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Simple Clean Eating Recipes: Simple Clean Eating Recipes (Paperback)

By Jr Stevens

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Clean eating is about eating more of the best and healthiest options in each of the food groups-and eating less of the not-so-healthy ones. That means embracing whole foods like vegetables, fruits and whole grains, plus healthy proteins and fats. It also means cutting back on refined grains, pesticides, additives, preservatives, unhealthy fats and large amounts of sugar and salt. And avoiding highly refined foods with ingredients you d need a lab technician to help you pronounce. Even if you only take a few steps toward eating cleaner-cutting back on processed foods, for example, or eating more organic fruits and veggies - it can still make a huge impact on your health. Discover over 50 delicious recipes in Simple Clean Eating Recipes that help you be clean with your food habits. The benefits can be enormous: You ll become more mindful by eating with purpose and savoring your food. You ll save money. You ll live longer by being healthier. You ll have better relationships preparing meals with your family. You ll be smarter by eating body and brain healthy...



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