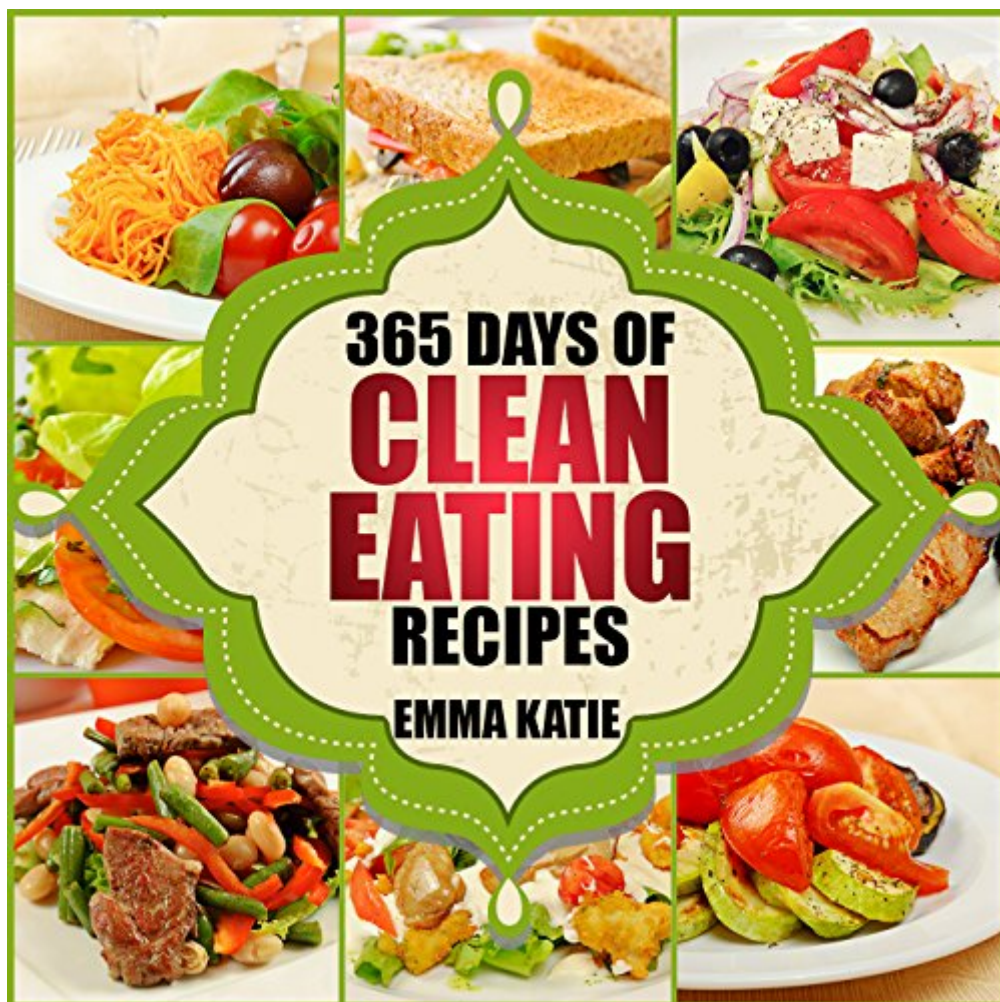


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# **Clean Eating: 365 Days Of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness And Weigh Loss, Eat Clean Diet Book**





## Synopsis

365 Days of Clean Eating Recipes Today's Special Price! Eating over-processed food or junk food can have a negative impact on your mind and body over time. Your body can become sluggish and your mind can stop functioning properly as well as fatigue, not being able to focus properly, all of these are effects of a diet that lacks nutrients. Your body and mind failing on you is the worst feeling ever! But it's time to get back on track! Change your lifestyle today by eating food that is close to its natural state, food that has more nutrients than chemicals. This book contains everything you need to get you started on that! From an easy-to-understand explanation of what clean eating is, to a whole range of recipes, the information found between these pages is enough to offer you a good start towards an improved health, more energy and better state of mind. Wait no more! Get your copy today and enjoy recipes like: overnight chia pudding, quinoa crusted quiche, creamy avocado soup, bouillabaisse, tomato fish bake, chimichurri salmon or apricot galette and amaretto baked pears! Eating over-processed food or junk food can have a negative impact on your mind and body over time. Your body can become sluggish and your mind can stop functioning properly as well as fatigue, not being able to focus properly, all of these are effects of a diet that lacks nutrients. Your body and mind failing on you is the worst feeling ever! But it's time to get back on track! Change your lifestyle today by eating food that is close to its natural state, food that has more nutrients than chemicals. This book contains everything you need to get you started on that! From an easy-to-understand explanation of what clean eating is, to a whole range of recipes, the information found between these pages is enough to offer you a good start towards an improved health, more energy and better state of mind. Wait no more! Get your copy today and enjoy recipes like: overnight chia pudding, quinoa crusted quiche, creamy avocado soup, bouillabaisse, tomato fish bake, chimichurri salmon or apricot galette and amaretto baked pears!

## Book Information

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## Customer Reviews

The recipes in this book are hit or miss and it really is missing a lot of key content. A lot of the soup recipes simply say cook on low for 20 minutes. Never says to bring them to a boil and 20 minutes on low does not soften the veggies in the soup enough. The cauliflower quinoa casserole takes almost an hour to cook but the recipe has you believe its 25 minutes. You cannot plan any meals based on the cook times listed on most of these recipes. I have even come across one recipe that the ingredients list was blank. One of the recipes I came across was missing a critical step in the directions so I just had to wing it. I have the kindle version of this book and am using the kindle app on my ipad. I highly doubt that is the issue but hey you never know. I did only pay \$1 for the book so I have that on my side but some days thats too expensive for the frustration caused by missing directions and low estimated cook times.

I am always trying to find new ways to avoid over-processed, chemical-laden foods. Not only are they bad for you over time, once you are to really pay attention to how your body feels and responds, you can feel the effects of poor eating right away. This book has some great tips to get back on track. It's packed full of good, clean, healthy recipes "one for every single day of the year. But the best thing is that this isn't a bunch of bland tofu recipes, but some terrific, tasty dishes and treats that will quench that craving for sweets. The book is organized and broken into sections that include dinner, dessert, and lunch recipes. I appreciated that these healthful dishes didn't include any hard-to-find or exotic ingredients "everything is easily accessible at your local supermarket or organic food store. Plus, each dish also includes a breakdown of calories, proteins, fat, and carbs, which makes counting calories, etc. much easier. This is the best way to get back on track with your eating without feeling like you're starving to death. Be satisfied while getting your

health and your body back!

Author Emma Katie offers readers a get your body healthy reset;a read to undo the damaged caused by the dietary intake of over processed foods. Katie provides a thorough break down of what clean eating is and then follows up with guidelines to help us along in the journey. And the best section of the book happens to be my favorite; scores of clean eating recipes (365 days worth) of smoothies, breakfast, lunch, dinner, snacks and desserts. By the way, the spicy lobster spaghetti is yum! I highly recommend.

Although some of the recipes look good, I had a difficult time getting past the many errors in spelling, grammar, and sentence structure. Anyone who writes books--even recipe books--should, at the very least, use the grammar check function included in most word processing programs. How can someone expect to be taken seriously if he/she can't present information in an intelligent, well-written manner?

Yummy, easy to prepare recipes that are both healthy and delicious! I love to cook and am always on the lookout for new recipes to try, and this HUGE collection is an awesome addition to my kindle cooking library. Apple Roasted Beef? Sesame Crusted Tuna Steaks? Yes please! Best of all they only use healthy ingredients so if you're trying to stick to a clean eating plan or just trying to do things a little bit healthier, it's perfect. Each recipe is clearly explained and includes both prep time, serving size, and standard nutritional information for those of us keeping an eye on things like carbs or calories. There's even clean eating desserts included, for those times when you just have to have something sweet but don't want to ruin all that hard work you've put into eating healthy and clean. I love Emma Katie's 365 books and this one totally lives up to my high expectations. I have so many of these bookmarked, can't wait to try them all.

You really have to watch the kinds of food you eat now days, with all the high additives and chemicals in the food now days. I don't really like diets, that is why I like this a whole lot better. No more eating at certain hours or counting down the minutes until you can have another tiny snack. There are so many good recipes in this book. I like the mixed berry smoothie for a fast breakfast since I have to hurry in the mornings, a couple of others I like are chicken cacciatore and the garlic chicken. There are so many recipes in this book I'm sure you will find a lot of ones that you like as well.

I absolutely love this cookbook. In the last year, I've been trying hard to eliminate all processed and chemical-laden foods from my family's diet. This cookbook has been a Godsend. It has great recipes (no pictures in the Kindle edition, unfortunately) with clear instructions and mostly easily available ingredients. Tonight I made the Salmon with Pineapple Salsa, and even my husband, who thinks he doesn't like fish, loved it. I'm so glad I found this cookbook. I'll be trying many, many recipes in the near future.

Many recipes --although they sound really good--lack important information on can sizes and whether an item should be precooked, sliced, diced, raw, etc., and some indicate woefully short cooking times for safe meat consumption.

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