



Clean Eating Recipes Book 2: Over 30 Simple Recipes for Healthy Cooking (Paperback)

By Dale L Roberts

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Would you like to feel great and lose weight? You can do it with a clean food diet and with over 30 sweet recipes from this book! In book one of the Clean Food Diet Cookbook Series, you learned that clean eating improves your overall health and vitality. And, all that eating clean food requires is a few simple nutritional changes. This type of diet is simple, sustainable for long-term results and brings you personal satisfaction. But what about those of us that have an insatiable sweet tooth? Or, how about those of us that need more options outside of the usual clean eating selection from book one? In this second book of the Clean Food Diet Cookbook series, you ll learn: How to use fruit to cut sweet tooth cravings What fruits are good for clean eating How to use fruit for dishes that aren t just for dessert How to eat clean with fruit How to prepare clean meals with fruit Over 30 different, fruity dishes for breakfast, lunch, snacks, and dinner Recipes...



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