



Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean

Rockridge Press

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Eating healthy shouldn't have to be complicated. When you start a clean eating lifestyle, you'll discover how easy it can be to adopt permanent healthy changes without sacrificing the joy of eating real food. *The Clean Eating 28-Day Plan* will introduce you to the six core principles of clean eating, to help you choose only the most natural and unprocessed foods, so that you can enjoy flavorful meals that will nourish instead of harm your body.

This simple starter guide gives you four weeks of clean eating meal plans so that you won't have to think about what to make for breakfast, lunch, and dinner--or whether it's good for you. Written with busy people in mind, *The Clean Eating 28-Day Plan* gives you organized clean eating shopping lists for headache-free trips to the grocery store, and wholesome clean eating meals for even your most hectic weeknight.

This book also contains over 100 easy and filling clean eating recipes that are packed with fresh ingredients and satisfying combinations. Learn how to pair amazing flavors to make mouthwatering clean eating-friendly results, such as savory Roasted Butternut Squash and Black Bean Burritos, refreshing Seared Ahi Tuna with Chili-Lime Aioli, or comforting Bacon-Wrapped Meatloaf. With delicious meals and inventive pairings, you will be able to easily start and stick to a clean eating lifestyle, for amazing and permanent results.

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