



Eating Clean For Dummies

Jonathan Wright, Linda Johnson Larsen

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The fast and easy way to eat clean

Clean foods are natural; free of added sugars, hydrogenated fats, trans-fats, and anything else that is unnatural and unnecessary. Used as a way of life, clean eating can improve overall health, prevent disease, increase energy, and stabilize moods.

Whether you've lived on white bread and trans fats all your life and are looking to clean-up your diet, or are already health conscious, *Eating Clean For Dummies* embraces this lifestyle and provides you with an easy-to-follow guide to a clean-eating diet, recipes, and budgeting.

- The foundation of the clean eater's diet
- More than 40 clean-eating recipes
- Tips on how to change your eating habits without sacrificing taste or breaking your budget
- Tips to bring the whole family (even kids) on the path to a clean lifestyle

If you're part of the growing population of consumers coming to the realization of the harmful impacts that highly processed and unnatural foods have on your body, or are taking preventive measures to avoid metabolic syndromes and diabetes, this is your hands-on, friendly guide to clean-eating diet, recipes, and budgeting.

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