



Try-It Diet: Eating Clean: A two-week healthy eating plan (Try-It Diets)

Editors of Adams Media

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Think all diets have to be boring and bland? Think again. With *Try-It Diet: Eating Clean*, you'll get a taste for the nutritional plan without having to give up great tasting food like Fruit-Stuffed French Toast Sandwiches, Spinach and Artichoke Dip, and Turkey Medallions in Mushroom Gravy. Now the information you need to start eating healthy and living fully is right at your fingertips. And with two weeks worth of original menus complete with easy-to-follow recipes, you'll be able to stick to the plan without being stuck eating the same thing every day. Go ahead and give it a try!

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