



Clean Eating for Wellness and Weight Loss

Ebony Jackson

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Clean eating is about cleansing your body, filling it with top-level nutritious foods that will help repair all the current damage that has been done through constant intake of sugar, saturated fats, artificial sweeteners, along with other harsh chemicals or ingredients, along with revving your metabolism so that you can stay in a state of maximum fat burning all day long. Eating clean can help you to lose weight and have greater wellness. In this book we discuss:

Benefits of Eating Clean

What Foods are Clean

How to Eat Clean

Importance of Hydration

Eating Clean on the Go and at Work

Frequently Asked Questions

Exercising While Eating Clean

Recipes and Quick Meals

and More

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Manuel Rodriguez:

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