



Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You

Alice Liveing

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Instagram sensation Clean Eating Alice shares 8 new recipes and a HIIT workout in this new e-book to help you get into shape for Spring. Full of sound advice that will appeal to her legions of fans.

Spring is a great time to make some simple changes to your lifestyle – start with some easy swaps at mealtimes by trying out some of the recipes in this e-book. The lighter evenings are an excellent time to step up your exercise routine and get outside for some fresh air and activity.

Easter is a time of celebration that often involves family and food and lots of chocolate Easter eggs. It isn't a time of year typically associated with clean eating and restraint. But it doesn't have to be like that! In this book, I give you some simple ideas to change your diet for the better and there are even some treats so you don't feel you are missing out on all the Easter fun..

This e book gives you:

8 simple, healthy recipes for breakfast, lunch, dinner and snacks.

it shows you that eating clean means that you can still enjoy family favourites – such as pancakes and roast dinners with a twist.

A bespoke HIIT workout, that requires no equipment at all, and can be done at home, to help you feel healthier, fitter and more energized.

So what's stopping you..refuel yourself with delicious nutritious food and embrace the clean eating way of life – you'll never have felt so good.

Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You Details

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From Reader Review Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You for online ebook

Jenna says

Eh...

It is a good book for those able to do these kinds of exercises, and excellent recipes are great too.

Carol says

Great Read!

I really enjoyed this book and the workouts it offers. The cool down information was enlightening and the food looked delicious!

Claire Sherman says

Ok but nothing new

This book is OK but didn't provide anything new. Not a very long read either. Recipes are fine but similar ones are readily available on the internet/pinterest

yvonne conneely says

Good recipes

I liked this book. Clear concise instructions for exercises. Nice recipes, using good combinations of Ingredients. Will certainly try them out. Good photos of food all look very appetizing.
