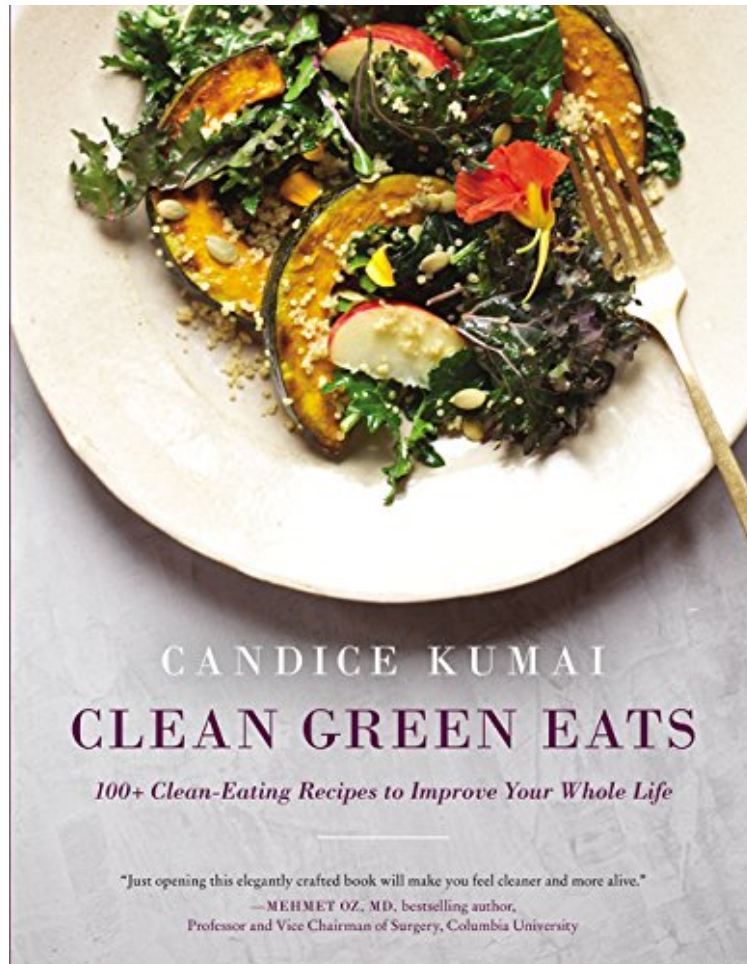


(Download free pdf) Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life

Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life

Candice Kumai

*ebooks / Download PDF / *ePub / DOC / audiobook*



DOWNLOAD



READ ONLINE

#47874 in Books Candice Kumai 2015-06-23 2015-06-23 Original language: English PDF # 1 9.00 x .99 x 7.00, 1.42 #File Name: 0062388738304 pages Clean Green Eats 100 Clean Eating Recipes to Improve Your Whole Life | File size: 22.Mb

Candice Kumai : Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clean Green Eats: 100+ Clean-Eating Recipes to Improve Your Whole Life:

Clean up your diet and look and feel better than ever with this simple, beautiful cookbook featuring more than 100 recipes that make it easy and delicious to eat clean and green. We all know we should eat more green foods, but after a few variations on the same salad, juice or smoothie, it's easy to run out of ideas that excite our taste buds. In Clean Green Eats, celebrity chef Candice Kumai offers an answer to that dilemma, offering more than 100 simple, unique

and delicious recipes made from whole foods packed with nutrients that will help you lose weight, detox, and look amazing. All of her recipes are effortlessly gluten free (no complicated ingredients required!) and while a plant-based diet is the focus, the idea of “meat as a treat”—eating high-quality, sensible portions of animal protein—is also central to her plan. Clean Green Eats kicks off with Candice’s one week cleanse, which includes juices, smoothies, and simple meals, and continues with a six-week plan to develop healthy practices that will last a lifetime. There’s no deprivation with Candice’s delicious drinks, breakfasts, snacks, soups, salads, sides, mains, and desserts. Start your day with a Coconut Almond Green Smooth or Cinnamon-Spiced Granola. For lunch, fill up on Farro, Edamame, and Pea Salad. Whip up Asian Ginger Garlic Steak Salad, Superfood Curry Salmon Salad, or Chili Lime Shrimp Tostadas for a delicious dinner. For a fabulous finale, she includes desserts like Vegan Dark-Chocolate Avocado Cake and Banana Chocolate Chip Cookie Dough ‘Ice Cream.’ Banish the processed food, sugar, and carb habits that lead to fatigue, belly bloat, poor digestion, and constant cravings—let Clean Green Eats help you look and feel better than ever, no deprivation required!