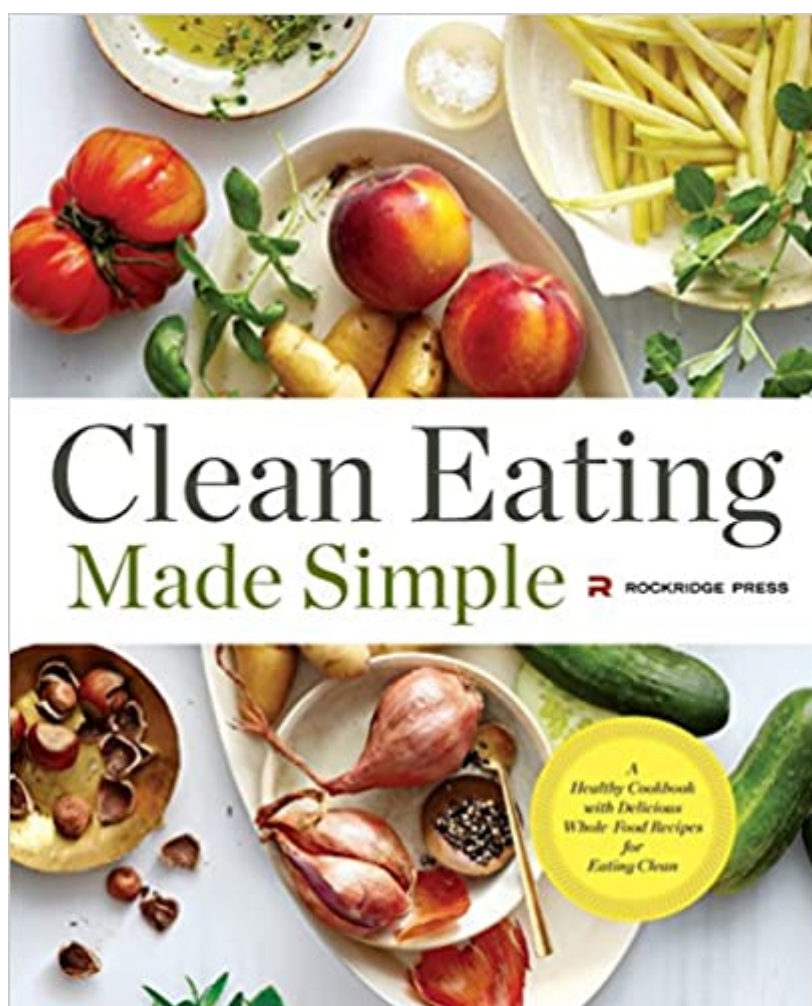


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# Clean Eating Made Simple: A Healthy Cookbook With Delicious Whole-Food Recipes For Eating Clean



## Synopsis

NEW YORK TIMES **#1** 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.

## Book Information

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## 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 here's 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.

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