

[PDF] Clean Eats: Over 200 Delicious Recipes To Reset Your Body's Natural Balance And Discover What It Means To Be Truly Healthy

Alejandro Junger - pdf download free book



Books Details:

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Description:

From Dr. Alejandro Junger, author of the *New York Times* bestsellers *Clean* and *Clean Gut*, comes

Clean Eats, a cookbook featuring over 200 delicious, easy-to-prepare, healthy recipes all aimed at helping you restore your natural ability to heal yourself.

In *Clean*, New York City cardiologist Dr. Alejandro Junger provided a life-changing program to aid common ailments resulting from toxins in the standard American diet and chemical-filled environments. Now Dr. Junger's in-demand recipes are available in *Clean Eats*, a cookbook that takes the program straight to the kitchen and allows readers to start eating Clean today.

Beginning with a comprehensive introduction that outlines what Clean eating means, *Clean Eats* presents over 200 recipes tailored to Clean, Clean Gut, Elimination, vegetarian and Paleo diets, including daily meal plans and detailed nutritional information. Whether you suffer from digestive problems, depression or anxiety, unwanted pounds or simply less-than-stellar health, Dr. Junger provides recipe ideas that can help build your health from the inside out.

Clean has already transformed the lives of millions, and with *Clean Eats*, it's never been easier to jumpstart the journey to a healthier way of life.

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