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Clean Eating: The Clean Eating Quick Start Guide to Losing Weight & Improving Your Health without Counting Calories

Matthew Ward

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Discover How Clean Eating Leads to Longterm Health Success Quickstart Your Weight Loss Journey WITHOUT COUNTING CALORIES! Are you struggling with weight loss? Tired of eating processed foods, that don't nourish your body, and feeling disgusted afterward? This book will show you how clean eating can make you lose weight and attain good health. It will give you a realistic, easy-to-follow plan that you can follow for the rest of your life. Unlike other diet plans that require you to be on the diet for a very short time (say 2 weeks to a few months), clean eating is more of a lifestyle diet in that after you start being on this diet, you don’t stop - you live on the diet for the rest of your life. You stay on this diet plan even if you’ve attained your weight loss goals! Of course, given that you have the rest of your life to be on the diet, you cannot really be counting calories every single day; you have a life anyway! With the demands of this life, carrying around a digital scale everywhere you go is definitely not going to be practical; you can’t be carrying a digital scale even when going on board meetings, going on a vacation and when going on surprise dates with your loved ones! But even with that, this doesn’t mean that you cannot eat clean! This book will show you just how to adopt a clean eating diet plan.

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