



# **Clean Food Diet & Paleo Diet: Lose Weight Naturally Without Exercise: Recipes and 46 Ways to Avoid Processed Foods and Eat Clean (DIY Cookbook)**

*Wiroon Tanthapanichakoon*

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Nowadays, people started to take seriously eating issues, so there are many new trends, like different diets, etc. However, the number 1 help for your health will be clean eating. Eating clean can sometimes seem a must and that can seem irritating. If you are always used to processed foods at the supermarket, then a good question could occur, anyways, what is clean eating? How can it be defined?

First of all, clean eating is not only a diet, but it is also a lifestyle. Here are some evident benefits of clean eating, like fat loss, increased energy and stamina, decreased health problems, better sleep, improved mental well-being, etc. The easiest way to start eating clean is to make your meals at home. This way you will know what you eat and which kind of ingredients were used. People, who care about their health, now talk about “clean food diet”. On the same popular trend with “clean food diet” is “Paleo diet”. Paleo diet contains natural and unprocessed foods presumed to have been eaten by early humans, meaning fish, meat, vegetables and fruits. Paleo diet eliminates all kinds of dairy products, grains, and processed foods. Paleo diet is considered to be clean, as it avoids processed foods too. This book will explain the basic difference between Paleo diet and clean food diet, but its focus will be on a broader scope of eating clean or clean food diet.

A major concept of this book is that you can lose weight naturally without exercise if you are on the clean food diet or Paleo diet. The most beautiful thing is that you just control the way you eat and do not need any excessive workout in the gym. This book is not directly about weight loss, but if you follow methodologies and recipes in this book, you will lose weight healthily and naturally.

You must make sure to differentiate the bad and good products. You must know that it is better to use whole, natural foods, as processed foods do not contain as much vitamins as the natural ones. You must know that it is better to choose unrefined over refined foods, choose foods that include some amount of protein, carbohydrate and fat at every meal. You must know how to watch out for fat, salt, and sugar.

So, through this book, you will get acquainted with all the answers to your questions. You will see what clean eating is, what products you must eliminate from your daily meals. You will also find an amazing cookbook, containing different breakfast, lunch and dinner recipes. If you are a granola bar lover, you will find amazing granola bar recipes as well. And in the end, you will be offered a super-mega clean eating menu for 5 days.

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