



## Clean Eating: A Guide to Health and Wellness : Clean Eating Recipes for the Entire Family (Paperback)

By Amy Zulpa

JELA PROPERTIES LLC, 2014. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Clean Eating: A Guide to Health and Wellness is a book that focuses on what the lifestyle of clean eating entails, what the long term benefits are, and how an individual can make the transition to the diet. It may be a bit challenging for many to understand, as they choose to eat without paying attention to labels or making note of whether or not the fruits and vegetables they purchase are organic. In the long run they end up regretting the choices they made as they ended up doing more harm than good. The key here is to pay attention to what you buy and to buy what the body will thrive on.



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