



# **Clean Eating: A Beginners Guide To Losing Weight Fast And Easy By Eating Clean (Eating clean, Clean Eating, Clean Eating Meal, Clean Eating Guide,)**

*Mary Clarkshire*

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## **DISCOVER: A Beginners Guide To Losing Weight Fast And Easy By Eating Clean**

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It would probably surprise you to know that eating clean is a pretty new concept. It is something that most people don't think much about, because their diets consist generally of eating foods that are easy and fast so that they can enjoy having more time to themselves. The problem is that these foods have a lot more issues than the average person would think about, because the things that make clean foods not-so-clean are the added ingredients.

When a food is packaged and processed to have a long shelf life, this usually means that there are a lot of added chemicals that go into making these foods. Normally, fresh food only stays good for a certain amount of time, within the range of days to weeks, and in certain rare occasions, months. However, when food is processed to last a long time on a supermarket shelf, the reason for this is because a lot of things are added into the foods.

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