



# **Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean**

*Rockridge Press*

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**NEW YORK TIMES BESTSELLER**

Change the way you eat forever, with *Clean Eating Made Simple*.

Eating healthy no longer has to be complicated. A wholesome clean eating diet emphasizes the amazing benefits of unrefined, unprocessed foods, instead of complicated dietary restrictions or unhealthy weight loss. *Clean Eating Made Simple* will walk you through the basics of a life-changing clean eating diet, with common sense guidelines, and over 110 healthy recipes that will not leave you feeling deprived. With an easy-to-follow clean eating meal plan and handy nutritional breakdowns, *Clean Eating Made Simple* will help you change the way you eat, and the way you feel, by simply returning to eating whole, natural foods and fresh produce.

*Clean Eating Made Simple* helps you adopt healthy changes easily--and permanently--with:

- The 10 basic principles of clean eating
- More than 110 delicious clean eating recipes, including Oatmeal Pancakes, Sweet Pepper Sauté with Sirloin, Gingerbread Granola Bars
- Handy clean eating food list, with guidelines for how to incorporate them into your daily diet
- Nutritional values for every recipe
- Tips to adapt each recipe for your personal dietary needs, including vegetarian or vegan, low-sodium, FODMAP, gluten-free, and nightshade-free
- A weekly clean eating meal plan to get you started

*Clean Eating Made Simple* will help you improve your health and maximize your energy by simply enjoying natural, whole foods.

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