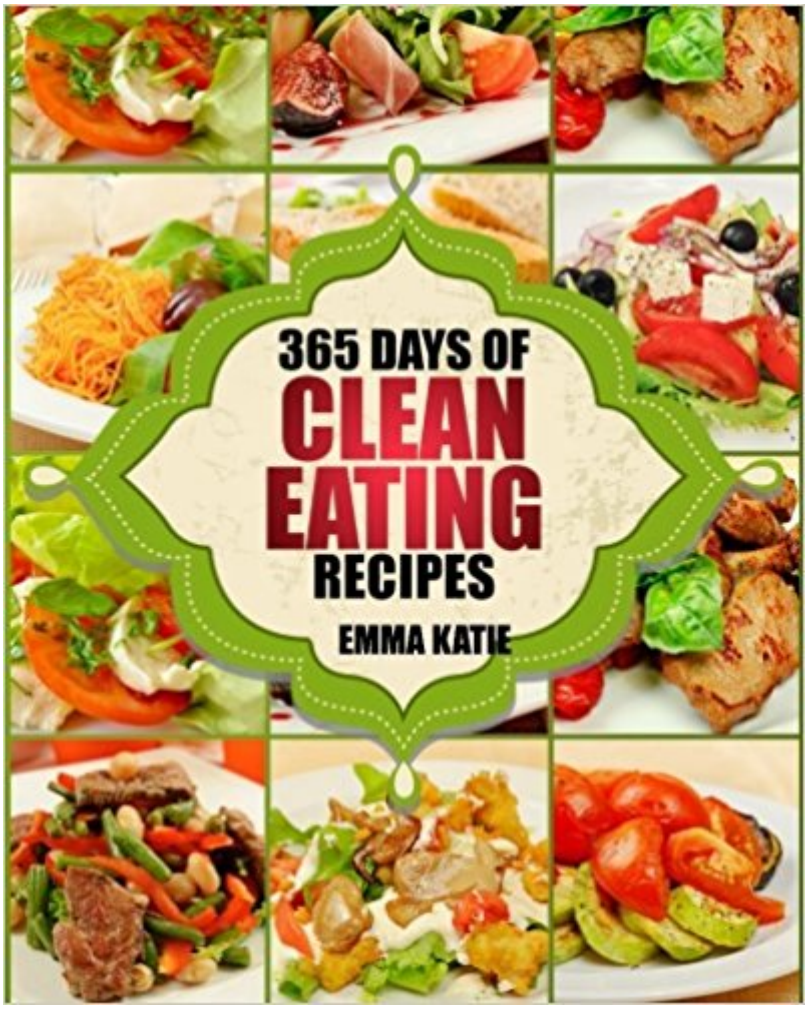
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Clean Eating: 365 Days Of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness And Weigh Loss, Eat Clean Diet Book




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Synopsis

Clean EatingTODAY SPECIAL PRICEÃ Â - 365 Days of Clean Eating Recipes (Limited Time Offer)Eating over-processed food or junk food can have a negative impact on your mind and body over time. Your body can become sluggish and your mind can stop functioning properly as well Ã¢â ¬â œ fatigue, not being able to focus properly, all of these are effects of a diet that lacks nutrients. Your body and mind failing on you is the worst feeling ever!But itÃ¢â ¬â„¢s time to get back on track! Change your lifestyle today by eating food that itÃ¢â ¬â„¢s close to its natural state, food that has more nutrients than chemicals. This book contains everything you need to get you started on that! From an easy-to-understand explanation of what clean eating is, to a whole range of recipes, the information found between these pages is enough to offer you a good start towards an improved health, more energy and better state of mind.Wait no more! Get your copy today and enjoy recipes like: overnight chia pudding, quinoa crusted quiche, creamy avocado soup, bouillabaisse, tomato fish bake, chimichurri salmon, apricot galette, amaretto baked pears and more!

Book Information

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Customer Reviews

I am always trying to find new ways to avoid over-processed, chemical-laden foods. Not only are they bad for you over time, once you are to really pay attention to how your body feels and responds, you can feel the effects of poor eating right away. This book has some great tips to get back on track. ItÃƒÂ¢Ã â ¬Ã â„¢s packed full of good, clean, healthy recipesÃƒÂ¢Ã â ¬Ã â •one

for every single day of the year. But the best thing is that this isnÃƒÂ¢Ã â ¬Ã â„¢t a bunch of bland tofu recipes, but some terrific, tasty dishes and treats that will quench that craving for sweets. The book is organized and broken into sections that include dinner, dessert, and lunch recipes. I appreciated that these healthful dishes didnÃƒÂ¢Ã â ¬Ã â„¢t include any hard-to-find or exotic ingredientsÃƒÂ¢Ã â ¬Ã â •everything is easily accessible at your local supermarket or organic food store. Plus, each dish also includes a breakdown of calories, proteins, fat, and carbs, which makes counting calories, etc. much easier. This is the best way to get back on track with your eating without feeling like youÃƒÂ¢Ã â ¬Ã â„¢re starving to death. Be satisfied while getting your health and your body back!

Well, I was truly amazed at the amount of recipes in this cookbook. Since this is a clean/healthy eating type of cookbook, I did not expect such great recipes. My very favorite recipe is Wild Mushroom Risotto. Since I prefer Baby Portabella Mushrooms, I used these instead and dish was wonderful.Overall, the book has easy to follow recipes, shows the time to prepare, and nutritional information.The reason that I rate it 4 stars is because on some recipes, some of the ingredients were hard to find...just on some.

We have been making a lot of lifestyle changes this year, and the main one is in the way that we eat. Instead of trying some fad diet, we've decided to simply pay more attention to the foods that we're eating and their particular ingredients. Author Emma Katie has written the best guide to this that I have found with her "365 Days of Clean Eating Recipes."ÃƒÂ¢Ã â ¬Ã â Not only is there great information about cutting out junk food, buy some wonderful recipes here for every meal. Just a few of things we've made are the Kale Egg Muffins, Prawn Tomato Stew, and Honey Almond Cake. Definitely recommend.

I've been eating junk foods for too long, doctor recommended me to have a healthy food and then I've found this book really helpful for me, thanks!!

Some very interesting and new recipes. I've already tried a few and enjoyed them greatly. I appreciate how the author includes healthy dishes but most do not include very expensive ingredients. I especially loved the chia chocolate pudding. A surprising winner. Also the other uses for quinoa- I was tired of the same tried but true recipes I've used before. This book inspired me to use try different uses and experiment on my own. A great book!

Just got the book and so ready to detox my body and eat clean.This is the perfect book for you to prevent inflammation that leads to chronic illness.

Easy recipes!! Learning to eat clean is my goal in 2017! I highly recommend this book to anyone interested in learning how to eat clean.

Okay but tons of ingredients.

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