



Clean Eating: 25 Healthy Recipes to Lose Weight with Amazing Speed (Paperback)

By Jennifer Evans

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Clean eating is one of the most popular diets! It has a lot of health benefits there are just a few of them: Reduce Blood Pressure Reducing the risk of developing cardiovascular disease Reducing the risk of cancer Lowered Cholesterol Weight Loss Sounds great, doesn't it? Scroll to the top and press the Buy Now with 1-Click button To guide you in improving, we have prepared an amazing collection of recipes that are fun and easy to prepare. No need to call a nutritionist! All you will need is just a touch of creativity. With that in mind, let us take you into the world of clean eating - towards a healthier, slimmer you! We prepared for you the recipes for: Breakfast Lunch Dinner Snacks Desserts Under the cover you'll find: Only the best and 100 Clean Eating recipes for breakfast, lunch, dinner, sides and desserts The directions that are easy to follow Nutritional value and number of portions for each recipe Prep and cooking time for each recipe Grab your copy right away!.



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