



Clean Eating: A 15 Day Meal Plan of Healthy Recipes for Weight Loss (A Clean Eating Delicious Diet Guide for Living Wellness and Healthy Eating)

Sam Kuma

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Are you looking to make your lifestyle healthier but don't know where to start? Our 15 day clean eating diet is the perfect answer. The current trend in dieting that has taken the Internet by storm is the clean eating diet. However, unlike various other 'diet' trends, clean eating is much more than a fad diet. Clean eating is a healthy and refreshing lifestyle and not just another way of shedding those extra pounds. The best part about this diet is it can actually help you lose weight along with reducing risks of various chronic diseases and disorders. It will also help you to regain your vigor and improve your overall health. So why get our book? A lot of clean eating books exist in the market, so why this one? What makes it better as compared to the others out there? Well, simply this book is well researched and has well planned, tested and tasted recipes and a 15 days meal plan which will make it easier for you to follow through your diet. The objective of the book was to collect and present clean recipes to keep your taste buds happy and your tummy cheerful. I believe I was successful in this mission and can successfully welcome you to the world of clean eating. The meal plan consists of a new breakfast recipe, a fresh snack recipe and two separate meals that you can eat and lose weight. The book is easy to refer to and features an in-depth index. The directions of the recipes are simple, clear and easy to follow so that even a beginner can cook them easily. I have tried to include recipes that can be made by almost everyone including college students, housewives, chefs, etc. The ingredients used are easily available and will not burn a hole in your pocket. You can also replace and exchange the ingredients - provided they are not processed. As said earlier, clean eating is not a diet but a lifestyle, so this book is not a diet book. It is more of a recipe book that can help you achieve a healthy and fit body, while eating your favorite food. Here are some of the recipes in this book: Super Food Smoothie Southwestern Kale Chips Curried Shrimp Chicken Taco Pizza Farmers Market Kale Tacos Scroll up and download today

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