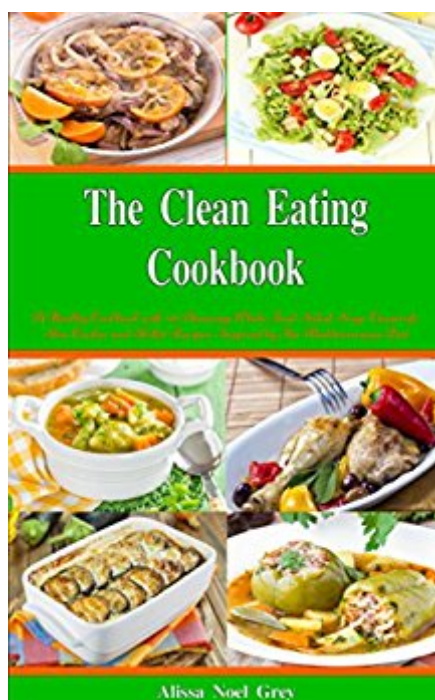


The book was found

The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker And Skillet Recipes Inspired By The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5)



Synopsis

LOOKING TO LOSE WEIGHT, INCREASE YOUR ENERGY AND FEEL GREAT? Clean Eating is an easy and common sense lifestyle that works wonders for your health and well-being. It does not require you to starve yourself or eliminate whole food groups. Instead Clean Eating simply helps you choose the best and healthiest options in each of the food groups and avoid the not-so-healthy ones. And since you don't have to obsess over calories or give up your favorite foods, clean eating is fabulously effective. From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family-friendly recipes that will make you healthier, happier and more energetic than ever. This time she offers you 101 comforting and enjoyable clean eating meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy recipes that will delight everyone at the table and become all time favorites. If you're looking for delicious clean eating recipes that are not too complicated and are budget-friendly - this cookbook is for you.

Book Information

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Customer Reviews

I love cookbooks! They give me ideas to work with. Since my youngest son told me that he wants to try going vegetarian for awhile, I have to read cookbooks. This one gave me quite a few good recipes and some I can work with. Then there's a bonus of quinoa recipes. I myself don't like it but my son likes it so I'll try again.

Clean eating is a good way to refresh your habits. It is more of the best and healthiest options in each of the food groups. This embraces whole foods like vegetables, fruits and whole grains and plus healthy proteins and fats. Lifestyle with built in flexibility. It is the practice of avoiding processed foods and basing it on your diet. This book is very informative it includes recipes that will satisfy your taste. This really useful guide easy tip to follow.

The book is very informative and tells you about what the types of food have to offer you for your health. There are a ton of recipes in here that look amazing. I wish there were pictures because I just like to see what the finished dish looks like. I think it makes the recipes more appealing but honestly just the dish names in here sound amazing! I can't wait to try them!

As advertised. Got it free. Worth the price. Would have paid two times the price. :). It's good.

This is a great little recipe book. I was lucky and got it at a drop down price, and I'm so glad I got it. Some of these recipes are yummy!

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