



# **Easy to Follow Clean Food Recipes: Learn What to Eat, What to Cook, Lose Weight Naturally and with Joy! (Live Healthy Book 2)**

*Julia Miller*

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## Easy to Follow Clean Food Recipes

### Learn What to Eat, What to Cook, Lose Weight Naturally and with Joy!

Eat-clean-diet-food is a healthy lifestyle that needs to be espoused for losing weight naturally and with joy. Don't worry as this book doesn't cut you off from eating and leads you to do the rigorous dieting! It just emphasizes on eating healthy, natural, and nutritious foods which are not man-made or processed with preservatives and additives.

The delicious clean eating salads- beet and walnut, energetic lunch- Grilled tomato gazpacho, healthy soups- turkey and cabbage and lip-smacking deserts- orange creamsicle tarts are a few to name in the delectable and healthy clean-eating-recipes deciphered in this book.

Shop around and fill most of your bag for the eat-clean-diet with the natural and organic fruits and green and colorful veggies. Eat lean proteins like lean turkey and salmon and add healthy beans & legumes to your meal! Include complex carbohydrates- whole wheat, oatmeal, barley, bulgur and not the refined white grains. It is easy to prepare the lifestyle, but hard to follow it with discipline. If you really want to lose your fittings, then start now with the clean-diet-foodstuffs.

Eat clean. Live clean!

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