



Clean Diet: The Clean Eating Diet for Great Health and Clean Living

Joellen Roberts

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Clean Diet: The Clean Eating Diet for Great Health and Clean Living Joellen Roberts ----- clean diet, clean eating, clean living, clean vegan eating, eating clean, clean eating magazine, clean eating diet clean diet, clean eating, clean living, clean vegan eating, eating clean ----- Clean Diet: The Clean Eating Diet for Great Health and Clean Living The Clean Diet book is a unique book filled with recipes to help be on a clean food diet plan also known as the eating clean diet. Clean diet foods and clean diet recipes means all meals are focused on healthy whole foods void of preservatives, additives, refinement, artificial color and flavors, and basically anything that makes junk foods junkie. A clean food diet will help to clear up many health conditions by helping the body to have a stronger immune system. Eating clean foods give the body the optimum amount of nutrients, which is better than having to take a nutritional supplement in pill form. Foods for clean eating are a good weight loss diet plan, which helps to correct issues caused from excessive weight. There are six sections to the recipes covering Clean Diet Breakfast Recipes, Clean Diet Main Dish Recipes, Clean Diet Soups, Salads, and Side Dish Recipes, Clean Diet Appetizer, Dessert, and Snack Recipes, and the Clean Diet Healthy "Support" Recipes. Each recipe calls for healthy whole foods and never for refined or processed foods. Enjoy recipes like Sweet Applesauce, Oven Baked Sweet Potato Fries, Southwest Chicken Casserole, Blueberry Pancakes, Fruity Oatmeal Smoothies, Baked Tilapia, Turkey Chili, Black Bean Salad, Tomato soup, Kale Chips, Spicy Hummus, Marinated Grilled Chicken, and Florentine Chicken with Pesto.

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