



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, hydrogenated fats, trans-fats, and anything else that is unnatural and unnecessary. Used as a way of life, clean eating can improve overall health, prevent disease, increase energy, and stabilize moods. Whether you've lived on white bread and trans fats all your life and are looking to clean-up your diet, or are already health conscious, Eating Clean For Dummies embraces this lifestyle and provides you with an easy-to-follow guide to a clean-eating diet, 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 sacrificing taste 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 to the realization of the harmful impacts that highly processed and unnatural foods have on your body, or are taking preventive measures to avoid metabolic syndromes and diabetes, this is your hands-on, friendly guide to clean-eating diet, recipes, and budgeting.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**

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Full Circle, New Delhi, India. Softcover. Book Condition: New. Brave little Kamya protects Tia from the school bully Josh and proves to be a true friend. Don't be a bully, is a story to inspire young minds to fight bullying without fear. Mr. Licks...



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Atheneum. 1 Cloth(s), 2015. hard. Book Condition: New. From what might not sound like the most promising title (at least to grown-ups), William Joyce introduces readers 6 to 8 to his younger self Billy Joyce, a "most challenging student" (his principal's words)...



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U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...