



Eating Clean For Dummies

By Jonathan V. Wright, Linda Johnson Larsen

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Eating Clean For Dummies, Jonathan V. Wright, Linda Johnson Larsen, The fast and easy way to eat clean Clean foods are natural; free of added sugars, hydrogenatedfats, trans-fats, and anything else that is unnatural andunnecessary. Used as a way of life, clean eating can improveoverall health, prevent disease, increase energy, and stabilizemoods. Whether you've lived on white bread and trans fats all your lifeand are looking to clean-up your diet, or are already healthconscious, Eating Clean For Dummies embraces this lifestyleand provides you with an easy-to-follow guide to a clean-eatingdiet, recipes, and budgeting. * The foundation of the clean eater's diet * More than 40 clean-eating recipes * Tips on how to change your eating habits without sacrificingtaste or breaking your budget * Tips to bring the whole family (even kids) on the path to a clean lifestyle If you're part of the growing population of consumers coming tothe realization of the harmful impacts that highly processed andunnatural foods have on your body, or are taking preventivemeasures to avoid metabolic syndromes and diabetes, this is yourhands-on, friendly guide to clean-eating diet, recipes, andbudgeting.



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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

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A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe.

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