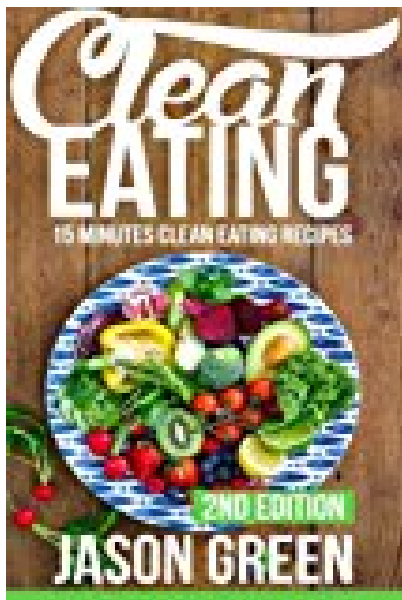


Clean Eating 15-Minute Clean Eating Recipes Meals that Improve Your Health Make You Lean and Boost Your Metabolism Quick & Easy Clean Eating Recipe Book Beginners Wellness Cookbook



BOOK DETAILS

- Author : Jason Green
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BOOK SYNOPSIS

Learn Exactly How To Eat Better, Lose Weight, Improve Your Health, Boost Your Metabolism with 15 minute recipes to Lose Up to 15 pounds in 15 days! What have you eaten so far today? As you name the dishes, could you re-create them from scratch right in your kitchen? Could you name all of the ingredients in each dish you ate? You cant go on to a farmers field or into his barn and collect most of the food you probably ate today. You cant go there and pick fresh Pop Tarts or white toast off the plant. There are no power bar trees, nor any energy drinks available from the fruit trees in his orchard. There is no instant gravy mix on any bush in his field. There is no instant coffee or synthetic coffee creamer in his barn anywhere near the cows. I am here to talk to you about real food versus pseudo-food. To talk to you about your choices and the control you have over the food you eat. When you have control over the food you eat, you have tremendous control over your bodys health and vitality. Look around you. How many people have true glowing health and vigorous vitality (whatever their age)? Maybe they are making different food choices from you...Real food is your friend - the best friend your gut and body ever had! Toxins are your enemy - the worst enemy your gut and body could ever harbor within. Eating real food helps flush out those toxins. Flushing out the toxins creates health and ensures lean wellness. All of us already know what real food is versus denatured foodstuffs. There is enough information out there today that we should be ashamed not to find it - and heed its facts: * what real food is and the benefits of eating it* food-based allergies and food-perpetuated illness* the drawbacks to your body, wellness, and health of eating all the un-food Stop ignoring and avoiding what you already know! We simply must start (and continue) to choose what we call "clean" or real food and dump all the fake-food substances, the un-food, that we have gotten into the habit of consuming. In the United States, huge agro-food businesses have been able to produce enormous amounts of very cheap food for us. It is not always, however, identifiable as food, because it is no longer whole or raw once it has made its way to us. Many physicians have started to call these other types of products "food-like substances." Sound unappetizing? It should! This history of cheap food-like substances leads individuals moving into a clean food regimen to complain about the "high cost" of clean eating. Just keep in mind that in many, many parts of the world, whole families are spending 80% of their entire cash income on clean food and water alone. And they dont eat every day, even with this tremendous expense! Here Is The Overview Of The Lessons You Will Learn How to Add and Eliminate Why People Choose to Eat Clean What You Get to Eat More on Detoxing and Leaning Up 15-Minute Meals; 15 pounds; 15 Days And Much More.. Lets Get Healthier Today!

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