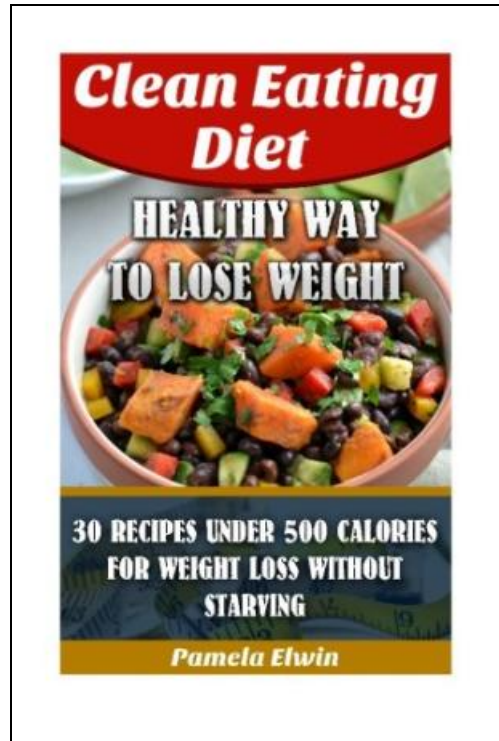


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Clean Eating Diet - Healthy Way To Lose Weight. 30+ Recipes Under 500 Calories For Weight Loss Without Starving. If you are looking 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 yourself are healthy. You cannot take care of those around you if you yourself are not taking proper care of yourself. We all know the main step in doing this starts with eating a well balanced diet. Your loved ones are going to ask for these meals not because they are healthy, but because they love the taste of them. Don t think because you have to lose some weight that you have to eat or live on blah food like rice cakes. You will soon find out just how yummy good healthy eating can be. You will not be...

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