



Clean Eating Diet - Healthy Way to Lose Weight. 30 Recipes Under 500 Calories for Weight Loss Without Starving.: (With Pictures, Clean Eating Diet, Clean Eating Recipes, Salads, Clean Eating)

By Pamela Elwin

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Clean Eating Diet - Healthy Way To Lose Weight. 30+ Recipes Under 500 Calories For Weight Loss Without Starving. If you are looking for recipes that are all under 500 calories then you have come to the right place. In this book you will find 40 amazing recipes that are all under the 500 calorie mark. There is a wide assortment of recipes covering different food groups such as fish and shellfish recipes, meat, vegetarian, and poultry. You will certainly not be bored with the wonderful selection of tasty recipes giving you well over a month of none stop dishes to enjoy and lose weight at the same time! If you are someone that is really wanting to shed those extra pounds you have been carrying then let the recipe collection in this book help you to reach your weight loss goals. You are going to not only start to look great, but you are going to feel great. Your body will certainly be thanking you for the healthy food choices. You need to invest time and energy into making sure the...



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