



**Clean Eating: BOX SET 4 IN 1 The Complete  
Extensive Guide On Clean Eating + Dieting +  
Superfood Benefits #4 (Clean Eating, Intermittent  
Fasting, Smoothies, Superfoods, Spice Mixes,  
Paleo)**

*M. Clarkshire*

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# **Clean Eating: BOX SET 4 IN 1 The Complete Extensive Guide On Clean Eating + Dieting + Superfood Benefits #4 (Clean Eating, Intermittent Fasting, Smoothies, Superfoods, Spice Mixes, Paleo)**

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## **DISCOVER:: The Complete Extensive Guide On Clean Eating + Dieting + Superfood Benefits #4**

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Clean Eating BOX SET 4 IN 1 is your Complete Extensive Guide On Clean Eating + Dieting + Superfood Benefits

### **BOOK #1 PREVIEW**

Eating clean is a new concept, but it's an important one. We are just starting to learn how bad the foods that we put into our bodies can be for our health. This makes it very difficult to lose weight, especially because there are so many hidden sugars in our diet.

### **BOOK #2 PREVIEW**

Intermittent fasting is actually quite incredible, and can improve the quality of your life exponentially. This book is going to outline the different types and techniques of intermittent fasting so that you can utilize it in your own life to the maximum benefit possible.

## **BOOK #3 PREVIEW**

Smoothies can be made right in your very own home. They take almost no effort whatsoever, and once you start drinking them you will be shocked by the burst of energy and feeling of positivity that it imbues you with.

## **BOOK #4 PREVIEW**

Super foods are on the tip of everybody's tongue. You can't go five minutes on the internet without hearing about somebody and their past experience with wonderful super food.

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Tags: Clean Eating, Intermittent Fasting, Smoothies, Superfoods, Spice Mixes, Paleo , Smoothies For Weight Loss

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