

Eat Clean Live Lean Art Greens Healthy Action Plan

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He tried out several different ways of eating before settling on paleo as the ideal nutrition. He now runs Clean Paleo with two friends, selling paleo products. In Eat Clean, Live Lean Art explains that the paleo diet is essentially about eating fresh, unprocessed food. He shares his daily nutrition plan with 30 great recipes plus the key exercises that anyone can do to keep strong and fit.

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natural foods that optimize our body for FASTER weight loss, MORE energy, and OVERALL better hormonal balance. Burning off that ugly fat (and keeping it off for good) is all about balancing the body's insulin hormone.

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