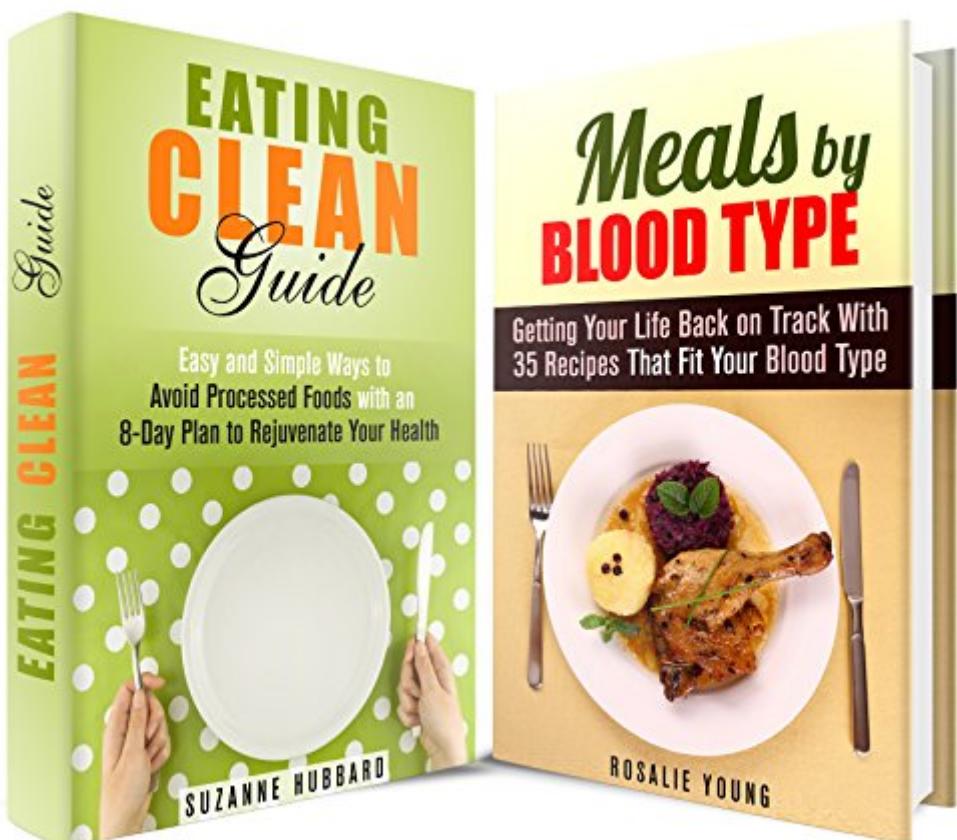


The book was found

Eating Clean By Blood Type Box Set (2 In 1): Avoid Processed Foods And Get Your Health Back On Track With Recipes (Food Addiction & Diet)



Synopsis

Eating Clean by Blood Type Box Set (2 in 1) Eating Clean Guide: Easy and Simple Ways to Avoid Processed Foods with an 8-Day Plan to Rejuvenate Your Health If you are looking for an easy way to cheat at clean eating then this isn't the book for you; however, if you are looking for an 8 day clean eating plan that works, then "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" is what you are looking for. "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" covers everything you need to know about starting and maintaining a clean eating regimen from protein choices to desserts. As you journey through "Clean Eating Guide: Easy and Simple Ways to Avoid Processed Foods with an 8 Day Plan to Rejuvenate Your Health" you will learn how to better understand your food so that you can make clean eating choices without dependence on anyone else to tell you what is okay to eat and what is off limits. Here is a preview of what you will learn from this book: "The truth about what you drink." "Tips for maintaining your clean eating habits." "Getting a better understanding of processed foods." "The do's and don'ts of clean eating." "And Much More Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type" Have you ever thought that your diet can play a great role in your lifestyle? Maybe you've heard it before, maybe not, but there is one thing you should know for sure. Whatever you eat falls on your health and, implicitly, marks your life. Of course, it can adjust your health by improving it or it can cause great damage. You are the one who is holding the key. If you want to feel good, to be healthy and regain that glow you once had, this is the right book for you. If you don't know your blood type, stop wasting precious time, rush to your doctor, get tested and start improving your life right away. Inside this book you will learn: "How and what you should eat." "The powerful bond that connects blood and food." "The characteristics for type O." "10 recipes suitable for type O." "The characteristics for type A." "10 recipes suitable for type A." "The characteristics for type B." "10 recipes suitable for type B." "The characteristics for type AB." "5 recipes suitable for type AB." Once you understand the great importance of embracing a healthier eating habit, you will be determined to improve your life day by day without letting anything keep you from reaching that target. Do not wait any longer and take control over your life. Learn how you can adapt your blood type to a series of tasty and easy-to-cook recipes. Choose a healthy life for you and your family. Download this book and let it change your life.

Book Information

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Customer Reviews

Some great recipes- many I tried, even my picky husband & 9 year old will eat! Not too many ingredients for most selections, at least in my opinion, and very few "odd-ball" ones, like kombu.

Would buy again.

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