



## Eating Alkaline: 50 Easy Recipes for Clean and Healthy Eating to Naturally Trim Excess Fat (Eating Clean)

By Sophie Barnes

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There are millions of unhealthy diet fads out there- some even tell you that you can eat everything and anything you want as long as you stop eating at a certain time period. The last time I checked, our stomachs cannot tell time so how does that concept even work? It doesn't. Rather than a strange fad diet, the Alkaline diet takes the way that the body breaks down foods (whether they form acid or are more ph neutral during digestion) and then helps you make decisions that avoid those foods that are harmful and acidic. A special note here: this has nothing to do with their ph before digestion so you can eat citrus fruits.

In this book you will learn the basics of the alkaline diet but even if you choose not to follow that particular diet you will learn some healthy, delicious recipes for foods that your entire family will enjoy. You will also learn the basics of food combining so that you can eat small amounts of the acid foods without derailing your efforts.

#### **You will also learn:**

- *Quick and easy breakfasts designed to get your metabolism roaring for the entire day, even on your busiest morning.*
- *Snacks that can double as small meals if you would like.*
- *Interchangeable lunch and dinner items that can be mixed and matched to create your own personal and exciting recipes as you go.*

This is clean eating without the guilt. This is great eating without the worry. This is healthy without counting calories, figuring grams of this or that and without eating air and gritting your teeth in starving agony. This is about real food. It's about bright and vibrant foods for a bright and vibrant life and a happy, healthy you.



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