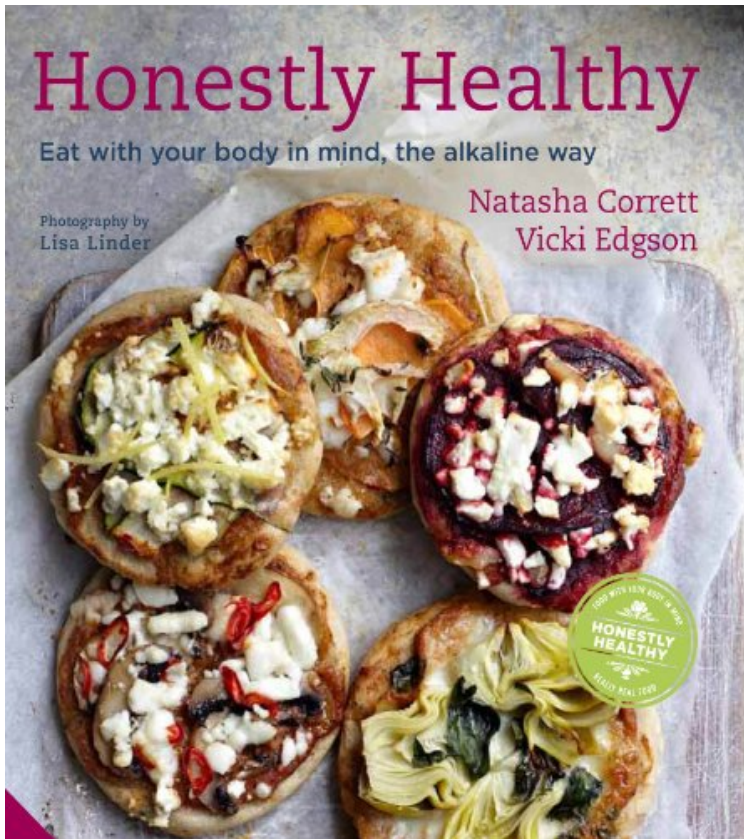


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Honestly Healthy: Eat with your body in mind, the alkaline way



Par *Natasha Corrett, Vicki Edgson*
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(Read download) Honestly Healthy: Eat with your body in mind, the alkaline way

Par Natasha Corrett, Vicki Edgson :
Honestly Healthy: Eat with your body in mind, the alkaline way before purchasing it in order to gage whether or not it would be worth my time, and all praised Honestly Healthy: Eat with your body in mind, the alkaline way:

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Description :

Prsentation de l'diteur I love this healthy eating book!! Victoria Beckham Honestly Healthy is the original alkaline diet cookbook, packed with recipes, tips and tricks to help you look and feel great. Whatever your needs be it a short cleanse or total eating habit overhaul Honestly Healthy has the right plan for you. With over 100 mouthwatering recipes from gourmet vegetarian chef Natasha Corrett, all designed with nutritionist Vicki Edgson to help your energy levels soar, split into breakfasts and smoothies, starters and soups, mains, snacks and treats, and desserts, you will find everything you need. Follow a 5-Day Cleanse with full meal plans to help your body eliminate toxins and leave you feeling great. The Cleanse Section will show you the foods to avoid and why, and the foods to enjoy and how they help, leaving you with the knowledge and inspiration to try your own ideas. The Honestly Healthy Lifestyle Section goes a step further and shows you how to make simple long-term changes to your eating habits in order to maintain a delicious, nutritious and alkaline lifestyle. More recipes and meal plans will help you on your way to looking and feeling great. Cooking delicious, healthy food has never been so simple. Forget Dukan and Atkins these days, the A-

list way to a flat tummy is eating alkaline. Daily Mail