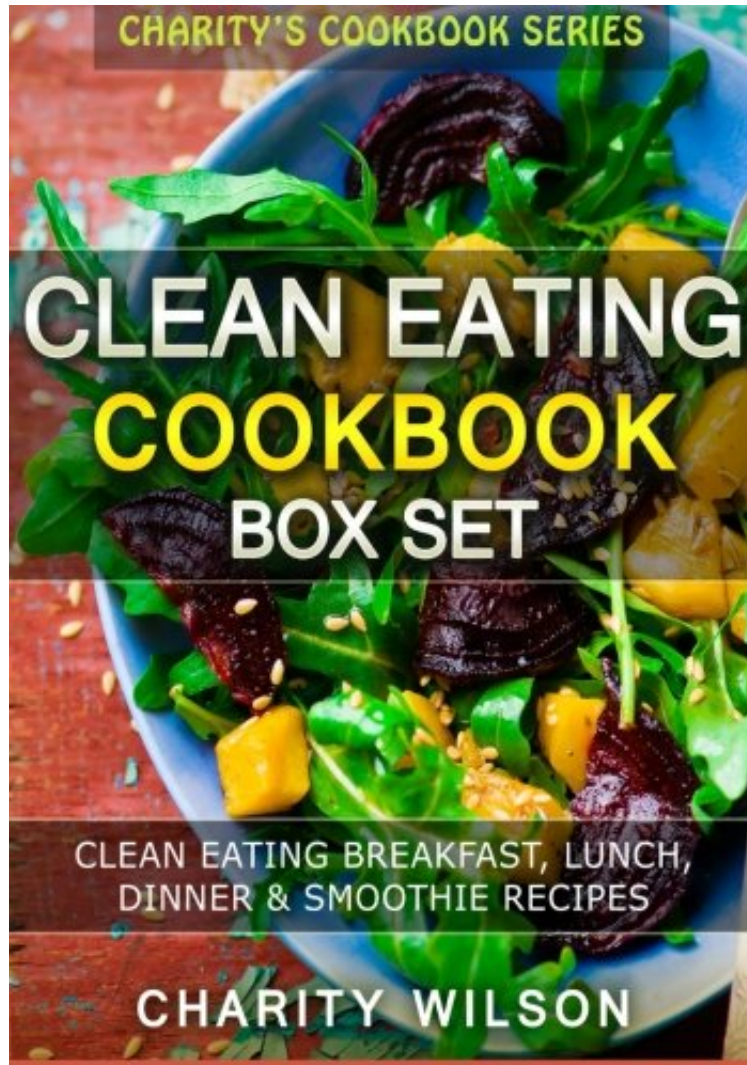


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1 of 1 people found the following review helpful. Very good cookbook for clean eating diet starters.By Betty BoopI really like this cookbook. There are some really tasty recipes in here. I started trying to eat a clean diet a month ago this cookbook has been very helpful. This book contains recipes for breakfast, lunch, dinner, even smoothies. The smoothie recipes are probably my favorite because I've really tried to drink at least one, if not two, a day. The

smoothies are delicious very easy to make. One of the dinner recipes my family I really enjoyed was the Black Bean Tomato Chicken. It was quite delicious. The recipes don't incorporate a lot of seasoning so I add my own. I've always been a cook who adds to recipes anyway. The lunch recipes are probably my least favorite because most of them require quite a bit of preparation cooking. I don't usually like to take a lot of time to make my lunch because I'm usually in a hurry. They are good recipes though. I love the breakfast recipes. They also require cooking, but most healthy food do. I recommend this book if you're looking to change to a clean eating diet. The recipes are simple delicious. 4 of 4 people found the following review helpful. but mine came as one big paperback book that looked like someone printed it off their home computer By Mike Warning - do not buy this book! The description says it's a boxed set, but mine came as one big paperback book that looked like someone printed it off their home computer. There were no pictures, and there wasn't even a copyright page! Very disappointed. 1 of 1 people found the following review helpful. great recipes whether you follow a clean diet or not By holly finch This is a great cookbook set. There is recipes for everyone in these. Whether you follow a clean diet or not there is quite a variety of dishes covered. After looking at the benefits of following a clean diet I would like to eat better but not completely switch over. I have made many recipes out of these books for my family and they were a hit. I would recommend these cook books for anyone who has been looking at clean diets, just give a couple recipes a try and you will love it!

Are you curious about the clean eating movement that everyone is talking about? Are you a seasoned expert that just wants some new recipes? Clean Eating Cookbook For All No longer a physical box set and now all in one convenient book. No matter where you are at in your clean eating journey this cookbook (one in a series of three) will provide you the variety and flavor you are looking for. I mean let's face it. We all stop eating healthy when we get bored because typically we all eat the same thing every day. Maybe it is because we think it is just easier or it might be because we just don't have the recipes we need. Problem solved. The recipes inside will show you how delicious and easy it is to eat clean while actually liking it. Why Eat Clean For Life? First let's define what clean eating even is. Eating clean is a lifestyle based on consuming only whole, natural food and avoiding foods with high sugar or chemical content. Basically, you are avoiding refined processed foods which many of us survive on vs. the raw food we should be. Just some of the benefits of a clean eating diet are: Healthy weight loss - no pills or gimmicks needed Fewer mood swings Increased and consistent energy - no more sugar highs and lows Glowing skin Improved brain function - be mentally sharper and less forgetful There is a life waiting for you that is free from fatigue, headaches, aches and pains and that general feeling of never being 100% healthy. It might take some work to get used to a clean eating lifestyle but stick with it and reap the rewards. When you choose to eat clean, you are choosing your health first. We were never meant to eat things that take weeks or even a year to spoil. Now you can enjoy your healthy food with these delicious recipes and the all the benefits that come with them. Clean Eating Smoothies - I'm busy. Yours - you're busy. Who has time to do what it takes to make a healthy meal day in and day out? I didn't and it started to negatively affect my health. Even then, I still didn't seem to take the time to eat the food I knew I needed to eat. I faced what many people faced. The news that something needed to change immediately or else. That was many years ago and I have to say that smoothies may well have saved my life. Just Some Of The Smoothie Recipes You Will Discover Inside You might not love them all, but I would guess you are going to find some new favorites. Clean Blueberry Cheese Smoothie Almond-Quinoa Smoothie Cinnamon Strawberry Yogurt Smoothie Peach Walnut Pie Smoothie Minty Strawberry Smoothie Spicy Cantaloupe Tea Smoothie Blueberry Carrot-Cucumber Smoothie Ready To Get Clean? Download and start enjoying your recipes right away. Scroll to the top of the page and select the buy button.

About the Author Who is Charity Wilson? Charity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer. Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new. She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void. Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody. Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.