



Diet for Weight Loss: Lose Weight with Nutritious Kale Recipes, and Follow the Clean Eating Diet

Lanie Karp, Soucie Eura

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Diet for Weight Loss: Lose Weight with Nutritious Kale Recipes, and Follow the Clean Eating Diet This Diet for Weight Loss book covers recipes for a healthy weight loss with two different diet plans to choose from with the Clean Eating Diet and the Kale Recipes diet. Both diet plans serve as a type of detox diet to help cleanse the body of impurities left behind from eating junk food. The answer to what are the best weight loss foods are found in these two diet plans in the ingredients within the healthy recipes for weight loss. Kale is an excellent weight loss food as well as the other foods for weight loss found in the clean eating diet plan. The Clean Eating Diet covers these categories: What Is The Clean Eating Diet?, The Pros and Cons of the Diet, Benefits of Clean Eating, Clean Eating Diet Tips, Tasty Main Dish Clean Eating Recipes, Clean Eating Recipes for Delicious Side Dishes, Clean Eating Recipes for Breakfast, Clean Eating Diet Recipes for Appetizers and Snacks, Delectable Dessert Clean Eating Recipes, and the Easy Clean Diet 5 Day Meal Plan. A sampling of the recipes includes: Homemade Clean Eating Guacamole Dip Recipe, Creamy Clean Eating Banana Dessert Recipe, Vegetable and Egg Breakfast Scramble Recipe, Delicious Refried Beans for Clean Eating Recipe, Easy Clean Eating Flank Steak Recipe, and the Stuffed Mediterranean Chicken Breast Recipe. The second section is the All about Kale with these categories: Why is it a Superfood, How to Store Kale, 10 Great Kale Recipes: Breakfast, Soup, Salads, Main Dishes, and Desserts. A sampling of the recipes includes: Bacon and Kale Bread Pudding, White Bean Soup with Chorizo and Kale, Kale Miso Salad with Tofu, Dilled Kale, Beets and Tofu Soup, English Muffin Personal Pizzas, Kale Omelet with Mushrooms and Feta Cheese, Summer Soup in Minutes, Raw Kale Soup, and Pickled Watermelon Radish with Kale Salad.

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