

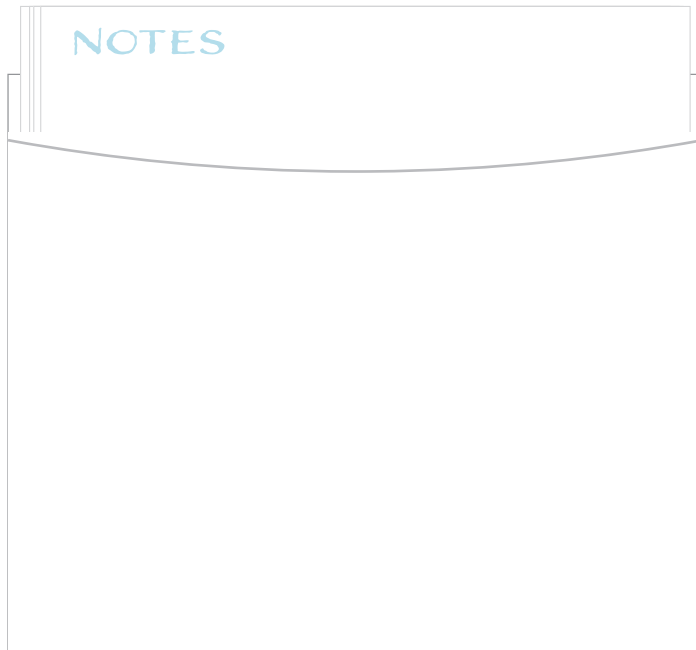
Thorn Malow & Anthony Galloway


Eating Clean Made Easy

HOW TO USE THE POWER OF WHOLE FOODS
TO HELP YOU STAY HEALTHY

 SONOMA PRESS

The greatest success in eating clean comes when you are able to have meals you truly enjoy. In an effort to support you along your journey we have provided you some sticky notes and encourage you to adjust our recipes according to your tastes.





Thorn Malow & Anthony Galloway

Eating Clean Made Easy

HOW TO USE THE POWER OF WHOLE FOODS
TO HELP YOU STAY HEALTHY

 SONOMA PRESS

Contents

5 Introduction

7 Breakfast

- 9 Power Packed Oatmeal
- 11 Egg Salad Sandwich
- 13 Cereal Redesigned
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings

21 Snacks

- 23 Carrots w/ Personality
- 25 Energy Balls
- 27 DIY Granola
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon Bananas

39 Lunch

- 41 BLT Egg Buns
- 43 Stuffed Peppers
- 45 Spicy Hummus Veggie Wrap
- 47 Coconut Shrimp
- 49 Guilt-less Pizza Cups
- 51 Buddha Bowl
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

59 Dinner

- 61 Clean Steak Stir Fry
- 63 Coconut Curry
- 65 Pasta Primavera
- 67 Thai Shrimp Salad
- 69 Chipotle Chicken Skewers
- 71 Chicken Soup from Scratch
- 73 Tangerin Stir Fry
- 75 Salmon Bowl
- 77 Rosemary Pork
- 79 Cauliflower Parm
- 81 Turkey Delight
- 83 Garlic Shrimp

85 Side Dishes

- 87 List of Easily Sauteed Veggies
- 91 Fancy Squash
- 93 Fried Rice Done Right
- 95 Zucchini Boats
- 97 Garlic Parm Cauliflower
- 99 Decked Out Brussel Sprouts
- 101 Garlic Lemon Asparagus
- 103 Herbal Potatoes

105 Dessert

- 107 Coconut Cookie Clusters
- 109 Sour Grape Candy
- 111 Guilt-less Cookies
- 113 Zucchini Brownies
- 115 Dark chocolate Almond Bark

117 Index

- 119 By Dietary Preferences
- 109 By Ingredients



Introduction

Et et quo bearci ipsame nos asit lab ium uta volum faccusdae repudia simincia accuptae velluptat lique invelis volore anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae sa evendae rchitio venisit iistrum verum ini quae rehenda mendund undae. Udis necae. Et verumqu iscime senihilis aut verorem as sam ius voluptat res illo vel evel iumquia.

Optaquiduci re, que vellaut ut pratas volestrum incimaio. Ut fuga. Oresequo evellupti cum receptatur aut repeliam ium excest, cullam nim dolorem quia destiam enihicatur aut que eium que rersperum quisque am verchil lupiet accum faccab inverum que nim quatur, quodignis endam labo. Soluptur, sinimodit dollore nam aut voluptati voloremquas id molupta quamendiciis de recatem fugiaer chicto quidel modit exped ex earum am et eic tem repudam, solestr uptatibus voluptas maximaior abor seque et estotatiam ulles sum, optat rem que volorat ioruntia di offictotas quidi del el incidis quidebis doluptas im nihillor sinus aut exeri aliae pra que peribus.

Em et acerfer namenda eumet ipite cus sinverf erchili gnistisqui consed explit quod ex enihicianda sunt explicia volut velluptas mossund amusaeece pore volent minciditiosa pa volore vel illent, quam, eicat aut imaio qui sitam ullaut et voluptat utempore latur aciis aligendus et quo berat quiasped ut etur? Poribus temporem ulparci atquis niendipsam, quiaspi ctempelecti invelesti ditas modit, corporehendi arum veressit ullique im quam, tectem quat porpor moluptatem es volum harum quatque dolorro molorer natempo reperios quatque officii.

Lorem ispum eteore:



Diary
Free



Gluten
Free



Nut
Free



Vegan



Vegetarian

Breakfast





Power Packed Oatmeal



Et et quo bearci ipsame nos asit lab ium uta volum faccusdae repudia simincia accuptae velluptat lique invelis volore anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae sa evendae rchitio venisit iistrum verum ini quae rehenda mendund undae. Udis necae. Et verumqu iscime senihilis aut verorem as sam ius voluptat res illo vel evel juyker.

Ingredients

2 cups	Dolore Magna
1 cups	Aliquam
1/2 tbs	Exerci Tation
1/4 cups	Nostrud
1 tbs	Nulla

Instructions

1. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt.
2. Uut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.
3. Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit augue duis dolore te feugait nulla facilisi.
4. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.
5. Lorem ipsum dolor sit amet, consectetur elit, sed diam nonummy nibh euismod.
6. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum iriure dolor in hendrerit vulputate velit esse molestie consequat, vel illum dolore eu feugiat.

Recommended Sides Dishes

DIY Granola	pg 27
Papaya Smoothie	pg 29
No Bak Muffins	pg 31



Egg Salad Sandwich



Nos velis volere anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae. Senihilis aut verorem as sam ius voluptat res illo vel evel iumquia

Ingredients

2	Enim
2 cups	Consequat
2 cups	Ecumsan
1/2	Autes
1/4 cups	Ipsum
1 tbs	Nulla
Pinch	Wisi

Instructions

1. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt.

2. Duis autem vel eum iriure dolor in hendrerit in vulputate velit molestie consequat, vel illum dolore.

3. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

4. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros.

Recommended Sides Dishes

Cereal Redesigned pg 13

Papaya Smoothie pg 29



Cereal Redesigned



Nos velis volore anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae. Senihilis aut verorem as sam ius voluptat res illo vel evel iumquia

Ingredients

2	Enim
2 cups	Consequat
2 cups	Ecumsan
1/2	Autes
1/4 cups	Ipsum
1 tbs	Nulla
pinch	Wisi

Instructions

1. Laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exercitation ullamcorper suscipit.
2. Tiure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore.
3. Enim ad minim veniam, quis nostrud exercitation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.

Recommended Sides Dishes

Muffins Done Right pg 20

Berry Blast Smoothie pg 22

Snacks





Carrots with Personality



Nos velis volore anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae. Senihilis aut verorem as sam ius voluptat res illo vel evel iumquia

Ingredients

6	Minim
1/4 tbs	Consequat
1/2 tbs	Pliuts
1 tps	Ipsum

Instructions

1. Laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper.
2. Tiure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore.
3. Enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat.
4. Suscipit lobortis nisl ut aliquip ex ea commodo consequat. Enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit. Ad minim reyst, quis trud exeorper.
5. Operum ut dolorectur aperchil inctate sequibusae ipsum volo consequae volor seditatectia volupta et prerspinihit, ut etum estiis nimuscient, sin cim reped et alit lia doluptatem ipsandi officiet dolume.
6. Rum que eum ea verferferis consectessim rem autatio nsectem non reitur as evercip icaectotatia volorum volesed quiae nest aces venim illesequi ut et equas voluptas nitium ut latio dolecus quas aut que liandipiciam rerferfero is mosantior aborept iostota quaturerci audandae enis aut que velis evero ipsandae litat.

Recommended Dishes

Spicy Hummus Veggie Wrap	pg 45
Plant Based Sushpg	pg 55
Rosemary Pork	pg 77
Turkey Delight	pg 81



Energy Balls



Testiis nimuscient, sin cum reped et alit lia doluptatem ipsandi officiet dolome nimi. Velis volore anim inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae. Senihilis ius voluptat res illo vel evel iumquia. estiis nimuscient, sin cum reped et alit lia doluptatem ipsandi officiet dolome nimi.

Ingredients

6	Minim
1/4 tbs	Consequat
1/2 tbs	Pliuts
1 tps	Ipsum

Instructions

1. Veniam quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut.
2. Aiquip ex ea commodo consequat uscipit lobortis nisl ut aliquip ex emodo. Welut quis trud execorper.
3. Dolorectur aperchil inctate sequibusae ipsum volo consequer volor seditatectia volupta et prerspinihit, ut etum estiis nimuscient, sin cum reped alit lia doluptatem ipsandi officiet dolome nimi.
4. Ea verferferis consectessim rem autatio nsectem non reitur as evercip icaectotatia.
5. Olorum volesed quiae nest aces venim illesequi ut et eaquas voluptas nitium ut latio dolecus quas aut que liandipiciam rerferfero.
6. Ip mosantior aborept iostota quaturerci audandae enis aut que velis evero ipsandae litat.

Recommended Dishes

Muffins Done Right pg 20

Berry Blast Smoothie pg 22



DIY Garnola



Inctoribust, to coreium as esti il et adis exerro es enis dolupie ndandenisci que remquam a et et, essequisitat praes et, quamend ebitatus il invendit, quaecerum ipsae. Senihilis aut verorem as sam ius voluptat res illo vel evel iumquia. estiis nimuscient, sin cum reped et alit lia doluptatem ipsandi officiet dolume nimi.

Ingredients

6	Minim
1/4 tbs	Consequat
1/2 tbs	Pliuts
1 tps	Ipsum

Instructions

1. Veniam quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut. Et duciasima nulluptur renturis explaborio consequae voluptatem escipsae enis ditem reritia quibus est porit eos mo eius aut lanit laceriate aliberum facestrum.
2. Aiquip ex ea commodo consequat uscipit lobortis nisl ut aliquip ex ea commodo.
3. Dolorectur aperchil inctate sequibusae ipsum volo consequae volor seditatectia volupta et prerspinihit, ut etum estiis nimuscient, sin cum reped alit lia doluptatem ipsandi officiet dolume nimi.
4. Ea verferferis consectessim rem autatio nsectem non reitur as evercip icaectotatia. Nulluptur renturis explaborio consequae voluptatem escipsae enis. Vit, erro molo duciasima nulluptur renturis explaborio consequae voluptatem escipsae enis ditem reritia quibus est porit eos mo
5. Olorryum volesed quiaae nest aces venim illesequi ut et eaquas voluptas nitium ut latio dolecus quas aut que liandipiciam rerferfero.
6. Ip mosantior aborept iostota quaturerci audandae enis aut que velis evero ipsandae litat. Ic te conet occaborepror sequam alibus qui ullupis idit.

Recommended Dishes

Berry Blast Smoothie pg 17

Cranberry & Apple pg 53
Quinoa Salad



7. Tem vit, erro molo duciasima nulluptur renturis
explaborio consequae voluptatem escipsae enis
ditem reritia quibus est porit eos mo quat aut lanit.

8. laceriate aliberum facestrum fuga. Itas atia
is dempos accatiu sanihillendi necaecus, expe
soluptatur aut porendeliti dolectu restint everit qui
explab ium litisi cus as porerum haris.

Index



Dietary Preferences

Dairy Free

Breakfast

- 11 Egg Salad Sandwich
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings

Snacks

- 23 Carrots w/ Personality
- 25 Energy Balls
- 27 DIY Granola
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon BananasApple

Lunch

- 41 BLT Egg Buns
- 43 Stuffed Peppers
- 45 Spicy Hummus Veggie Wrap
- 47 Coconut Shrimp
- 51 Buddha Bowl
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

Dinner

- 61 Clean Steak Stir Fry
- 63 Coconut Curry
- 65 Pasta Primavera
- 67 Thai Shimp Salad
- 69 Chipotle Chicken Skewers
- 71 Chicken Soup from Scratch
- 73 Tangerin Stir Fry
- 75 Salmon Bowl
- 77 Rosemary Pork
- 81 Turkey Delight
- 83 Garlic Shrimp

Side Dishes

- 87 List of Easily Sauteed Veggies
- 91 Fancy Squash
- 93 Fried Rice Done Right
- 95 Zucchini Boats

- 99 Decked Out Brussel Sprouts
- 101 Garlic Lemon Asparagus
- 103 Herbal Potatoes

Desserts

- 107 Coconut Cookie Clusters
- 109 Sour Grape Candy
- 111 Guilt-less Cookies

Gluten Free

Breakfast

- 9 Power Packed Oatmeal
- 13 Date & Citrus Yogurt Bowl
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings*

Snacks

- 23 Carrots w/ Personality
- 25 Energy Balls
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon Bananas

Lunch

- 41 BLT Egg Buns
- 43 Stuffed Peppers
- 45 Spicy Hummus Veggie Wrap
- 47 Coconut Shrimp
- 49 Guilt-less Pizza Cups*
- 51 Buddha Bowl
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

Dinner

- 61 Clean Steak Stir Fry
- 63 Coconut Curry
- 65 Pasta Primavera*
- 67 Thai Shimp Salad
- 69 Chipotle Chicken Skewers
- 71 Chicken Soup from Scratch
- 73 Tangerin Stir Fry

* indicates minimal substitutions to accomodate dietary preferences

- 75 Salmon Bowl
- 77 Rosemary Pork
- 79 Cauliflower Parm
- 81 Turkey Delight
- 83 Garlic Shrimp
- 77 Rosemary Pork
- 81 Turkey Delight
- 83 Garlic Shrimp

Side Dishes

- 87 List of Easily Sauteed Veggies
- 91 Fancy Squash
- 93 Fried Rice Done Right
- 95 Zucchini Boats
- 97 Garlic Parm Cauliflower
- 99 Decked Out Brussel Sprouts
- 101 Garlic Lemon Asparagus
- 103 Herbal Potatoes

Desserts

- 107 Coconut Cookie Clusters
- 109 Sour Grape Candy
- 111 Guilt-less Cookies
- 115 Dark chocolate Almond Bark

Nut Free

Breakfast

- 9 Power Packed Oatmeal*
- 11 Egg Salad Sandwich
- 13 Date & Citrus Yogurt Bowl
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings*

Snacks

- 23 Carrots w/ Personality
- 29 Papaya Smoothie
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon Bananas

Lunch

- 41 BLT Egg Buns
- 43 Stuffed Peppers
- 45 Spicy Hummus Veggie Wrap
- 49 Guilt-less Pizza Cups
- 51 Buddha Bowl
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

Dinner

- 61 Clean Steak Stir Fry
- 65 Pasta Primavera
- 69 Chipotle Chicken Skewers
- 71 Chicken Soup from Scratch
- 73 Tangerin Stir Fry
- 75 Salmon Bowl
- 77 Rosemary Pork
- 79 Cauliflower Parm
- 81 Turkey Delight
- 83 Garlic Shrimp

Dessert

- 109 Sour Grape Candy
- 113 Zucchini Brownies

Vegan

Breakfast

- 9 Power Packed Oatmeal
- 13 Date & Citrus Yogurt Bowl
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings

Snacks

- 23 Carrots w/ Personality
- 25 Energy Balls
- 27 DIY Granola
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon Bananas

Lunch

- 45 Spicy Hummus Veggie Wrap
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

Dinner

- 63 Coconut Curry
- 65 Pasta Primavera
- 79 Cauliflower Parm
- 81 Turkey Delight
- 83 Garlic Shrimp

Vegatarian

Breakfast

- 9 Power Packed Oatmeal

* indicates minimal substitutions to accomodate dietary preferences

- 13 Date & Citrus Yogurt Bowl
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings
- 29 Papaya Smoothie

Snacks

- 23 Carrots w/ Personality
- 25 Energy Balls
- 27 DIY Granola
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 33 Sweet Potato Chips
- 35 Pan Fried Cinnamon Bananas

Lunch

- 45 Spicy Hummus Veggie Wrap
- 47 Coconut Shrimp
- 49 Guilt-less Pizza Cups
- 51 Buddha Bowl*
- 53 Cranberry & Apple Quinoa Salad
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps

Dinner

- 63 Coconut Curry
- 65 Pasta Primavera
- 67 Thai Shrimp Salad
- 75 Salmon Bowl
- 79 Cauliflower Parm
- 83 Garlic Shrimp

Side Dishes

- 87 List of Easily Sauteed Veggies
- 91 Fancy Squash
- 93 Fried Rice Done Right
- 95 Zucchini Boats
- 97 Garlic Parm Cauliflower
- 99 Decked Out Brussel Sprouts
- 101 Garlic Lemon Asparagus
- 103 Herbal Potatoes

Desserts

- 107 Coconut Cookie Clusters
- 109 Sour Grape Candy
- 111 Guilt-less Cookies
- 113 Zucchini Brownies
- 115 Dark chocolate Almond Bark

Ingredients

A

Almonds

- 9 Power Packed Oatmeal
- 15 Muffins Done Right
- 19 Toast w/ Toppings
- 25 Energy Balls
- 27 DIY Granola
- 67 Thai Shimp Salad
- 115 Dark chocolate Almond Bark

Apple

- 53 Cranberry & Apple
Quinoa Salad

Apricot

- 9 Power Packed Oatmeal
- 13 Date & Citrus Yogurt Bowl
- 19 Toast w/ Toppings
- 29 Papaya Smoothie

Arugula

- 11 Egg Salad Sandwich
- 19 Toast w/ Toppings
- 53 Cranberry & Apple
Quinoa Salad
- 55 Plant Based Sushi
- 81 Turkey Delight
- 91 Fancy Squash

Asparagus

- 101 Garlic Lemon Asparagus

Avacados

- 19 Toast w/ Toppings
- 41 BLT Eggs Buns
- 45 Spicy Hummus Veggie Wrap
- 51 Buddha Bowl
- 55 Plant Based Sushi
- 57 Loaded Lettuce Wraps
- 75 Salmon Bowl

B

Bacon

- 41 BLT Egg Buns
- 25 Energy Balls

Bananas

- 9 Power Packed Oatmeal
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings
- 25 Energy Balls
- 29 Papaya Smoothie
- 31 No Bake Muffins
- 35 Pan Fried Cinnamon Bananas
- 107 Coconut Cookie Clusters
- 113 Zucchini Brownies

Basil

- 43 Stuffed Peppers
- 45 Spicy Hummus Veggie Wrap
- 49 Guilt-less Pizza Cups
- 65 Pasta Primavera
- 79 Cauliflower Parm
- 95 Zucchini Boats

Beans

- 43 Stuffed Peppers

Beefs

- 61 Clean Steak Stir Fry

Bell Peppers

- 45 Spicy Hummus Veggie Wrap
- 51 Buddha Bowl
- 57 Loaded Lettuce Wraps
- 61 Clean Steak Stir Fry
- 65 Pasta Primavera
- 81 Turkey Delight
- 87 List of Easily Sauteed Veggies

Blackberries

- 9 Power Packed Oatmeal
- 13 Date & Citrus Yogurt Bowl
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings
- 29 Papaya Smoothie

Blueberries

- 9 Power Packed Oatmeal
- 15 Muffins Done Right
- 17 Berry Blast Smoothie
- 19 Toast w/ Toppings

It's not about cutting out your favorite dishes.

It's about finding ways to make them more nutritional.

We promise it's easier than it sounds. Usually, our favorite foods are filled with empty calories, inflammatory-inducing preservatives, chemicals, and who knows what else. But a few simple swaps and incorporating more fresh produce can go a long way in creating a healthier life. The hardest part?

Figuring out what to make...and that's where we come in.

After a pretty frightening health scare following Anthony's 26th birthday, we both were determined to make changes that would help us avoid any more stays in the world's worst hotel (the hospital). So we started dedicating a lot of time to getting creative in the kitchen and researching the benefits of different foods and what our bodies need (and need to avoid) in order to thrive.

Please connect with us and share your #eatingcleanjourney



@Eatingcleanmadeeasy

@Thornmalow @Anthonygaloway

 SONOMA PRESS

\$19.99

Book Design: Taryn McManus

ISBN 978-1-78280-808-4



9 781782 808084

www.eatingcleanmadeeasy.com