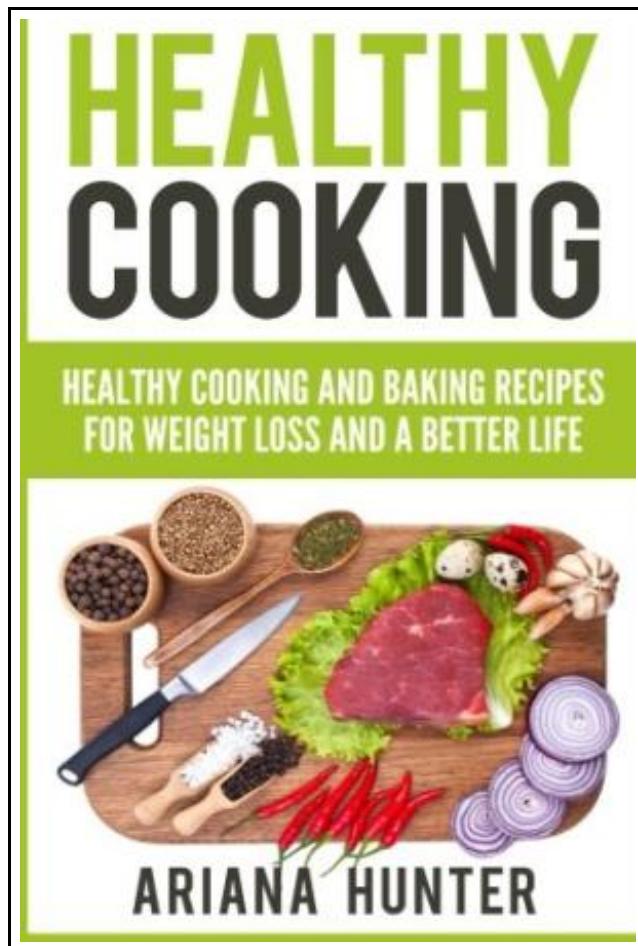


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Eating Healthy Doesn't Have To Be So Hard, This Book Contains Plenty Of Delicious Recipes That Don't Come With A Side Of Instant Regret! Limited Time FREE Bonus- 14 Super Smoothie Recipes Productivity Hacks To Ultimately Enhance Your Lifestyle! Find Your Copy Inside. Let's Solve The Mystery Of Healthy Recipes That Taste Great And Also Pack A Nutritional Punch! Eating healthy can seem like a difficult thing to do. The main reason that people find eating healthy so difficult is that they don't know how to prepare the food in a way that both satisfies their taste buds and doesn't expand their waistline. Yes, it's true, you can eat delicious food and keep your body in check at the same time. There was a point in my life when I thought eating healthy was difficult. I soon realized that I was just incompetent in the kitchen. I started to experiment with different foods and recipes and before long I was cooking healthy meals every single day. This book is my attempt to show you, my loyal readers, just how simple and satisfying eating healthy, clean foods can truly be. Here's What You Will Learn - The Main Reasons You Should Eat Healthy - Tons Of Great Nutritional Tips - Detailed Recipes That Include Nutritional Information - The Top Superfoods To Consume - Basic Breakfast Recipes - Egg Recipes That Will Certainly Hit The Spot - Awesome Muffin Recipes That Taste Amazing - Healthy Desert Recipes - Healthy Ice Cream Recipes (Yes, even ice cream can be healthy!) - A Limited Time Free Gift: Ultimate Lifestyle Enhancement. And Much More! It's very easy to become...

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