



# **Eating Clean Diet: The Eating Clean Cookbook: A Selection of Delicious Eating Clean Recipes**

*Paula Lindstam*

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# Eating Clean Diet: The Eating Clean Cookbook: A Selection of Delicious Eating Clean Recipes

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Eating Clean Diet The Eating Clean Cookbook -- a Selection of Delicious Eating Clean Recipes The Eating Clean Cookbook contains recipes that help to stay on the eating clean diet. You will find "eat clean diet recipes" that covers breakfast, appetizers, snacks, desserts, side dishes, and main dishes. The eat clean diet is one in which the only foods eaten are those that are completely chemical and preservative free. The clean diet consists of foods in their most natural state that helps to be on a clean living diet. The diet helps you to eat healthy for all meals and snacks. Most of the grocery shopping will be for fresh produce or frozen produce and in purchasing clean diet food as described above. The eat clean recipes here calls for whole healthy foods and helps you to plan meals that can keep you on the eat clean diet plan for weeks without repeating meals. When you are on the clean food diet, you are able to lose weight, to become healthier and to feel better overall because you are giving your body good natural energy. There are 13 breakfast recipes, 8 appetizer, snack, and dessert recipes, 16 side dish recipes and 19 main dish recipes for a total of 56 delicious eating clean diet recipes. A sampling of the breakfast recipes include: Breakfast Fruit Salad, Coconut Oatmeal, Fruit Salad with Yogurt Dressing, Strawberry, Banana, Oat Smoothie, Turkey Sausage Casserole, Whole Grain Pancakes, Apple Muffins, Blended Fruit Breakfast Fruit Salad, French Toast, Raisin Quinoa Pudding, Toasted PB and B, Vegetables Frittata, and Baked Oatmeal. A sampling of the appetizers, snacks, and dessert recipes include: Baked Cinnamon Apple Toast, Banana Oat Cookies, Cinnamon Popcorn, Deviled Eggs, Guacamole, Hummus Dip, Peanut Butter Balls, and Sweet and Spicy Mango Salsa.

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