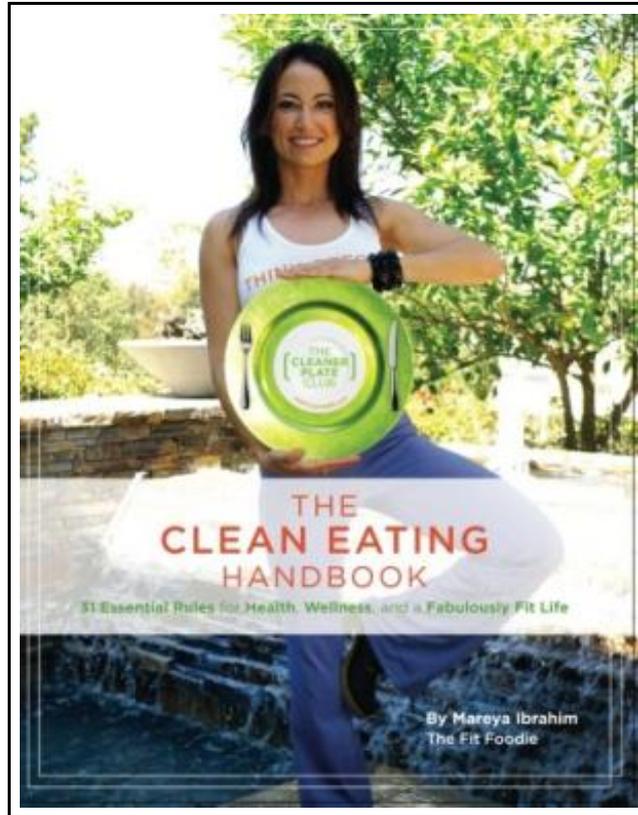


The Clean Eating Handbook: 31 Essential Rules to Health, Wellness, and a Fabulously Fit Life



Filesize: 3.53 MB

Reviews

*A fresh e book with a brand new point of view. It is actually written in straightforward terms and never difficult to understand. I found out this pdf from my dad and i suggested this ebook to understand.
(Dr. Lisandro Schuppe MD)*

THE CLEAN EATING HANDBOOK: 31 ESSENTIAL RULES TO HEALTH, WELLNESS, AND A FABULOUSLY FIT LIFE



Mareya Ibrahim. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Mareya Ibrahim, the Fit Foodie, wants to show you how to EAT CLEAN for life! Star of the Emmy nominated cooking competition Recipe Rehab and creator of EatCleaner.com and The Cleaner Plate Club, Mareya brings together her nutritional knowledge, special techniques and favorite recipes into one book to teach you how to transform everyday dishes into delicious, metabolism revving, fat burning fun! This book presents her REAL approach that has helped thousands take back their plates one bite at a time. Eat cleaner and get leaner. Mareya Ibrahim has revolutionized the way we eat. With smart tips and relevant info that speaks to all of us and our optimum health, this is an excellent handbook to effortlessly guide you to a satisfied, smarter, cleaner you. - Candice Kumai, author, food writer and Contributing Editor for Shape Magazine

Mareya Ibrahim, the Fit Foodie, is a leader in promoting a balanced diet with fresh natural foods. Armed with a clean eating pantry list and delicious recipes like artichoke hummus and creamy butternut mac n cheese, the Clean Eating Handbook is informative, relatable, motivating a MUST-HAVE for anyone craving a healthy lifestyle. - JoAnn Cianciulli, author of the acclaimed L. A. s Original Farmers Market Cookbook and nearly a dozen other cookbooks, and producer of hundreds of television cooking shows Mareya had once again opened our minds and the conversation about eating clean. The Meal planner, recipes and dos and donts are enlightening! - Danny Boone, host of ABCs Recipe Rehab This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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