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Our new 28 Days to Health® Clean Eating Recipes will provide you with delicious and creative ways to cook and enjoy the Gluten, Soy, and Dairy Free Lifestyle.

Be Healthy! Eat Gluten, Soy, Dairy Free!

A clean eating life is full of vegetables, fruits, whole grains, nuts, seeds and legumes, and stays away from unhealthy fats, added sugars, processed foods and refined grains. Goodbye Kit-Kats, Funions and Slurpees
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Would you like to feel great and lose weight? You can do it with a clean food diet and with over 30 sweet recipes from this book! In book one of the Clean Food Diet Cookbook Series, you learned that clean eating improves your overall health and vitality. And, all that eating clean food requires is a few simple nutritional changes.

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The Original Cleanâ„¢ is our most popular eating plan. It requires a commitment to clean-eating and will eliminate many of the major trigger foods known to cause inflammation and digestive distress, but still allows for a few â€œdangling carrotsâ€• to help ease your transition into this new lifestyle change.

START UP GUIDE FOR THE 30 CLEAN DAY CLEAN EATING CHALLENGE

1. Eat Breakfast . Breakfast is an incredibly important part of your day. DO NOT SKIP IT. I donâ€™t want you to force yourself to eat though, so if you really canâ€™t stomach breakfast itâ€™s okay. I just donâ€™t want you to skip it because you think not eating is going to help you lose weight.

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