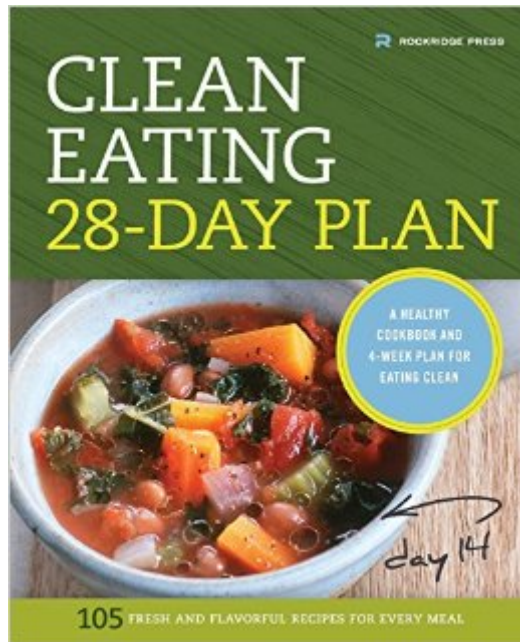


The book was found

Clean Eating 28-Day Plan: A Healthy Cookbook And 4-Week Plan For Eating Clean



Synopsis

Eating healthy shouldn't have to be complicated. When you start a clean eating lifestyle, you'll discover how easy it can be to adopt permanent healthy changes without sacrificing the joy of eating real food. The Clean Eating 28-Day Plan will introduce you to the six core principles of clean eating, to help you choose only the most natural and unprocessed foods, so that you can enjoy flavorful meals that will nourish instead of harm your body. Â This simple starter guide gives you four weeks of clean eating meal plans so that you won't have to think about what to make for breakfast, lunch, and dinner--or whether it's good for you. Written with busy people in mind, The Clean Eating 28-Day Plan gives you organized clean eating shopping lists for headache-free trips to the grocery store, and wholesome clean eating meals for even your most hectic weeknight. Â This book also contains over 100 easy and filling clean eating recipes that are packed with fresh ingredients and satisfying combinations. Learn how to pair amazing flavors to make mouthwatering clean eating-friendly results, such as savory Roasted Butternut Squash and Black Bean Burritos, refreshing Seared Ahi Tuna with Chili-Lime Aioli, or comforting Bacon-Wrapped Meatloaf. With delicious meals and inventive pairings, you will be able to easily start and stick to a clean eating lifestyle, for amazing and permanent results.

Book Information

Paperback: 264 pages

Publisher: Rockridge Press (August 18, 2014)

Language: English

ISBN-10: 1623154235

ISBN-13: 978-1623154233

Product Dimensions: 7.5 x 0.6 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (149 customer reviews)

Best Sellers Rank: #50,858 in Books (See Top 100 in Books) #99 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #868 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

The Clean Eating 28-Day Plan by Rockbridge Press is a well-written and well-structured book that details a healthy diet plan, not only for helping with weight loss, but for living a healthier life as well. What is awesome about this book is the recipes. Over 100"of them. These are not recipes you've

seen before and not recipes you will not want to eat. This plan gives you recipes that are mouth watering and something you would want to eat on a regular basis. This book plans out your daily menu for the 28 days, detailing breakfast, lunch, dinner, and dessert --- yes, dessert. Luscious desserts. In addition to the healthy eating 28-day menu, there are detailed descriptions of the foods that are and aren't healthy for you and why. There is also a detailed outline that explains the diet and what each of the health benefits are. It's amazing what this diet can not only fix, but the health issues that can be avoided using this diet. Using this diet can help help prevent cancer, boost your energy, and help build your immune system. This book includes a lot of beautiful photography of the recipes, giving you an idea what the meals should look like and making the diet that much more appealing. The bottom line, if you are looking for a diet that really provides a great deal of benefits, including weight loss, the prevention of many health issues, and that will allow you to live a cleaner, healthier lifestyle while at the same time giving you delicious foods and meals that you will not only enjoy eating, you'll look forward to eating. I am normally far from a health nut, so most books like this I don't find appealing. I like good food, which is exactly what you get here. Food you can enjoy while eating healthier.

The book provides a 28 day plan for eating clean. Eating clean is described as using common sense and sound nutritional science when choosing the foods eaten. This book was written to provide a basis to get started in changing one's diet by offering recipes with a 4 week plan. The book also provides advice on reading labels, eating out, grocery shopping, and help in incorporating this into daily living. The first chapter discusses what clean eating involves. It is pretty comprehensive and covers why eat clean, six principles of clean eating, good foods vs bad foods, with a question and answer at the end of the chapter. Chapter 2 covers how to use the meal plan, reading food labels, list for stocking your pantry, cooking methods, Chapter 3 provides week by week meal plans. The daily meals consist of breakfast, lunch, dinner, and dessert. There is also a list of snacks that can be eaten once or twice during the day. The chapter gives all the ingredients needed from the pantry and a shopping list for convenience. Chapter 4-10 provides recipes for breakfast. Lunch, snacks, vegetarian dinners, fish/seafood dinners, Meat/Poultry dinners, and dessert. The recipes are all based on the items listed from the pantry and little grocery needs. Thus, the recipes are simple and sound easy to prepare. Each one provides a prep time and a cooking time. They also provide the calories, fat, carbohydrate, fiber, cholesterol, which is most appreciated.

I'll start with the positives (there are several). First, virtually every claim the author(s) make about

the health benefits of clean eating are backed up by references to respected scientific and medical sources. Next, this book is organized in a way that anyone can easily make shopping lists, purchase foods, and begin cooking. In chapter two, the author(s) encourage readers to cook in bulk. For busy families, this can be key to sticking with a healthier eating plan. Finally, and most importantly, the recipes are delicious. The no bake granola bars from week three are now a family favorite. I just have one criticism. Four weeks is a big commitment, and I wonder more people would fare better with a gradual change in diet.

OH MY GOSH, where has this book been all my life? I am a quick learner but I am always on the lookout for someone or something that will hold my hand through the beginning of any process and this book does exactly that! Clean eating is something that is constantly all over the web; however, it is something that has remained rather mysterious as well (at least in my world). I love that this books breaks down the whys of clean eating, teaches me how to start the process, and even offers over 100 recipes to get my moving in the right direction AND a 4 week meal plan. I am blown away. The recipes and meal plans were enough for me; the rest is simply bonus material in my book.If you needed any other reason to purchase this book, I have one. It also provides you with information how to eat clean when dining out. If you are like my family, the summer time is a busier time and that means more meals on the go. Now I donâ™t have to feel guilt or second guess every decision I make about food. With this helping hand on my side, life is good!This is a MUST BUY!Disclosure: I received this product for free in exchange for an unbiased review. Regardless, the opinions expressed are still 100% my own.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Clean Eating: 230+ Healthy Slow Cooker Recipes - Your Guide to Natural Weight LossÂ© (1 Month FULL Meal Plan,Clean Eating Cookbook,Book) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework

For Building Reading Comprehension and Fluency) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) One-Pan Wonders: 50 Clean Eating Sheet Pan Recipes for Delicious, Healthy Hands-Off Suppers, Lunches and Snacks Straight From the Oven (Clean Eating Sheet Pan Cookbook) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles with Action Guide, Worksheet, and 10-Week Meal Plan to Restore Health, Beauty, and Mind Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys - Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Salad Of The Week: 52 Amazing Salad Recipes For Weight Loss And Healthy Eating "The Delicious Way" (Salads, Salads Recipes, Salads To Go, Salad Cookbook, ... Cookbooks Collection Book 1) VEGAN: Your Body, Your Friend: The Answer to Permanently Becoming Slim, Healthy, and Happy (Clean Eating, Cure Eating Disorders, incl. Vegan Recipes) (Vegan ... & Healing Based on Scientific Research) Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life

[Dmca](#)