



# **HEALTHY COOKBOOK: Lose Weight By Eating Healthy Collection (Clean Eating Recipes, Anti-inflammatory Diet Recipes, Mediterranean Diet Recipes) (Healthy Living Recipes)**

*Charity Wilson*

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# HEALTHY COOKBOOK: Lose Weight By Eating Healthy Collection (Clean Eating Recipes, Anti-inflammatory Diet Recipes, Mediterranean Diet Recipes) (Healthy Living Recipes)

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## Lose Weight By Eating Healthy Collection

The simplest of diet changes can make a big difference in your weight loss goals. Now I don't want you to think you have to be losing weight to use this collection. The reality is when you start to eat healthy you typically lose weight.

These diets are designed to make eating healthier feel easy and be delicious.

It is no secret that our bodies are suffering from our current dietary choices. With obesity on the rise and many diseases being linked back to what we eat, now is the time to take your eating habits seriously.

Each of the diets you find inside have many proven health benefits and you can choose to start with one that matches your health needs or just start experimenting with different recipes. If you are used to eating a bunch of junk it will take a while for your tastes to change but stick with it. It might sound crazy now but you might even crave those salads.

I highly recommend getting a blank recipe book from My Recipe Journal here

<http://www.amazon.com/My-Recipe-Journal/e/B00WT3IF94/> and write out the recipes you like as you read through this collection. You can even make a note as to what book it came out of in case you want to go back to it digitally.

**This massive collection includes the following books:**

Clean Eating Cookbook Vol.1: Breakfast Recipes

Clean Eating Cookbook Vol.2: Lunch Recipes

Clean Eating Cookbook Vol.3: Dinner Recipes

Clean Eating Smoothies: Healthy Recipes Supporting A Whole Foods Lifestyle

Anti-Inflammatory Diet: Naturally Eliminate Inflammation In Your Body, Reduce Pain and Feel Fantastic

Anti-Inflammatory Cookbook Vol. 1: Breakfast Recipes

Anti-Inflammatory Cookbook Vol. 2: Lunch Recipes

Anti-Inflammatory Cookbook Vol. 3: Dinner Recipes

Anti-Inflammatory Diet Smoothies: Inflammation Fighting Recipes That Enhance Your Body's Natural Healing Powers

Mediterranean Diet Cookbook: Vol.1 Breakfast Recipes

Mediterranean Diet Cookbook: Vol.2 Lunch Recipes

Mediterranean Diet Cookbook: Vol.3 Dinner Recipes

Mediterranean Diet Cookbook: Vol.4 Snacks & Dessert Recipes

Mediterranean Diet Cookbook: Vol.5 Slow Cooker Recipes

Mediterranean Diet Demystified: Your Natural Weight Loss Solution Includes 25 Mediterranean Recipes

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