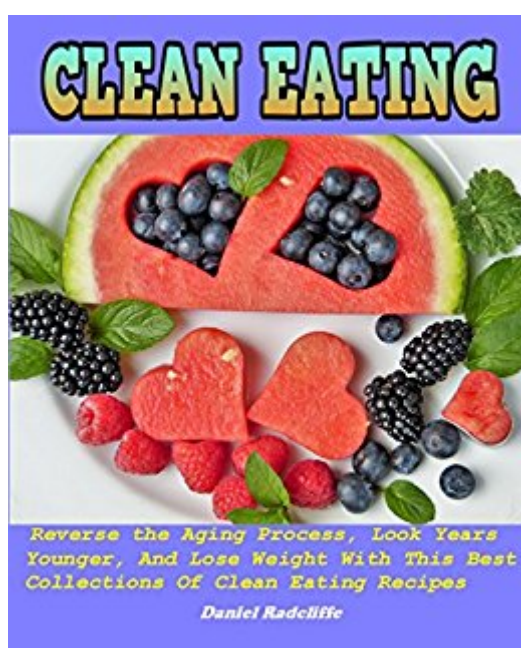


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Clean Eating: Reverse The Aging Process, Look Years Younger, And Lose Weight With This Best Collections Of Clean Eating Recipes



Synopsis

DISCOVER OVER 150 DELICIOUS CLEAN EATING WEIGHT LOSS RECIPES This book is packed with a wealth of Clean, Healthy and Delicious Recipes for you to lose weight and Reverse the aging process. Detox Your body and get back your youthful appearance, and become more healthy After trying the recipes in this book, you will learn of the food types that will not cause premature aging, and weight gain. It's time to Burn off the excess pounds and keep them off forever This book has the most healthy selection of food that will fully support your digestive system and well being Grab your Copy NOW and enjoy

Book Information

File Size: 2643 KB

Print Length: 202 pages

Publication Date: May 10, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B071HPRB2S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #217,942 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

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walnuts broken up into pieces 1 finely chopped
onion 2 coarsely grated
carrots 2 pieces of unpeeled and finely chopped up red
apple 1 tablespoon of cider
vinegar 500ml or reduce salt vegetable
stock 200g of roughly chopped up
kale 20g of pack of dried apple crisp. I have read this book
carefully & it's very helpful. I love it. Thanks for publishing this book.

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