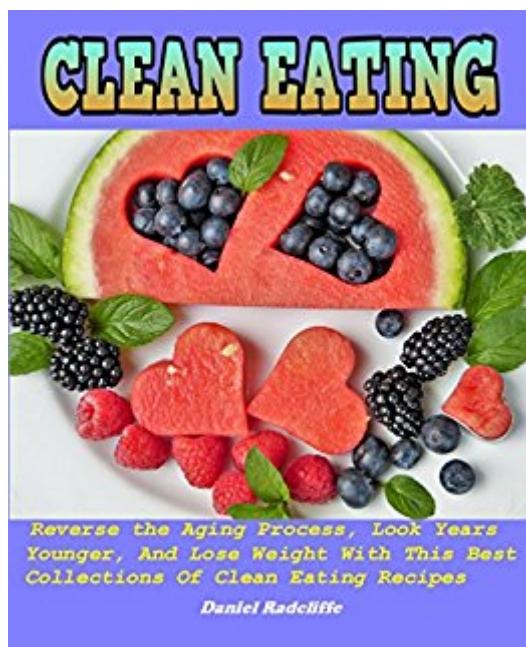


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Clean Eating: Reverse The Aging Process, Look Years Younger, And Lose Weight With This Best Collections Of Clean Eating Recipes



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

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   8 pieces of

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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