



Clean Eating : Easy And Delicious Recipes To Help You Lose Weight And Feel Great!

Lisa Washington

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Are you Looking to Lose Weight And Live a Sustainable Clean Eating Lifestyle?...Well if you are then this is the book for you!

Clean Eating is a positive lifestyle change that works. Clean Eating is a common sense strategy to achieve permanent and lasting good health, without depriving yourself of flavorful food, or feeling guilty after every meal. With a Clean Eating plan, you will understand which foods will be the best fuel your own body, and learn how the right kinds of food will allow you to feel more energetic than ever before.

The Clean Eating plan does not require you to eliminate whole food groups or starve yourself. Clean Eating is about a lifetime of enjoying natural, unprocessed foods that taste good and nourish you, paving the way to a stronger, fitter body and mind.

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