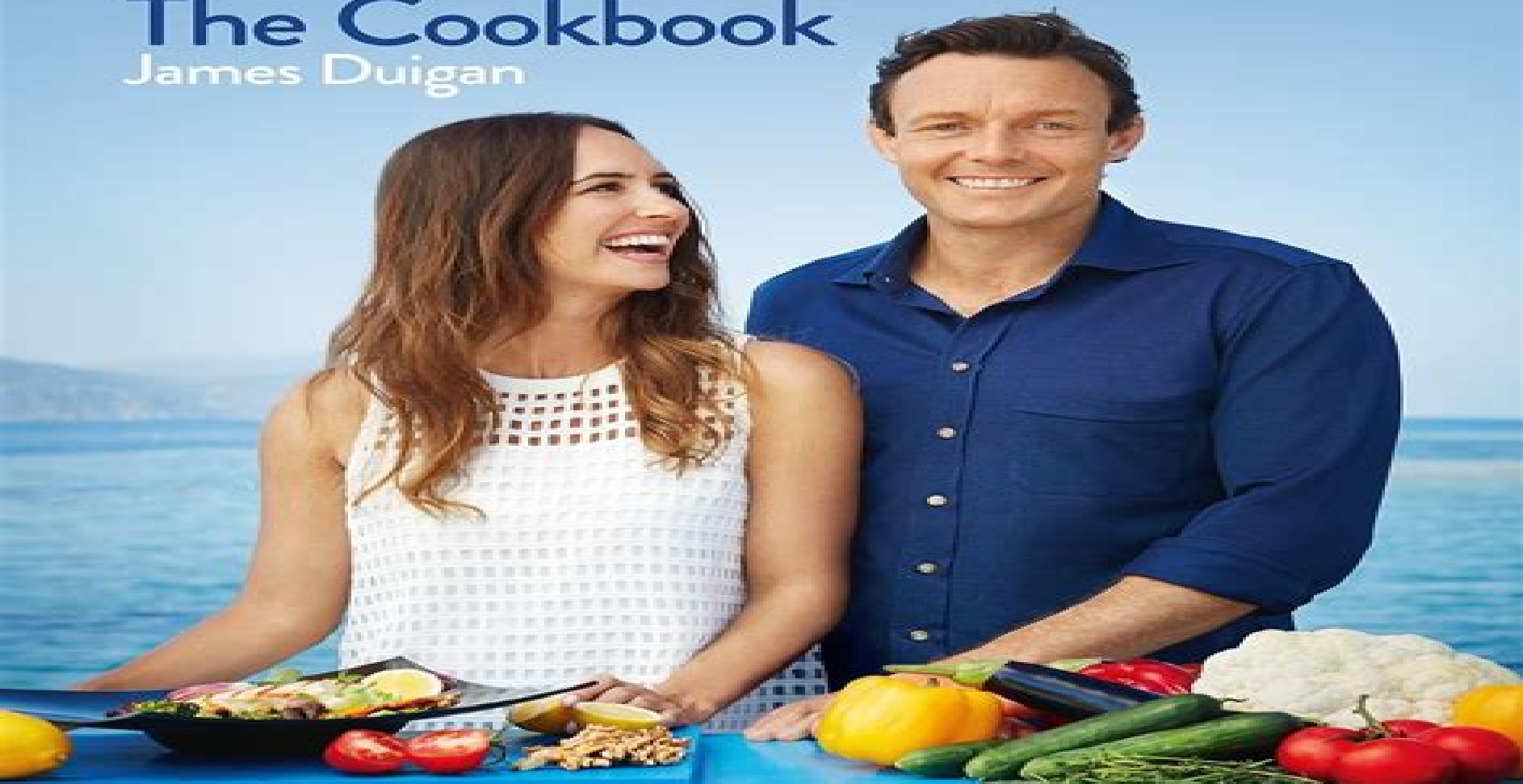


CLEAN *and* LEAN FOR LIFE

The Cookbook

James Duigan



150 DELICIOUS RECIPES FOR A HAPPY, HEALTHY BODY
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Clean and Lean Diet Cookbook James Duigan, 2012 Continuing James Duigan's Clean Lean philosophy this inspirational new cookbook illustrates what you should be eating to keep your body in its best ever shape Starting with breakfasts to kick start your day the healthy way it takes you through lunch and dinner with ideas for quick easy meals that won't impact on your waistline With James's trademark Bad better best columns there is also advice on the healthiest choices when eating out at a variety of locations from a romantic meal at your favourite Italian to your popping out to your local deli at lunchtime A chapter of Cheat Meals with ideas for your weekly indulgence also means you can eat well without feeling deprived of your favourite treats Packed with personal recipes from James's celebrity clientele this book will show you how to cook your way to staying Clean Lean for good

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