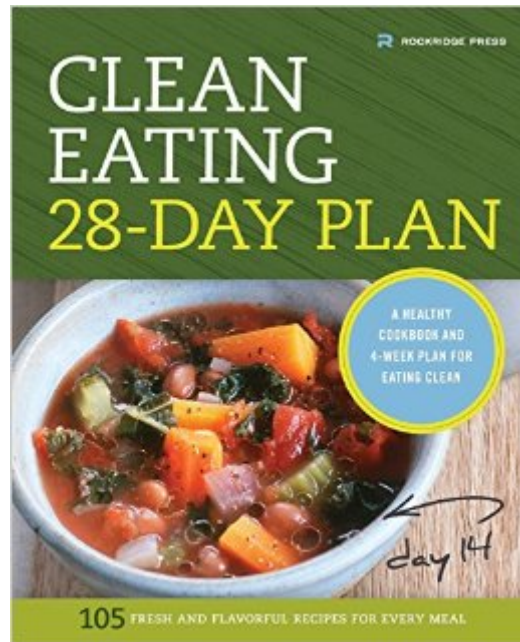


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# Clean Eating 28-Day Plan: A Healthy Cookbook And 4-Week Plan For Eating Clean



## Synopsis

Eating healthy shouldn't have to be complicated. When you start a clean eating lifestyle, you'll discover how easy it can be to adopt permanent healthy changes without sacrificing the joy of eating real food. The Clean Eating 28-Day Plan will introduce you to the six core principles of clean eating, to help you choose only the most natural and unprocessed foods, so that you can enjoy flavorful meals that will nourish instead of harm your body. This simple starter guide gives you four weeks of clean eating meal plans so that you won't have to think about what to make for breakfast, lunch, and dinner--or whether it's good for you. Written with busy people in mind, The Clean Eating 28-Day Plan gives you organized clean eating shopping lists for headache-free trips to the grocery store, and wholesome clean eating meals for even your most hectic weeknight. This book also contains over 100 easy and filling clean eating recipes that are packed with fresh ingredients and satisfying combinations. Learn how to pair amazing flavors to make mouthwatering clean eating-friendly results, such as savory Roasted Butternut Squash and Black Bean Burritos, refreshing Seared Ahi Tuna with Chili-Lime Aioli, or comforting Bacon-Wrapped Meatloaf. With delicious meals and inventive pairings, you will be able to easily start and stick to a clean eating lifestyle, for amazing and permanent results.

## Book Information

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## Customer Reviews

The Clean Eating 28-Day Plan by Rockridge Press is a well-written and well-structured book that details a healthy diet plan, not only for helping with weight loss, but for living a healthier life as well. What is awesome about this book is the recipes. Over 100 of them. These are not recipes you've

seen before and not recipes you will not want to eat. This plan gives you recipes that are mouth watering and something you would want to eat on a regular basis. This book plans out your daily menu for the 28 days, detailing breakfast, lunch, dinner, and dessert --- yes, dessert. Luscious desserts. In addition to the healthy eating 28-day menu, there are detailed descriptions of the foods that are and aren't healthy for you and why. There is also a detailed outline that explains the diet and what each of the health benefits are. It's amazing what this diet can not only fix, but the health issues that can be avoided using this diet. Using this diet can help prevent cancer, boost your energy, and help build your immune system. This book includes a lot of beautiful photography of the recipes, giving you an idea what the meals should look like and making the diet that much more appealing. The bottom line, if you are looking for a diet that really provides a great deal of benefits, including weight loss, the prevention of many health issues, and that will allow you to live a cleaner, healthier lifestyle while at the same time giving you delicious foods and meals that you will not only enjoy eating, you'll look forward to eating. I am normally far from a health nut, so most books like this I don't find appealing. I like good food, which is exactly what you get here. Food you can enjoy while eating healthier.

The book provides a 28 day plan for eating clean. Eating clean is described as using common sense and sound nutritional science when choosing the foods eaten. This book was written to provide a basis to get started in changing one's diet by offering recipes with a 4 week plan. The book also provides advice on reading labels, eating out, grocery shopping, and help in incorporating this into daily living. The first chapter discusses what clean eating involves. It is pretty comprehensive and covers why eat clean, six principles of clean eating, good foods vs bad foods, with a question and answer at the end of the chapter. Chapter 2 covers how to use the meal plan, reading food labels, list for stocking your pantry, cooking methods, Chapter 3 provides week by week meal plans. The daily meals consist of breakfast, lunch, dinner, and dessert. There is also a list of snacks that can be eaten once or twice during the day. The chapter gives all the ingredients needed from the pantry and a shopping list for convenience. Chapter 4-10 provides recipes for breakfast, lunch, snacks, vegetarian dinners, fish/seafood dinners, Meat/Poultry dinners, and dessert. The recipes are all based on the items listed from the pantry and little grocery needs. Thus, the recipes are simple and sound easy to prepare. Each one provides a prep time and a cooking time. They also provide the calories, fat, carbohydrate, fiber, cholesterol, which is most appreciated.

I'll start with the positives (there are several). First, virtually every claim the author(s) make about

the health benefits of clean eating are backed up by references to respected scientific and medical sources. Next, this book is organized in a way that anyone can easily make shopping lists, purchase foods, and begin cooking. In chapter two, the author(s) encourage readers to cook in bulk. For busy families, this can be key to sticking with a healthier eating plan. Finally, and most importantly, the recipes are delicious. The no bake granola bars from week three are now a family favorite. I just have one criticism. Four weeks is a big commitment, and I wonder more people would fare better with a gradual change in diet.

OH MY GOSH, where has this book been all my life? I am a quick learner but I am always on the lookout for someone or something that will hold my hand through the beginning of any process and this book does exactly that! Clean eating is something that is constantly all over the web; however, it is something that has remained rather mysterious as well (at least in my world). I love that this books breaks down the whys of clean eating, teaches me how to start the process, and even offers over 100 recipes to get my moving in the right direction AND a 4 week meal plan. I am blown away. The recipes and meal plans were enough for me; the rest is simply bonus material in my book.If you needed any other reason to purchase this book, I have one. It also provides you with information how to eat clean when dining out. If you are like my family, the summer time is a busier time and that means more meals on the go. Now I donâ™t have to feel guilt or second guess every decision I make about food. With this helping hand on my side, life is good!This is a MUST BUY!Disclosure: I received this product for free in exchange for an unbiased review. Regardless, the opinions expressed are still 100% my own.

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