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Eatingwell Quick and Clean: 100 Easy Recipes for Better Meals Every Day (Paperback)

By Jessie Price

Better Homes and Gardens Books, China, 2017. Paperback. Condition: New. Language: English . Brand New Book. The easy, delicious way to clean eating, from the experts at EatingWell For 25 years, EatingWell has combined great recipes with smart nutrition advice. Now with these easy recipes, eating clean is finally both simple and achievable. Most of the recipes take less than 45 minutes start to finish. There s even a chapter of 15-minute dinners. Ingredient lists are short and focused on whole foods, all of them easy to find. Beyond dinner, packable recipes for breakfast, lunch and snacks work with any schedule, all presented with a no-nonsense, science-backed approach. A clear intro chapter and savvy shopping advice throughout teach the principles of clean eating that are worth incorporating into any diet. And it all comes back to taste--recipes like Asparagus Tabbouleh, Chicken with Lemon-Herb Sauce and Blueberry Cobbler show how delicious clean eating can be.



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