



# Clean Eating Recipes, Book 2: Over 30 Simple Recipes for Healthy Cooking

*Dale L. Roberts*

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Would you like to feel great and lose weight?

You can do it with a clean food diet and with over 30 sweet recipes from this book!

In book one of the Clean Food Diet Cookbook Series, you learned that clean eating improves your overall health and vitality. And, all that eating clean food requires is a few simple nutritional changes. This type of diet is simple, sustainable for long-term results, and brings you personal satisfaction. But what about those of us that have an insatiable sweet tooth? Or, how about those of us that need more options outside of the usual clean eating selection from book one?

In this second book of the Clean Food Diet Cookbook series, you'll learn:

- How to use fruit to cut sweet tooth cravings
- What fruits are good for clean eating
- How to use fruit for dishes that aren't just for dessert
- How to eat clean with fruit
- How to prepare clean meals with fruit
- Over 30 different, fruity dishes for breakfast, lunch, snacks, and dinner
- Recipes that will suit vegans, vegetarians, and meat-eaters
- And, much more!

Considering the amount of processed foods found in the market today, it is not surprising that eating healthy can be so hard. However, with the clean eating recipes in this book, you will have the alternative your body craves. Once you get started, you will feel the difference clean food makes.

Food is the fuel that moves your body. You will get out of it what you put into it. So, why not feed your body with the best food options? And, you'll learn just how easy it is to eat clean while never sacrificing taste, money, or time. It is so simple that you'll be surprised that you had not started it a long time ago.

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