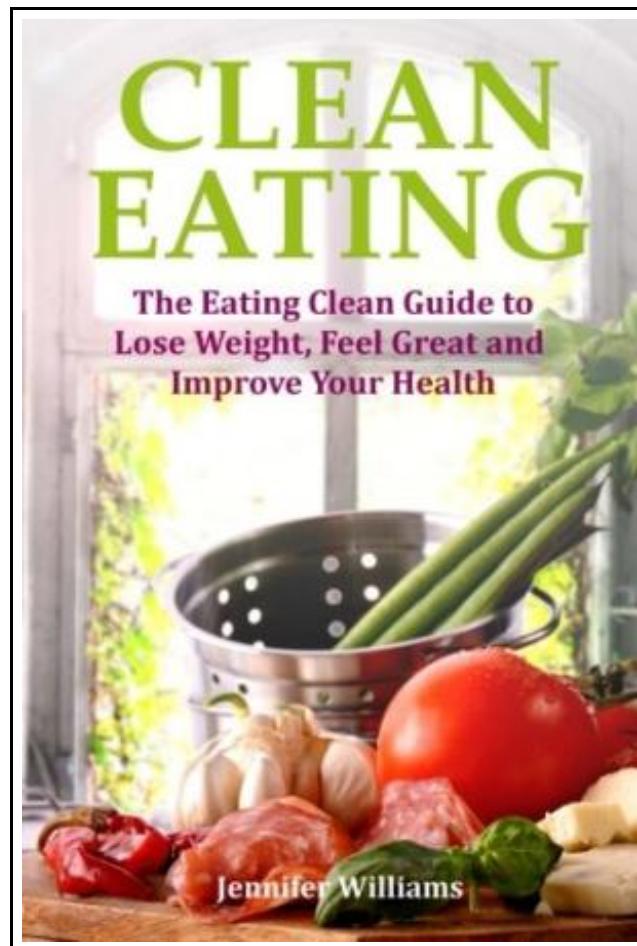


Clean Eating: The Eating Clean Guide to Lose Weight, Feel Great and Improve Your Health (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 218 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Clean Eating is the Food Lover's Guide to a Healthier You Are you concerned about the effects that chemically-laden and genetically modified foods are having on your health? Do you really know what goes in to all the processed and fast foods we eat today? If you have answered yes to any of these questions, then you owe it to yourself to start eating clean. Clean Eating will improve your health and help you feel and look terrific. You may have thought about starting to eat healthier, but you didn't know where to begin. Inside Clean Eating, you will discover just how easy it is to choose the right foods, which foods to avoid and how to shop for your meals. You will learn the hidden sources of chemicals that are in our foods today. You will also learn just how easy it is to avoid these unhealthy and poisonous ingredients. If you think that eating clean is expensive or hard to do, this book will change your mind. You should have no reason after reading this book to not know how to stock your pantry and refrigerator with clean eating foods. If you are looking to make quick and easy lifestyle changes to eat healthier and improve how you look and feel, then you will want to know our success tips and 27 ways you can start eating clean today.

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