



# **Clean Eating: Amazingly Delicious Recipes To Jump Start Your Weight Loss, Increase Energy and Feel Great! (Clean Food Diet Book 1)**

*Sara Banks*

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**ARE YOU READY TO CLEAN UP YOUR DIET AND DRASTICALLY IMPROVE YOUR HEALTH?  
DISCOVER THE AMAZING HEALTH AND WEIGHT LOSS BENEFITS OF A CLEAN FOOD DIET**

**Today only, get this Amazon bestseller for one great low price.  
Read on your PC, Mac, smart phone, tablet or Kindle device.**

**LEARN HOW TO AVOID PROCESSED FOODS AND HAVE INCREASED ENERGY AND AMAZING HEALTH!**

Eating processed food and junk food can have a negative impact on your overall health and life. Over time your body will become sluggish and fail to operate at its peak potential. Improper diet can lead to weight loss, disease, and declining health.

If you are ready to live a healthier life and have amazing amounts of energy then join the crowd who have started to embrace a clean food diet.

Inside I will give you my top recipes for those who want to eat clean and get healthy.

Eating clean doesn't have to be boring.

All the recipes are fun and easy to make and I am sure you will absolutely love them.

I have you covered from Breakfast, Lunch, Dinner and even Dessert!

I will also include a very helpful 7 day meal plan for you to follow as a guide on your way to weight loss and better health.

Here Are A Few My Favorite Recipes Included:

Scrambled Eggs On Toast Applesauce Cookies Roast Dinner Creamy Asparagus Pasta Chicken Kiev Crab Cakes Tiramisu Much, Much, More!

Download your copy today!

*Take action today and get going with some amazing recipes  
that will help you achieve all of your weight loss and health goals.*

## **Clean Eating: Amazingly Delicious Recipes To Jump Start Your Weight Loss, Increase Energy and Feel Great! (Clean Food Diet Book 1) Details**

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Author : Sara Banks

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# **From Reader Review Clean Eating: Amazingly Delicious Recipes To Jump Start Your Weight Loss, Increase Energy and Feel Great! (Clean Food Diet Book 1) for online ebook**

## **Tara Jamieson says**

### **Quick read**

This is a VERY short read about clean eating. I feel it touches on the basics then gives you some recipes. I want to transition my entire family back to a clean diet so I want all the knitting gritty information and some awesome recipes that my kids will eat as well

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## **Sharon Warren says**

### **Short and to the Point**

I like this book due to it being short and to the point. It is truly a jump start to change your lifestyle towards healthy eating. This will help me because I have a medical condition that I was advised to change eating habits. I have started slowly but I'm ready to take it all the way. I have enjoyed cooking more since I've started making meals from scratch. It does take more time but it actually relax me and I can control the ingredients in my family meals.

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## **Jennifer Fischer says**

This book contains some general information about how to begin eating a clean diet. There are some facts and tips that may help beginners with this type of lifestyle choice. The book also contains several different recipes for breakfast, lunch, dinner, and dessert. Several of the recipes are one that I already make, while others call for specialty ingredients that I've never seen in my area. It would be nice if the book contained a broader range of recipes and suggestions for substitutions for those hard to find ingredients. I like that the book contains a sample meal plan as that is one aspect of healthier eating that I tend to struggle with.

I received this book for free in exchange for an honest and unbiased review.

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## **Thandeka Young says**

### **Very informative**

I have learned some very great recipes. I wonder if I'm going to be able to stick to this diet. Clean eating is a way of life and I'm just not use if everyone can do it

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## **Lauren says**

Enjoyed this cookbook, there are recipes I look forward to making.

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## **Jennifer Denney says**

### **Easy clean eating**

Interesting and informative with easy to read recipes. Gives the pros and cons of clean eating along with a weekly menu suggestion at the end.

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## **Aubrey says**

### **Most of this is just recipes.**

Not a lot about what constitutes clean eating. I was hoping for something more in depth. But at least it was free.

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## **Deborah says**

Nothing new here.

I'm well aware that my diet could and should be better, so every time a free book like this appears I check it out.

This book explains the benefits of clean eating then covers the foods you should eat, detailing the vitamins they provide and why they're good for you.

There's then a small selection of recipes, only one actually appealed to me and that was the flapjacks.

At the end of the book there's one week meal plan as well.

Clean eating is obviously a good idea, easier said than done or maybe it's just that I don't have enough willpower.

This book was ok but if I'm being honest there's nothing new here plus I'm vegetarian so a lot of the recipes don't work for me but one thing which did surprise me was one of the recipes asked for margarine, others butter or margarine, it's the first time I've ever come across any kind of healthy or clean eating book suggesting margarine, the quote 'I trust cows more than chemists' comes to mind.

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## **Angel Graham says**

It is highly possible to do clean eating without breaking the bank. This book has recipes that will cost anyone who doesn't make good money far too much to be able to sustain it for very long. I am on Food Stamps. I couldn't begin to buy groceries to last a month eating ANY of these recipes.

Otherwise, I guess it's good, but it limits its audience to a very small percentage of people.

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### **Risa says**

Clean Eating is a free and short ebook. There are two parts to the book: information on how to eat clean and a recipe section.

The first part about clean eating was interesting and had some good points. However, none of the information was anything new and some of the sentences were choppy making it a little difficult to read.

Banks talks about how important it is to include all food groups. I just want to quickly mention that you technically don't need milk and meat because you can get calcium and protein elsewhere. But other than that, she is right that you need to eat from every food group. Your body needs the nutrients to feel full but not stuffed.

A lot of fad diets don't work because they want you to cut out a food group like carbs or fats. People end up gaining the weight back once they reintroduce carbs/fat back into their diet. Instead, like Banks writes, you should eat small amounts from every food group for a balanced diet.

Banks also included a recipe section which I did not like. How are you going to include a list of recipes without pictures? There aren't even a few pictures.

Her Blueberry Pancake recipe makes 15 at 112 calories each. How small are her frickin pancakes?! And her Omelette recipe calls for bacon which is not healthy. She puts cheese in everything too. And margarine! And bacon! How are you going to talk about avoiding unhealthy fats and GMOs then include a recipe calling for margarine? And bacon is one of the worst meats for you. everyone knows this. I honestly started to skim through the recipe section which took up half of the book. I bookmarked nothing from the recipe section.

In the middle of the recipe section she stops to advertise another one of her books. What? Save that for the end.

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### **Olga Hebert says**

#### **Nothing new here**

Eating clean is never really defined but it's good for you. Chemicals in processed foods are bad. Okay, I believe that already. There is absolutely nothing new in this book.

There is no evidence cited. Statements and opinions are given in somewhat random order. The quality of writing is poor with far too many grammatical errors. It falls far short of being a compelling persuasive essay because of the lack of evidence and the incoherent style.

The author comes off as a simplistic cheerleader for healthy eating. That's fine, but don't waste money on

someone's opinion. Do better research.

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### **Barbara says**

Great introduction to me for clean eating. I started week 1 and love all the recipes I have tried so far. Highly recommended.

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### **Julie Barrett says**

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We have adopted a Mediterranean type of eating habit now and this book endorses that style as everything is fresh. We have just started planting our crops in the garden and I am interested in learning more.

Different food groups are discussed with sub categories of what food is better for different parts of your body and health.

Also a section on what to avoid: processed foods, sugars, etc.

Comes with recipes and no pictures but has nutritional information so you can see for yourself how healthy it really is.

Other works by the author are offered at Amazon via a link. Love this book as it also contains all the meals needed for a full week!

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### **Becca says**

#### **Canned food**

I highly doubt canned food can be considered clean eating. Throughout the book I only "learnt" anyone can write a book and call it healthy whether or not it truly is. Disappointed, glad I did not pay for this.

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### **DAPHNE SKINNER says**

#### **Nothing new**

Only a few things were worth the read. A lot of info already knew for. Other readings. Couple of good recipes..

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