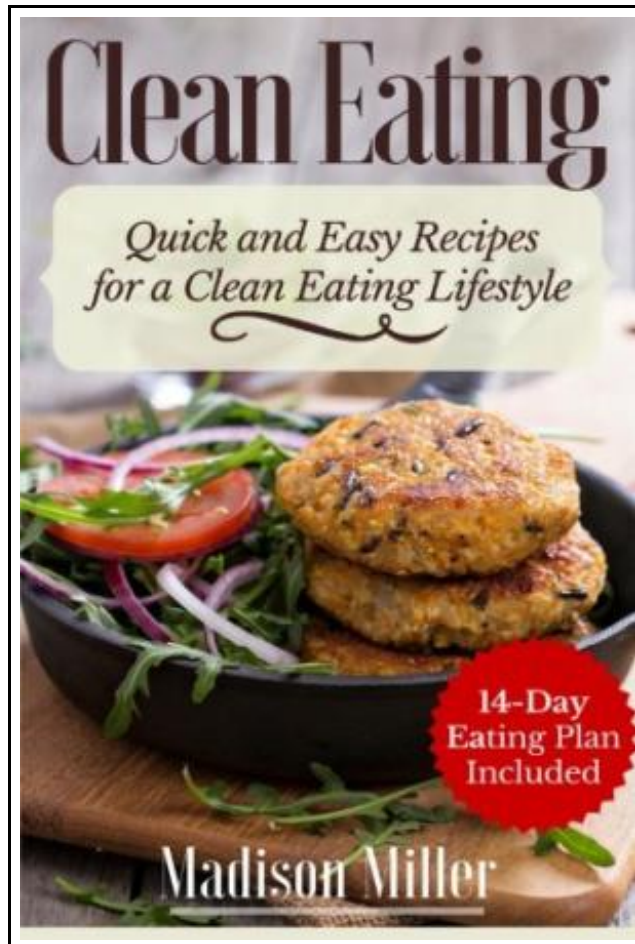


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Clean Eating will change your life forever! Boost your energy, lose weight, feel satisfied, and gain radiant health! Have you been longing for a way to feel healthier, regain your energy and feel more alive? Have you searched for this through various diet plans, only to find yourself discouraged and feeling worse than before? You are not alone in either of these things. Fortunately, your quest has brought you here! You are ready to embark on the natural lifestyle of clean eating. Clean eating is simple and intuitive. There are not pages and pages of rules or complicated calculations regarding calorie or nutrition content. This is because neither of these things is necessary with the proper food choices. All that is needed is a respect for wholesome, clean ingredients. With clean eating, you will focus on the purest foods, free of processing and unnecessary additives. You will also learn how to combine the freshest of flavors to bring them to life in new, vibrant dishes. Very soon, you will begin to feel the pulse of life flowing through your veins again! This book has been created to present to you in the simplest form the basic principles of clean eating, an easy-to-follow 14-day menu plan along with all of the delicious recipes that you need to get started on this new lifestyle. You will soon find that clean eating is incredibly simple and easy to make a part of your life, regardless if you fly solo or are head of a large family. Clean eating will accommodate everyone. Congratulations on making the incredible, life-changing decision to embrace clean eating. Your life will be forever positively changed by this...



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