



**The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Quinoa Recipes) (Healthy Eating Made Easy Book 5)**

*Alissa Noel Grey*

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## **LOOKING TO LOSE WEIGHT, INCREASE YOUR ENERGY AND FEEL GREAT?**

Clean Eating is an easy and common sense lifestyle that works wonders for your health and well-being. It does not require you to starve yourself or eliminate whole food groups. Instead Clean Eating simply helps you choose the best and healthiest options in each of the food groups and avoid the not-so-healthy ones. And since you don't have to obsess over calories or give up your favorite foods, clean eating is fabulously effective.

From the author of several bestselling cookbooks, busy mom and fitness enthusiast **Alissa Noel Grey**, comes a great new collection of delicious, easy to make family-friendly recipes that will make you healthier, happier and more energetic than ever. This time she offers you **101** comforting and enjoyable clean eating meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner.

**The Clean Eating Cookbook: 101 Amazing Whole Food Salad, Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet** is an invaluable and delicious collection of healthy recipes that will delight everyone at the table and become all time favorites.

If you're looking for delicious clean eating recipes that are not too complicated and are budget-friendly - this cookbook is for you.

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