



## Simple Clean Eating: Clean Diet Recipes for Real Kitchens

By Simple Clean Eating

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Simple Clean Eating: Clean Eating Recipes for Real Kitchens How can I eat the foods I love without gaining weight? Looking for recipes that use fresh garden ingredients? Looking for great tasting recipes without the salt, sugar and preservatives? Packaged foods upset my stomach and are too salty-how can I cook with fresh, seasonal alternatives? While clean eating may seem like the latest trend in dieting, it is the way most people ate before the industrial age and the advent of processed, sugary, processed foods. Clean eating is essentially removing preserved, process foods from your diet, limiting sugar and salt, and replacing all these foods with whole grains, fruits and vegetables and simple proteins like lean meats and beans. Does clean eating have to be vegetarian? Nope. Does clean eating mean you can't EVER have sugar, salt or butter? Not necessarily. The intent of the diet is to replace foods we know are difficult to digest or trigger common conditions such as IBS, water retention or weight gain, with foods we know to be both easy on...



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