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Clean Food, Revised Edition: A Seasonal Guide to Eating Close to the Source by Terry Walters Clean Food is a feast for the senses that will nourish mind, body, and soul--and this revised edition offers lovers of fresh, seasonal vegan fare even more than before.

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The Clean-Eating Guide For many of you, "DIET" is an intimidating word. Let's rearrange ... - Eat five or more

servings of fruits and vegetables a day ... pears, kiwis â€“ look for seasonal for the best flavor) FREEZER BASICS Frozen vegetables:, spinach, Brussels sprouts, broccoli, asparagus, cauliflower, edamame soy beans, peapods ...

The Clean-Eating Guide - Chris Freytag

More than a cookbook, Clean Food is a feast for the senses that will nourish mind, body, soulâ€“and the planet, too. With more than 200 fresh, seasonal, and tempting vegan recipes , it will help everyone eat the way the want: close to the source.

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