



Simple Clean Eating Recipes: 40 Simple and Delicious Recipes To Help You Lose Weight, Increase Your Energy, and Curb Food Cravings

Vanessa Cunningham

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Simple Clean Eating is a recipe book that contains quick and easy recipes for breakfast, lunch, dinner, snacks and fresh juices. By incorporating these recipes into your eating regimen, you should begin to experience more energy, glowing skin, a thinner waistline, less food cravings and less brain fog.

Each recipe is also designed to avoid blood sugar spikes, thus maintaining a balanced blood sugar level. If you are a busy professional or entrepreneur, this is the recipe book for you. You'll spend less time in the kitchen, while you look good and feel good.

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