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Clean Eating: 1400-1600 Calorie One Week Clean Eating Diet Plan-Learn How to Jumpstart Weight Loss, Rejuvenate Your Health, and Make Green Eating a Permanent Part of Your Life (Paperback)

By Linda Mattson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Jumpstart Weight Loss, Rejuvenate Your Health, And Make Green Eating A Permanent Part Of Your Life Clean up your eating habits this year by cutting back on saturated fat, refined grains, processed foods, sugar and salt. While a clean eating diet plan may seem challenging, our plan is manageable and the payoffs include skyrocketing energy, weight loss, better control over your appetite, and even better-looking skin. If you are a health enthusiast, you have probably heard of clean eating as a new form of diet. Clean eating does not literally mean eating foods that are not dirty. Clean eating could mean a number of things-from eating foods that have no artificial ingredients to eating foods that have not been processed or refined. Many experts believe that clean eating is the best way to improve your health because you are eating natural foods that do not contain any harmful chemicals and have not undergone processes that can cause changes in the food s nutritional composition. If you want to try clean eating to enjoy its numerous health benefits, you have come...



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Reviews

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