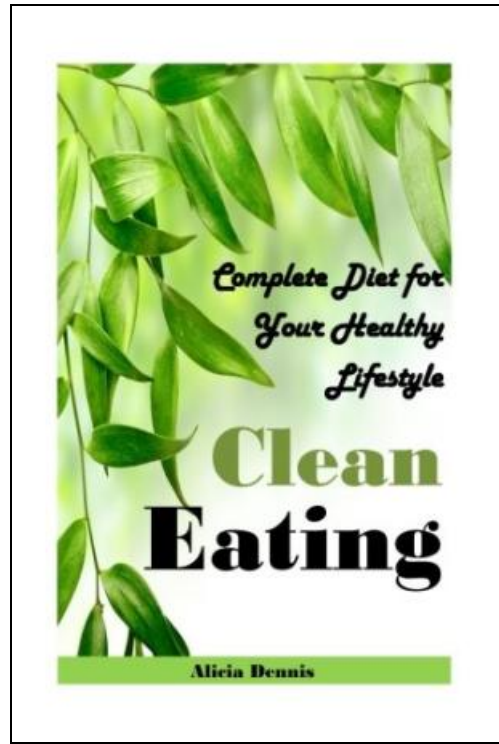


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What is Clean Eating? Clean eating is a deceptively simple concept. Rather than revolving around the idea of ingesting more or less of specific things (for instance, fewer calories or more protein), the idea is more about being mindful of the food s pathway between its origin and your plate. At its simplest, clean eating is about eating whole foods or real foods - those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. However, modern food production has become so sophisticated that simply eating whole foods can be a challenging proposition these days. For information click on BUY BUTTON Tag: clean eating cookbook, clean eating recipes, clean eating diet, clean diet, eating clean on a budget, clean eating book, clean eating guide, Eating clean, eating clean eating healthy, clean eating meal plan, clean eating beginners, clean eating budget, clean eating breakfast, clean eating desserts, clean eating for weight loss, clean eating for busy families, clean eating healthy cookbooks, clean eating kids, clean eating kids cookbook, clean eating kitchen, clean eating made simple, clean eating plan, clean eating smoothies, clean eating slow cooker, clean eating soup recipes, clean eating snacks, clean eating vegetarian, clean eating vegan, clean eating weight loss, clean eating with kids, eating clean cookbook, eatin.



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