



Nutrition Plan: Good Nutrition with Eating Clean Recipes and Intermittent Fasting

Robyn Olson, Glover Kelley

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The Nutrition Plan: Good Nutrition with Eating Clean Recipes and Intermittent Fasting features the eating clean diet and the intermittent fasting diet plan. The eating clean foods and intermittent fasting benefits help you to become healthier through a dieting lifestyle change. The choices from the good nutrition foods found on the intermittent fasting and eating clean menu will help create a healthier you. The Nutrition Plan book features these sections: Eating Clean Diet, 5 Day Sample Meal Plan, Eating Clean Diet Breakfast Recipes, Eating Clean Diet Appetizers, Snacks, and Dessert Recipes, Eating Clean Diet Side Dish Recipes, Eating Clean Diet Main Dish Recipes, Intermittent Fasting Diet, Intermittent Fasting Diet Breakfast Recipes, Intermittent Fasting Diet Dinner Recipes, and Intermittent Fasting Diet Light Snack Recipes. A sampling of the included recipes are: Spinach Salad with Pomegranate Dressing, Apple and Turkey Ham Salad, Vegetable Pot Pie, Balsamic Turkey Meatloaf, Zucchini Frittata, Healthy Breakfast Burrito, Spicy Black Beans and Quinoa, Orange Lime Shrimp, Balsamic Chicken and Rice, Baked Italian Crusted Cod, Tangy Vegetable Salad, Italian Sweet Potato Fries, Authentic Pico de Gallo, Asparagus Mushroom Roast, Sweet and Spicy Mango Salsa, Banana oat Cookies, Baked Cinnamon Apple Toast, Whole Grain Pancakes, Fruit Salad with Yogurt Dressing, Apple Muffins, Basic Spaghetti Sauce, Hot 'N Spicy Black Beans, Sweet and Tangy Tilapia, Mexican Style Eggs "Huevos Rancheros", Whole Grain Hot Cereal with Cherries, Edamame and Grilled Salmon, Oriental Turkey Burgers, Parsley Mint Roasted Carrots, and Open Face Tomato and Mozzarella Herb Sandwich.

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