



Clean Eating Cookbook 2 - 50 Clean Eating Recipes for Wellness, Weight Loss, & Busy Families on the Go! (Healthy Choice Cookbook - Recipe Books -)

Karla Sutherland

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Transform your life by eating clean foods!

The Clean Eating Cookbook Series is for everyone who seeks health and wellness through a proper a diet.

This health conscious recipe book delivers a variety of 50 healthy, easy to prepare, and delicious, recipes that promote clean eating for vitality and optimum health!

There is a little something that everyone can enjoy!

Take a Look!

**Tofu in Mint Paste (serves 3) Corn and peas sandwich (serves 3)
Sweet corn sandwich (serves 2) Spicy sweet potato sandwich (serves 3)
Chickpea kebab sandwiches (serves 2) Yummy potato sandwich (serves 3)
Healthy soya sandwiches (serves 2) Mushroom and spinach sandwich
Aubergine sandwich Peanut butter and banana sandwich (serves 2)
Schezwan chili potato sandwich (serves 2)
Tomato Pancake sandwich (serves 2) Smoked egg-plant sandwich**

(serves 3) Tofu tikka sandwich (serves 2) Grilled macaroni and spinach sandwich (serves 3) Pineapple and mushroom Sandwich (serves 3) Bean Burger (serves 3) Caramelized Onion and mushroom sandwich (serves 2) Grilled Chocolate sandwich (serves 2) Vegetable schezwan noodle sandwich Spicy Avocado Sandwich (serves 2) Bell peppers in balsamic vinegar (serves 2) Grilled Tofu in Barbecue sauce (serves 2) Kale and mushroom sandwich (serves 3) Jackfruit Sandwich Banana Oatmeal Smoothie Makes 2 glasses Rosemary Potatoes Makes 4 servings Breakfast Pudding Makes 4 servings Fruit salad and mixed nuts Makes 1 serving Veggie breakfast wrap Makes 1 serving Vegan Muesli Makes 28 servings Lunch Recipes Avocado Tacos Barley Beans with Mushrooms Makes 6 servings Vegan Chili Makes 4 to 6 servings Sweet Potato Minestrone Makes 6 servings Bean Soup Makes 6 servings Lettuce Wrap Makes 8 wraps Lentil Soup Makes 6 servings Roasted Brussels sprouts Makes 6 Servings Lemony Cucumber and Peanut Salad Makes 4 servings Spinach and black bean lettuce wrap Sprouted Lentil Salad Makes 6 servings Refried Fat Free Beans Makes 15 servings Grilled Mushrooms and Veggies Makes 4-5 servings Paleo Sweet Potato with Kale Salad Makes 3 servings Baked Potato Sticks Makes 8 servings Roasted Purple Cauliflower soup Makes 4 servings Kale smoothie Makes 1 serving Potato and Spinach Pie Makes 3-4 servings Nut Patties Makes 4 servings

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Nancy Sena:

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