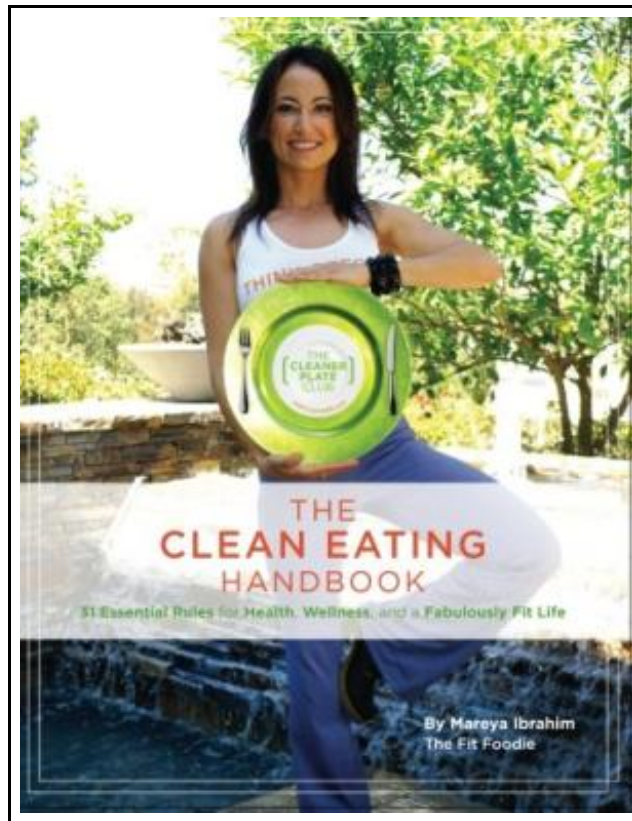


## The Clean Eating Handbook: 31 Essential Rules to Health, Wellness, and a Fabulously Fit Life



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Mareya Ibrahim, the Fit Foodie, is a leader in promoting a balanced diet with fresh natural foods. Armed with a clean eating pantry list and delicious recipes like artichoke hummus and creamy butternut mac n cheese, the Clean Eating Handbook is informative, relatable, motivating a MUST-HAVE for anyone craving a healthy lifestyle. - JoAnn Cianciulli, author of the acclaimed L. A. s Original Farmers Market Cookbook and nearly a dozen other cookbooks, and producer of hundreds of television cooking shows Mareya had once again opened our minds and the conversation about eating clean. The Meal planner, recipes and dos and donts are enlightening! - Danny Boone, host of ABCs Recipe Rehab This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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