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Martin Rowland

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Transform your health with the definitive beginners guide to clean eating!

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Clean eating is one the greatest health decisions you could possible decide to make. The health benefits are simply outstanding. Clearer skin, healthier hair, more energy and motivation all day long. Not to mention to significantly reduced chance of suffering from many major diseases and conditions that are so prevalent today. The diet is surprisingly simple and the foods are deceptively tasty and this book will guide through all the key changed you need to make. So come on in and make the best decision of you and your families lives!

Here is exactly what you will find whilst reading this book

- Clean eating defined and explained
- The amazing health benefits of clean eating
- What's wrong with processed foods?
- Why you need to be eating clean
- How to transfer to clean eating whilst avoiding the common mistakes
- How to eat out on the clean eating diet
- 13 energizing breakfast recipes
- 13 amazing appetizers/side dishes
- 15 delightful, healthy main meals
- 11 show-stopping desserts
- Much, much more!

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