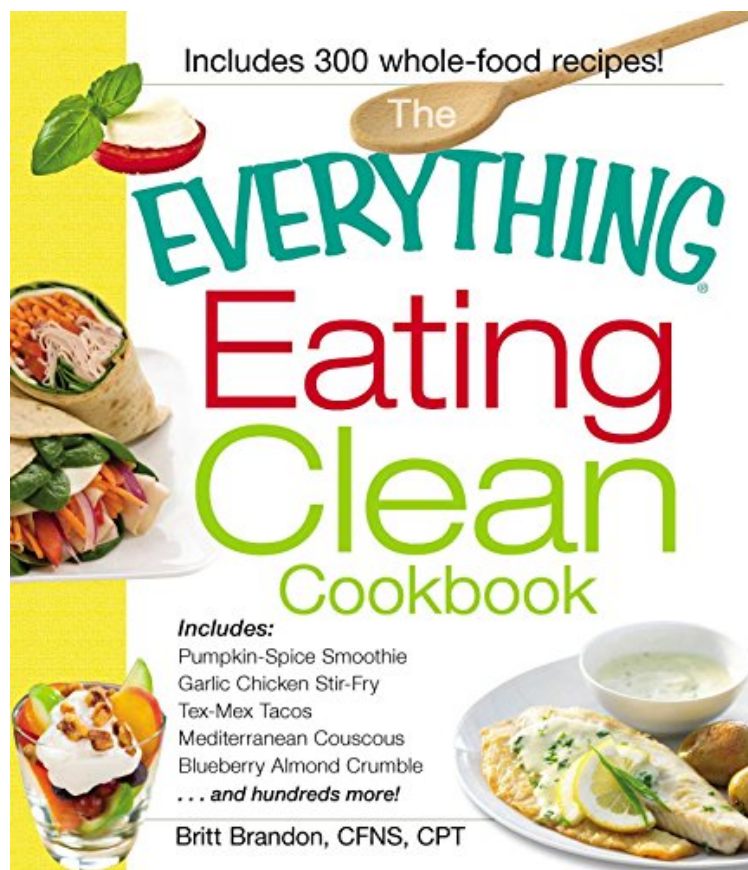


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Britt Brandon

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0 of 0 people found the following review helpful. Not a great cookbook By sjsbooks Several of the recipes are labeled vegan despite having dairy in them, and one was labeled vegetarian despite having Worcestershire sauce in it, which

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In *The Everything Eating Clean Cookbook*, you will learn the tremendous benefits of eating clean, natural foods-- healthy, gradual weight loss, vastly increased energy, and decreased risk of disease. The book contains 300 accessible, delicious, and wholesome recipes, including: Blueberry-almond crumble, Garlic chicken stir-fry, Homemade "Power Bars" This helpful primer also features tips on incorporating changes into your lifestyle to help your body get the most out of your nutritious new diet. The benefits of a clean eating lifestyle are only a few delicious recipes away.

About the Author Britt Brandon is a certified personal trainer; a certified fitness nutrition specialist; and the author of many books, including *Apple Cider Vinegar for Health*, *Coconut Oil for Health*, *The I Love My NutriBullet Recipe Book*, *Activated Charcoal for Health*, and *The "I Love My Instant Pot" Vegan Recipe Book*. As a competitive athlete, trainer, mom of three small children, and fitness and nutrition blogger on her own website (UltimateFitMom.com), she is well versed in the holistic approaches to keeping your body in top-performing condition.