



Clean Eating for Beginners Guide.: 25 Health and Easy Recipes for Weight Loss. (Paperback)

By Mia Kendal

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You want to start clean eating diet but do not know how to begin? So, relax, and start absorbing everything in this book, because Clean Diet has the full power to change your whole lifestyle. Throughout this book, you will be introduced to the most shared and basic concepts of Clean Diet, followed by 40 different recipes to help you kick start your diet regime! What is it all? Following this diet, you won t have to undergo a bunch of different complicated procedures, calorie count or anything like that! At the heart of this diet, you are required to let go of processed, unhealthy and fried food and lean more towards fruits, grain, vegetables and lean protein produces. Why do it? You just might be surprised to see how much of a change you will be able to experience with just a few simple changes in your day to day diet.



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