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Clean Eating: 21 Day Clean Food Diet for Beginners - Start Your Weight Loss, Increase Energy, Detox, and Feel Great! (Paperback)

By Aaron Perez

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*****.Delicious Clean Eating Detox Recipes for 21 Days In this book not only will I help you understand what Clean Eating detoxing is all about, but I will also share some recipes for the various meals you will be consuming throughout the day. As you continue with the detox plan, it will work wonders if you try your best to achieve that fabulous body you have always wished to achieve. When people hear the word detox, they often only think of soups and salads, but there is a lot more to detoxing. While several people claim that diets are not the best way forward to losing weight, it is only because they tried a particular diet and failed. The reason for them failing is not the diet, but in fact it is because they don't begin the diet on the right note or are unable to maintain a balance in what they eat or drink. Hence, the diet they should have been on turns into a disaster for them! While Clean Eating detoxing does...



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