

Clean Eating: Recipes, Diet Grocery List (Paperback)



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Speedy Title Management LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you overwhelmed by the amount of books out there proclaiming to make it easy to eat healthier, only to open that book and realise you need a science degree to understand it? Well, with the clean eating guide is here to help! It is easy to be overwhelmed by conflicting advice on what to eat, and how much to eat, and even if you figure that out, then there is when to eat! This handy little six page reference guide, distills all that information for you making it easy to understand. You will learn about which choices to make when you are shopping for cooking oils, which nuts and seeds are the best for you, and which veggies are packed with the most health-improving power. And if that's not enough, you will also have a great reference for simple recipes for you to cook at home, or if you enjoy eating out which are the healthier menu options. Containing simple ways to improve your health through eating better and healthier alternatives, you will soon see how these small changes can change your life for the better. Fully laminated, it will hold up to the rigours of your shopping bag and it will soon be your go-to healthy eating guide whether grocery shopping or cooking at home.

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