



**Healthy Eating Made Easy: 50 Simple Tips For
Healthy Living Through Clean Eating (clean
eating, healthy diet, healthy lifestyle, healthy living
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Sophie Patrick

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Healthy Eating The Easy Way!

Find out which foods to eat and avoid, learn about the most effective healthy habits, and get lots of bonus health boosting tips!

Looking to adopt a healthier diet for you and your family but don't know where to start? Confused by the plethora of nutritional information in the media and on supermarket shelves? This guide covers everything you need to know from shopping at the store to adopting healthy habits at home and on-the-go. It examines many common food myths and offers simple straightforward advice on how to achieve a more balanced diet and a healthier lifestyle. This quick and easy read is packed full of useful and practical tips to get you started on your way to healthy eating today.

Start reading now and find out how to:

- Eat all the right foods
- Shop strategically
- Make sense of food labels
- Adopt healthy habits
- Enjoy the foods you love
- Boost your health benefits

>>> And much more....

With this book you will be well on your way to a more balanced and nutritious diet. You will have improved short-term and long-term health prospects and will have more energy to do the things you love. Most importantly you will feel great the healthy way!

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