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Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best PDF



by Editors of Martha Stewart Living : **Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best**

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Description :

PDF-95286 | More than just a cookbook, New York Times bestselling Clean Slate is the complete go-to guide for boosting your energy and feeling your best. It's time to hit the reset button. This book emphasizes eating clean, whole, unprocessed foods as part of a primarily plant-based diet, with delicious and healthy recipes that make it easy to do just that. Refreshing juices and smoothies, savory snacks, pro... *Clean Slate: A Cookbook and Guide: Reset Your Health, Detox Your Body, and Feel Your Best*

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