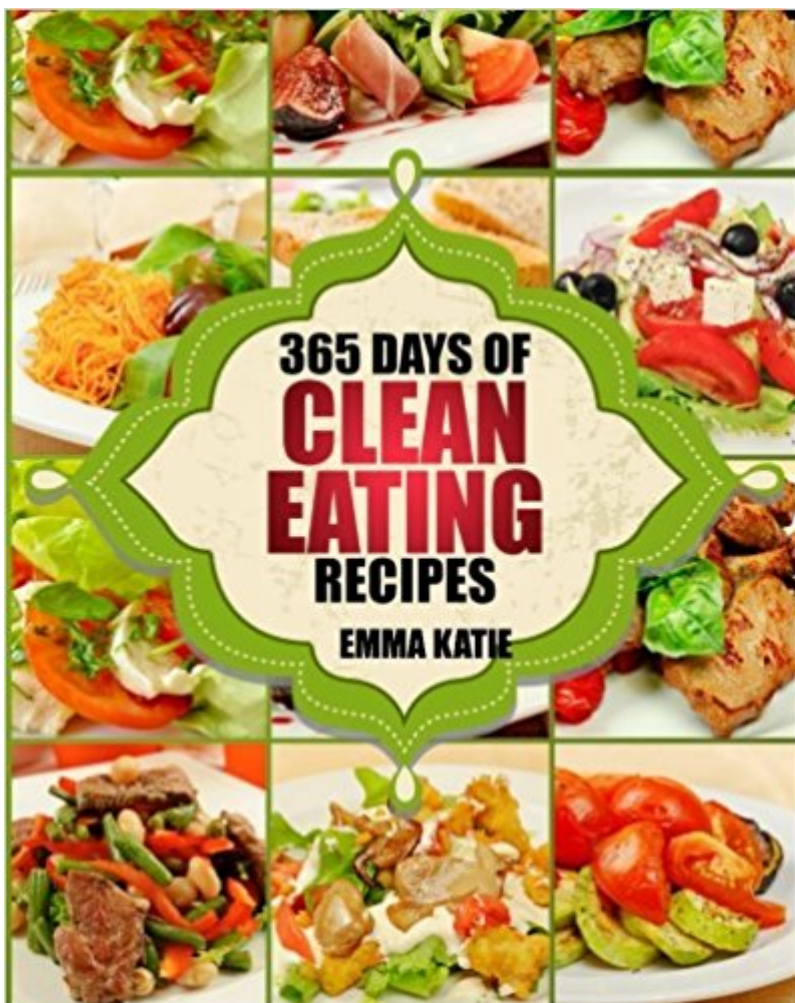


The book was found

Clean Eating: 365 Days Of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness And Weigh Loss, Eat Clean Diet Book





Synopsis

Clean Eating TODAY SPECIAL PRICE - 365 Days of Clean Eating Recipes (Limited Time Offer) Eating over-processed food or junk food can have a negative impact on your mind and body over time. Your body can become sluggish and your mind can stop functioning properly as well as fatigue, not being able to focus properly, all of these are effects of a diet that lacks nutrients. Your body and mind failing on you is the worst feeling ever! But it's time to get back on track! Change your lifestyle today by eating food that is close to its natural state, food that has more nutrients than chemicals. This book contains everything you need to get you started on that! From an easy-to-understand explanation of what clean eating is, to a whole range of recipes, the information found between these pages is enough to offer you a good start towards an improved health, more energy and better state of mind. Wait no more! Get your copy today and enjoy recipes like: overnight chia pudding, quinoa crusted quiche, creamy avocado soup, bouillabaisse, tomato fish bake, chimichurri salmon, apricot galette, amaretto baked pears and more!

Book Information

Paperback: 200 pages

Publisher: CreateSpace Independent Publishing Platform (November 8, 2016)

Language: English

ISBN-10: 1539581039

ISBN-13: 978-1539581031

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 137 customer reviews

Best Sellers Rank: #19,726 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #55 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

I am always trying to find new ways to avoid over-processed, chemical-laden foods. Not only are they bad for you over time, once you are to really pay attention to how your body feels and responds, you can feel the effects of poor eating right away. This book has some great tips to get back on track. It's packed full of good, clean, healthy recipes - one

for every single day of the year. But the best thing is that this isn't a bunch of bland tofu recipes, but some terrific, tasty dishes and treats that will quench that craving for sweets. The book is organized and broken into sections that include dinner, dessert, and lunch recipes. I appreciated that these healthful dishes didn't include any hard-to-find or exotic ingredients - everything is easily accessible at your local supermarket or organic food store. Plus, each dish also includes a breakdown of calories, proteins, fat, and carbs, which makes counting calories, etc. much easier. This is the best way to get back on track with your eating without feeling like you're starving to death. Be satisfied while getting your health and your body back!

Well, I was truly amazed at the amount of recipes in this cookbook. Since this is a clean/healthy eating type of cookbook, I did not expect such great recipes. My very favorite recipe is Wild Mushroom Risotto. Since I prefer Baby Portabella Mushrooms, I used these instead and dish was wonderful. Overall, the book has easy to follow recipes, shows the time to prepare, and nutritional information. The reason that I rate it 4 stars is because on some recipes, some of the ingredients were hard to find...just on some.

We have been making a lot of lifestyle changes this year, and the main one is in the way that we eat. Instead of trying some fad diet, we've decided to simply pay more attention to the foods that we're eating and their particular ingredients. Author Emma Katie has written the best guide to this that I have found with her "365 Days of Clean Eating Recipes." Not only is there great information about cutting out junk food, but some wonderful recipes here for every meal. Just a few of things we've made are the Kale Egg Muffins, Prawn Tomato Stew, and Honey Almond Cake. Definitely recommend.

I've been eating junk foods for too long, doctor recommended me to have a healthy food and then I've found this book really helpful for me, thanks!!

Some very interesting and new recipes. I've already tried a few and enjoyed them greatly. I appreciate how the author includes healthy dishes but most do not include very expensive ingredients. I especially loved the chia chocolate pudding. A surprising winner. Also the other uses for quinoa- I was tired of the same tried but true recipes I've used before. This book inspired me to use try different uses and experiment on my own. A great book!

Just got the book and so ready to detox my body and eat clean. This is the perfect book for you to prevent inflammation that leads to chronic illness.

Easy recipes!! Learning to eat clean is my goal in 2017! I highly recommend this book to anyone interested in learning how to eat clean.

Okay but tons of ingredients.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Keto Diet Simplified: Low Carb Step by Step Guide: Eat More Weigh Less (Ketogenic, Dash Diet, Vegan, Clean Eating, Weight Watchers, Gastric Sleeve, Mediterranean Diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Spiralizer: 365 Days of Spiralizer Recipes (Spiralizer Cookbook, Spiralize, Skinny Diet, Cooking, Vegan, Salads, Pasta, Noodle, Instant Pot, Low Carb, ... Clean Eating, Weight Loss, Healthy Eating) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Mediterranean Diet: 365 Days of Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet

For Beginners, Mediterranean Cookbook, Mediterranean Slow cooker Cookbook, Mediterranean) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Dash Diet: 365 Days of Low Salt, Dash Diet Recipes For Lower Cholesterol, Lower Blood Pressure and Fat Loss Without Medication (Dash Diet Recipes, Weight ... Diabetes, Low Sodium, Dash Diet Cookbook) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Paleo Diet: 365 Days of Paleo Keto Anti Inflammatory Diet Recipes: Paleo Cookbook, Keto For Beginners, Cooking, Cleanse, Healthy Meals, Weight Loss, Low Carb, Ketogenic Diet Plan, Kitchen, Whole Food Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)