



# **Eat Clean Stay Lean: The Diet: Real Foods for Real Weight Loss**

*Editors of Prevention, Wendy Bazilian DRPH MA RD*

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# Eat Clean Stay Lean: The Diet: Real Foods for Real Weight Loss

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The easiest way to get slim, healthy, and happy

You've seen it in magazines and all over the Internet: clean eating, the super easy and delicious way to slim down and achieve better health. Clean eating offers you a more sustainable and nourishing way to eat without skimping on flavor or leaving you hungry. And now, you can take clean eating to a new level with the next book in *Prevention* magazine's Eat Clean series: *Eat Clean, Stay Lean: The Diet*.

This book will teach you to leverage clean eating instead of counting calories, going carb-free, or adopting restrictive habits to help you lose weight while still enjoying life. Choose the easy 3-week plan or stick with the program longer, as *Eat Clean, Stay Lean: The Diet* helps you customize clean eating to fit your individual needs, deliciously.

The 70 clean and tasty recipes will keep you satisfied and on track with your weight-loss goals. These meals, combined with exercise tips and advice on removing everyday, metabolism-messing toxins from your home and personal care products, will help you adopt a cleaner overall lifestyle. Now, clean eating and losing weight are easier and more rewarding than ever before.

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