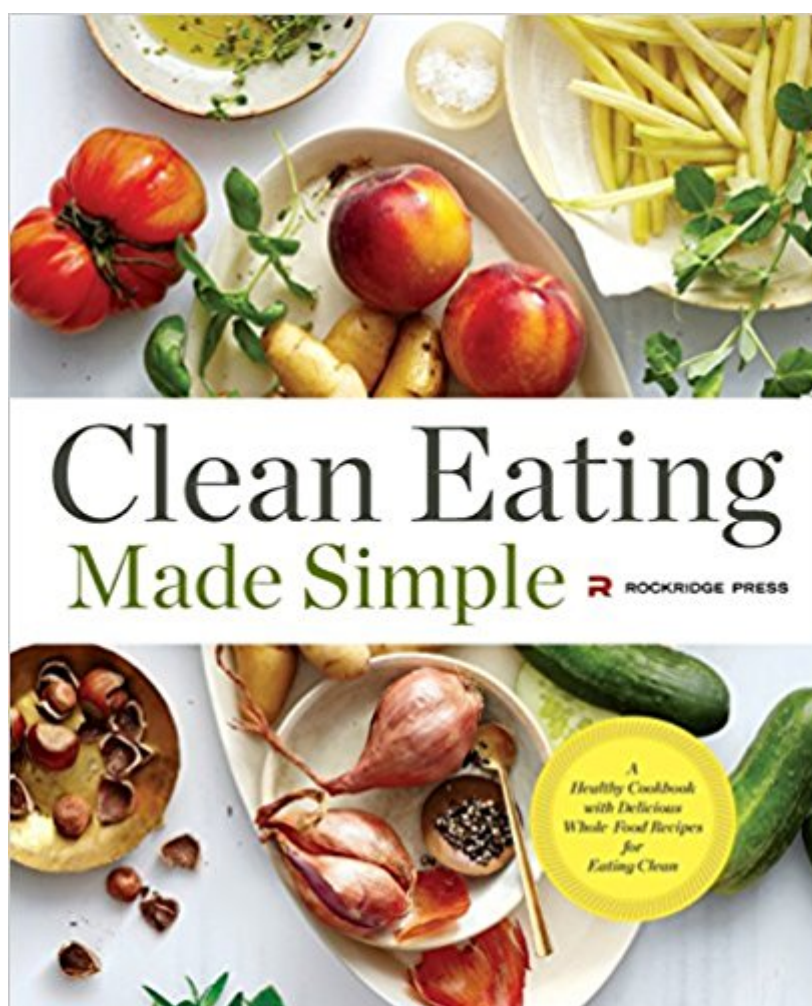


The book was found

Clean Eating Made Simple: A Healthy Cookbook With Delicious Whole-Food Recipes For Eating Clean



Synopsis

NEW YORK TIMESÂ BESTSELLER Change the way you eat forever, with Clean Eating Made Simple.Â 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.Â Clean Eating Made Simple helps you adopt healthy changes easily--and permanently--with:Â The 10 basic principles of clean eatingÂ More than 110 delicious clean eating recipes, including Oatmeal Pancakes, Sweet Pepper SautÃ© with Sirloin, Gingerbread Granola BarsÂ Handy clean eating food list, with guidelines for how to incorporate them into your daily dietÂ Nutritional values for every recipeÂ Tips to adapt each recipe for your personal dietary needs, including vegetarian or vegan, low-sodium, FODMAP, gluten-free, and nightshade-freeÂ A weekly clean eating meal plan to get you startedÂ Clean Eating Made Simple will help you improve your health and maximize your energy by simply enjoying natural, whole foods.Â

Book Information

Paperback: 234 pages

Publisher: Rockridge Press (June 5, 2014)

Language: English

ISBN-10: 1623154014

ISBN-13: 978-1623154011

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 146 customer reviews

Best Sellers Rank: #34,924 in Books (See Top 100 in Books) #57 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #669 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I have hypoglycemia and I'm always looking for a way to eat better to keep my roller coaster sugar levels at bay. I wasn't sure what "Clean Eating" was - until I read Clean Eating Made Simple. After

several weeks using the ideas outlined in this book, I can honestly say I feel better, haven't had nearly as many hypoglycemic episodes and have even lost weight! My favorite advice is to focus on smaller meals, eat more fruits and vegetables (I always felt like the natural sugars in fruits were bad for me! Turns out, they are only bad when you are also eating cake and ice cream!) and never skip a meal. Sometimes it's easier to skip a meal rather than eat poorly when I can't find something healthy. Now I understand the importance of making SURE I have something healthy to eat with me so I don't fall back on skipping or eating crap. Lastly, perhaps the best note in the book is the fact that clean eating isn't an "all or nothing" deal. Do my best...plan ahead... and don't punish myself for being imperfect. Attitude is an important part of healthy eating.

This is a good cookbook but I found the recipes to be unimaginative and ordinary. Nothing I hadn't seen before. Really good for a beginner.

Is there anyone out there who doesn't already know that eating healthy, unprocessed food is better for your health? This book repeats this message in an easy, straightforward manner, but it doesn't offer much new information. The recipes are coded for special dietary needs and helpful tips are included. Some of the selections sound appealing and all give calorie counts, but few pictures. All-in-all, this one is a simple lifestyle diet plan, as it says, and definitely written for beginners.

Clean Eating Made Simple offers a pretty decent guide on eating natural whole foods. The book captures and examines a lot of widely available but generally unknown information about the benefits inherent in consuming "real" foods. It also offers some deliciously nutritious recipes, insights into the nutritional benefits of various ingredients, and useful tips for acquiring and storing different foods. . Although I really enjoyed this book, I still feel that the data could have been better organized and more deeply explored. I am also concerned that someone reading this book to lose weight might be misled by many of the highly nutritious high calorie menu suggestions. Still, I would recommend this book because it is crammed full of information that everyone should know.

While I've previously considered "clean eating" to be one of those buzz words that people use with fad diets, I have to say this book really has me sold! It first lays out what exactly "clean eating" is (basically, trying to eat natural ingredients and avoiding processed foods), and why it's so beneficial for you. Then "and here" where I really give top marks to this book! "it has a whole bunch of recipes for those who are looking to do some

clean eating. I've never been much good at following diets or strict eating schedules (and please forgive me, but I can't imagine cutting alcohol entirely from my life!), but I love a good recipe, and this book has over a hundred! I really can't wait to try these in my kitchen!

Clean Eating Made Simple was made available to me as a free download, and I'm really excited! I haven't yet had a chance to make any of the recipes inside, but the ideas behind clean eating (cutting out as much processed foods as possible) is something I've been trying in my own diet for the past year. We should be able to eat real foods to get real health from them. Even as a vegetarian, there are lots of recipes in the book that I'm looking forward to trying out (poached eggs over sweet potatoes? yes, please!). And from perusing the recipes, they all look easy enough to follow and fast enough that I don't need to spend a whole night making them. Can't wait to get started test driving this recipe book!

I bought this to teach a friend that eating healthy doesn't have to be difficult. I just bought it, so let's hope they agree!

There is more to clean eating than what foods you eat. The frequency of meals, the size of the portions, and the quality of the ingredients are all important. Proper exercise is also a component. This book pulls all those ideas together in an easy to follow way, and has lots of recipes complete with step-by-step instructions. There is also advice on what foods to avoid and how to keep to the diet while you are away from home.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Food: The 30 Day Whole Food Challenge " Whole Foods Diet " Whole Foods Cookbook " Whole Foods Recipes (Whole Foods - Clean Eating) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean 30 Day Whole Food Challenge:

Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home â “ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Air Fryer Cookbook: The Worldâ™s No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating,) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) 30 Day Whole Food Cookbook: Healthy and Delicious Whole Food Recipes Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)