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Clean Food Diet: Clean Eating + 50 Natural Recipes for Healthy Living

Jonathan Vine

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Would you like to improve your health and boost your immune system? You can do it with clean food diet! Clean eating improves your health, it boosts your immune system, it helps you think better, it makes your skin look better, it makes your hair shine, and your tummy feel much better as well. And all with just a few simple lifestyle changes! Not in a month or two, but now! Now is the time for that change, now is the time to feel better;do this for yourself and be grateful for it! Clean eating is a challenge, given the amount of processed foods you can find on the market. It sounds harder than it actually is, and once you get started and taste real, clean food and get to testify to its benefits later on, there's nothing stopping you. Every single food we buy at the supermarket has at least one additive to preserve it better, to make it look better, or to taste better. But luckily in the last few years, you can see that many people have stopped eating whatever, whenever and began to become more interested in where their food comes from, how it is being produced, what it contains, and what health benefits it has. This has led to a movement that is trending more and more called clean eating. In "Clean Food Diet" you will discover: What is clean eating is What to eat How to eat clean How to cook clean 50 simple recipes to jumpstart your new lifestyle: Appetizers Soups Salads Main Dishes Desserts

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