



Diet Books: Clean Eating Recipes and Crockpot Ideas (Paperback)

By Paula Odowd, Dagenhart Dusti

Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Diet Books: Clean Eating Recipes and Crockpot Ideas The Diet Book features two of the best diets, which offer easy healthy recipes, the Clean Eating diet, and the Crockpot Recipes, which offers simple healthy recipes. The best diet food for you is always one that gives you a wide selection of healthy food recipes using good diet foods, which are using whole vegetables, fruits, and lean meats with whole grains. When you add these healthy diet foods into your menu plan, your body becomes healthier. Make it a lifestyle change by consuming the good diet foods daily. The first section of the Diet Book covers the Clean Eating Diet with these chapters: The Clean Diet, Benefits of Clean Eating, Alternative Food Types, Tips for Eating Clean and Healthy, 5 Day Sample Planner for Day to Day Meals, Breakfast Recipes, Quick and Easy Lunches, Main Meal Recipes, Side Dishes, Desserts, Snacks, and Beverages.



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