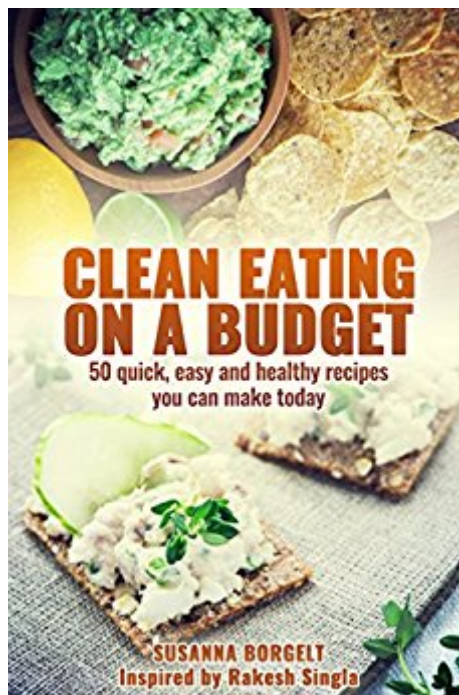




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# Clean Eating On A Budget: 50 Quick,easy And Healthy Recipes You Can Make Today



## Synopsis

Clean Eating on a Budget-50 quick, easy and healthy recipes you can make today  
Need a simple guideline how to make clean eating work for you?  
Ever wondered, “What exactly IS clean eating in Today’s world?”  
“What can I make with simple ingredients that are easy to find?”  
This book has ALL the answers. This book takes you step by step through what clean eating really is, how to change to a clean eating diet in an easy manner, what you need to know about the health benefits of clean eating, and how to make simple, delicious recipes you can throw together and enjoy all day, everyday.  
Table of Contents  
Chapter 1 - How To Use This Book To Get Clean  
Chapter 2 “Why Clean Eating Transcends Health Fads”  
Chapter 3 “Meat Is Messier Than You Might Think”  
Chapter 4 “7 Ways Eating Clean Transforms Your Body From The Inside-Out”  
Chapter 5 “A Plan To Clean Eating In 3 (Inexpensive!) Steps”  
Chapter 6 “9 Mighty Meal Makers Will Replace Your Old Go-To’s”  
Chapter 7 “53 Fast, Simple Recipes That Will Fill You Up”  
Chapter 8 “About The Author: A Healthy Foodie Inspired By Travel And International Cuisine”  
So What Are You Waiting For? Your Body Needs This. Scroll Up And Click That “Buy” Button and Get Some Great Clean Eating Knowledge (And Yummy Food!) Inside You!

## Book Information

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## Customer Reviews

It is one of the best books I've read so far on clean eating, and wanting to change my eating habits I felt could be expensive this book breaks down those barriers.

its ok

It has very good recipes so yes it does meet my expectations

Fun and information filled. My child loves learning new facts.

Pros: The clean eating hacks are excellent tips. The recipes look delicious, and I am definitely going to try some of them. I also like how she suggests easing into clean eating by starting with your snacks and then going meal by meal instead of trying to jump in too much too soon. Cons: The book is about eating on a budget, but the suggestions for getting organic fruits and vegetables don't seem to be cost-cutting. Getting involved in a food coop is a great way to ensure the freshest produce, but it's not cheap, and there are a number of places where that is just not an option. Right from the start she advocates a vegan lifestyle. Since I live in a house full of carnivores (and am one myself), that made me skeptical from the start. I also wish I would have had some other protein ideas since my family does not like tofu and one of my sons has a tree nut allergy. My conclusion: This is a good companion tool for some recipes that could add great flavors to your meals, and the hacks can make it easier to prepare clean meals. But unless you're interested in a vegan lifestyle, this book will have limited use for you.

Reading Clean Eating on a Budget was like sitting in my kitchen with a close friend and listening to her tell me about this new diet she likes and why I should try it. Borgelt was easy to understand with a conversational style. There wasn't a lot of science in her book so if you are looking for the mechanics behind clean eating you might need to look elsewhere. I went into this book with an understanding of nutrition and how my body functions. Reading Clean Eating on a Budget was a great motivation to eat right. The recipes are easy to follow and the format is visually appealing. I'm

excited to try the Faux Pho recipe. My biggest take away from Borgelt's insight is to work on one thing at a time. My first step is to make all my snacks and my children's snacks clean. I personally find it harder to change my children's diets than my own. Here's to a new year of eating clean.

With my dear OH being hospitalized twice with two rounds of REHAB this year instead of both of us now being able to enjoy our retirement years I'm more than ever interested in watching what we need and am constantly looking to review books which might help me in this endeavor; which is why I happy was able to get a PDF file of this author's book. The following is my honest opinion of it. The author has written this book from the inspiration she had received from Rakesh Singla. According to the author Rakesh Singla is a coach who can help you grow, starting with how you look at and choose food. He has worked with and studied under many doctors and nutritionists to become an expert on food, diet and all things nutrition. Most of all, he is a MS [Muscular Dystrophy] survivor of which there is no known cure in medical science. I found this book to be quite informative as it gives its readers the way clean eating can help transform themselves to a healthier individual. Ms. Borgelt gives us sensible substitutes to what we would normally use on a daily basis, as well as giving numerous recipes for her readers to try. In order to attract more potential readers from the intended audience of this book, I feel the author should have indicated the vegan nature of the book in her [original] description of it. For wanting to give her readers a healthier lifestyle I'm giving this book 4 STARS.

Okay, I was a bit skeptical, but after reading through Susanna's book and looking at all the wonderful recipes I love it. As a single, mature (take that for what it's worth), vegetarian this is perfect for me. Quick, easy meatless recipes that are not only tummy appealing but eye appealing also. I have also passed this on to my eldest daughter, who at 31 has recently been diagnosed with an aggressive form of MS. She is mostly vegetarian and my 14 yr. old grandson is completely. The preface of the book describes how she was inspired to write the book due to Rakesh Singla, who is a doctor in Naturopathy. Based on his dietary theories and his winning over his own battle with MS, Susanna put together this amazing book to help others not only eat better, but to do so inexpensively. A boon in this day and age with our economy. Well done.

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