

**LEAN AND GREEN DIET COOKBOOK:
Delicious, affordable, and easy recipes for
you long term transformation. Effective
solution for losing weight while spending
the fewest time cooking meal plan included.**

by
Lina Douglas



Synopsis

Are you trying to lose weight, but diets like Ketogenic or Atkins were a disappointment or too complicated? Are you looking for real improvements, not temporary results? If yes, then keep reading! The present book will reveal the winning program that has helped so many people simply improve their shape and health: the Lean and green diet. This program results from years of study by nutritionists who have developed an effective solution for all those who want to lose weight but have little time to cook and who don't like to do it in their free time. In this guide, you will find a straight path on weight loss that allows you to spend little time cooking during the day with the help of tips and 200 recipes to prepare delicious and succulent Lean and green dishes. The Lean and green diet is based on nutritious and tasty prepackaged meals. It is a quick and easy way to lose weight and get a healthier body; this regimen is affordable for everyone. This book covers: Fundamentals of the Lean and green diet and how it works Benefits of the Lean and green diet Recommended and avoided food Sample 14-day meal plan Breakfast recipes, snacks, and desserts Lean and green recipes Fueling recipes... And much more! Ready to begin your journey to optimal health, happiness, and well-being? Click the "Buy now" button and become the best version of yourself you were always meant to be!

Sort review

About the Author Liana Werner-Gray is a holistic and natural-health advocate. After healing herself of many health conditions through embracing a natural lifestyle, she began lecturing and teaching about the Earth Diet internationally. Liana teaches raw food and cooking classes around the world and has fed many people good-tasting, healthy foods and drinks. Liana is the founder and owner of the Earth Diet, where she directs a team that helps people all over the world find recipes that work for them. Through her company, she has helped thousands of people improve—and in some cases even entirely heal—conditions such as acne, addictions, cancer, diabetes, depression, heart disease, obesity, and more. She continues promoting a natural lifestyle through avenues such as her weekly radio show on HayHouseRadio.com. Website: TheEarthDiet.com --This text refers to an out of print or unavailable edition of this title.

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What people say about this book

A D, "Start your long-term transformation. Looking for a long-term transformation? If so this lean and green cookbook written by Hillary cook can be the answer. She is put together 200 recipes that are delicious affordable and very easy to recreate. You spend the shortest time cooking. She also laid out a meal plan to follow. I have to do is go shop and the rest is done for you. There's even an app that you can download and use to track your meals."

Patricia Ford, "Lean and Green Diet Cookbook. I liked this cookbook because of the variety of recipes. There is a good selection of dishes that can rival my favorites. Also, the author provides the backstory of the Lean and Green meal kits but you can always make these dishes yourself"

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