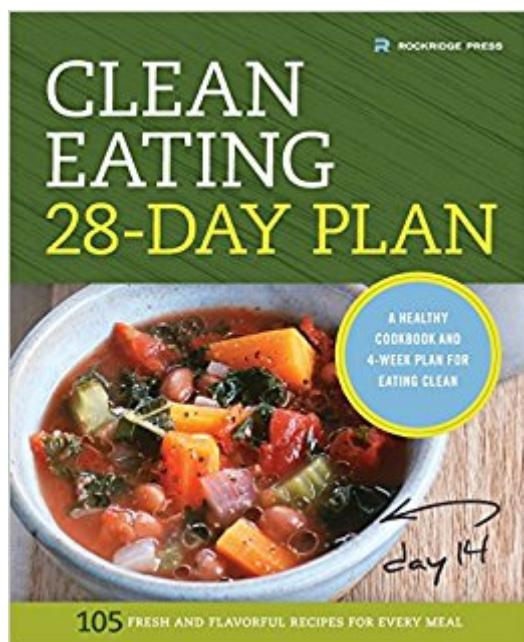


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# Clean Eating 28-Day Plan: A Healthy Cookbook And 4-Week Plan For Eating Clean



## Synopsis

Eating healthy shouldn't have to be complicated. When you start a clean eating lifestyle, you'll discover how easy it can be to adopt permanent healthy changes without sacrificing the joy of eating real food. The Clean Eating 28-Day Plan will introduce you to the six core principles of clean eating, to help you choose only the most natural and unprocessed foods, so that you can enjoy flavorful meals that will nourish instead of harm your body. This simple starter guide gives you four weeks of clean eating meal plans so that you won't have to think about what to make for breakfast, lunch, and dinner--or whether it's good for you. Written with busy people in mind, The Clean Eating 28-Day Plan gives you organized clean eating shopping lists for headache-free trips to the grocery store, and wholesome clean eating meals for even your most hectic weeknight. This book also contains over 100 easy and filling clean eating recipes that are packed with fresh ingredients and satisfying combinations. Learn how to pair amazing flavors to make mouthwatering clean eating-friendly results, such as savory Roasted Butternut Squash and Black Bean Burritos, refreshing Seared Ahi Tuna with Chili-Lime Aioli, or comforting Bacon-Wrapped Meatloaf. With delicious meals and inventive pairings, you will be able to easily start and stick to a clean eating lifestyle, for amazing and permanent results.

## Book Information

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## Customer Reviews

I know when I am trying to eat right it helps to have some sort of plan so that it is easier to stay on track. The Clean Eating 28-Day Plan is a great place to start. It begins by telling you why it is important to eat clean. It also teaches you what foods are good for you and the foods you need to

avoid. When eating clean you have more energy, better immunity, helps you lose weight, and you just feel healthier all around. I know for me it was always easy to just grab some fast processed food because it was cheaper and didn't take me long to fix it but with this book you now have a 4 week plan to get you started on having a healthier life. It has a lot of healthy, tasty recipes that are easy to follow. The food in this plan is really fulfilling and you are even able to have desert. After 4 weeks of following this plan I have more energy and don't feel so run down from eating all the junk I was before and I even lost a few pounds. This is really a great book to get if you are looking to get healthy. I received this product as a sample to test and review. This review is solely my opinion. The information provided is what I experienced.

This book was truly AMAZING!!! I am just looking into clean eating, and this book explained everything perfectly to a newbie. I felt like a learned a lot, even though some information was things I already knew. It gave a clear understanding of what clean eating is, why we should do it, and how to do it. It gave a menu of breakfast, lunch, dinner, and snacks for 28 days. In case you don't like the menu, or after you have completed your 28 days, there are many recipes in the back of the book, organized very well. I am excited to try some of these recipes, and now I know that it is possible to eat clean without sacrificing flavor. There are so many things to try, I can't wait to get started! It even gave information on shopping, and a good pantry list of items to keep on hand. Each week's menu includes the shopping list for what you need that week (including staples you may have already). I highly recommend this book to anyone who is considering, or even just curious about, the clean eating way of life!

What a gem this book is, I am trying so hard to eat healthier this year, and want my family to as well. This was a great find for me, I am so busy I don't have time to figure all of this out for myself, so having a book that plans it out for me for a month, that is amazing!!! It tells you how to clean up your eating habits, and then takes it farther and gives you a months worth of meal plans (breakfast lunch & dinner) and even has a shopping list for you!!! This is just amazing, and I am starting on my 28 days tomorrow, when I take my list and go grocery shopping.

The Clean Eating 28-Day Plan is a very well laid out and easy to read. I have Starting using the plan and have done ok. I went to the grocery store and used the grocery list provided. I came home and followed all the directions. The only change I had to make was exchanging fish and seafood for chicken. I have followed the book to a T. MY kids are not to happy but they are getting used to it as

am I. This book gives you not only the deep description on Clean eating but it also gives you the break down of each meal. You get the full recipe and the grocery list for the week. The first week you kind of spend more than the other weeks simply because you have fresh spices and other fresh produce that you need to buy that you most likely only have in a shaker can on a spice rack. Eating the fresh produce really made a difference in all the foods. I have my list for week 2 ready to go and the meals are planned. I'm going to get through this 2 week like a champ. You even deserts that are so good. You dont feel like your missing out on anything! I received the amazing book for free for an honest and unbiased review. This book is truly going to help me turn my families health around. My parents and I have Diabetes and my mom has lung cancer, My oldest daughter is over weight and with all of us eating the right foods we will do so much better. I am so exciting about our life change due to this book. This book even teaches you how to shop and cook after your first 4 weeks are up!!! So Happy!

Eating clean involves choosing foods that are as close to the way nature made them as possible. This book is fantastic for those wanting to eat clean. It describes the benefits of clean eating (which should get everyone questioning their diet!) Clean Eating 28-Day Plan, shows the principles of clean eating. For example, you should eat meals containing protein and avoid saturated and trans fat as well as little to no salt. The book provides 105 fresh recipes! I never knew you could have so many clean eating recipes until I read this book. The book has recipes for breakfast, lunch, snack, dinner and even dessert! The best part, to me; there are recipes to make your own condiments and sauces. This amazing book even provides tips for when you dine out, so you can still eat clean! What is not to love about this book? NOTHING! I highly recommend this book for anyone wanting and willing to eat clean. Eating clean is a commitment that is hard and has its struggles, but this book explains it all and helps you with the process. \*I received this book for free in return for my review. All opinions are my own\*

As a busy Mom I found the recipe and shopping lists to be very helpful. The book gives you week by week recipes and ideas for snacks. There really isn't any thinking involved and makes meal planning for the week simple. I cook a lot and had many of the pantry items already so I didn't find the weekly expense to bad. The recipes are all pretty easy to substitute for if you are missing an item. Overall I was very happy with this purchase. I did not loose any wait but I purchased this item to improve our eating rather then weight loss.

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