

# The Everything Eating Clean Cookbook - Britt Brandon

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In "The Everything Eating Clean Cookbook", readers learn the tremendous benefits of eating clean, natural foods - healthy, gradual weight loss, vastly increased energy, and decreased risk of disease. The book contains 300 accessible, delicious, and wholesome recipes, including: Blueberry-Almond Crumble; Garlic Chicken Stir-Fry; and, Homemade "Power Bars". This helpful primer also features tips on incorporating changes into the reader's lifestyle to help their bodies get the most out of their nutritious new diet. The benefits of a clean eating lifestyle are only a few delicious recipes away. Author: Brandon, Britt Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Eating Clean Cookbook Pages: 00304 (Encrypted EPUB) On Sale: 2011-11-15 SKU-13/ISBN: 9781440529993 Category: Cooking : Health & Healing - Weight Control

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