



Clean Eating Recipes Book 1: Over 30 Simple Recipes for Healthy Cooking (Clean Food Diet Cookbook)

Dale L. Roberts

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Would you like to improve your health and lose weight?

You can do it with a clean food diet!

Clean eating improves your health, boosts your immune system, helps you think better, improves your skin and hair, and aids in digestive health. All that clean food eating requires is a few simple nutritional changes. This type of diet is simple, sustainable for long-term results and brings you personal satisfaction. Now is the time for a change. Moreover, right now is the time to feel better!

Considering the amount of processed foods found in the market today, it is no wonder why eating healthy is so difficult. However, with clean eating recipes, you will have the alternative your body craves. Once you get started, you will feel the difference clean food makes for you.

Food is the fuel that moves your body. You will get out what you put into it. So, why not feed your body with the best food options? And, you'll learn just how easy it is to eat clean while never sacrificing taste, money, or time. It is so simple that you'll be surprised that you had not started it a long time ago.

In this first book of the Clean Food Diet Cookbook series, you'll learn:

- What foods to eat for better energy
- What clean eating is
- What foods are clean
- How to eat clean
- How to prepare clean meals
- Over 30 different, tasty dishes for breakfast, lunch, snacks, and dinner
- Recipes that will suit vegans, vegetarians, AND meat-eaters
- And, much more!

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