



# Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You

By Alice Liveing

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## Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You By Alice Liveing

Instagram sensation Clean Eating Alice shares 8 new recipes and a HIIT workout in this new e-book to help you get into shape for Spring. Full of sound advice that will appeal to her legions of fans.

Spring is a great time to make some simple changes to your lifestyle – start with some easy swaps at mealtimes by trying out some of the recipes in this e-book. The lighter evenings are an excellent time to step up your exercise routine and get outside for some fresh air and activity.

Easter is a time of celebration that often involves family and food and lots of chocolate Easter eggs. It isn't a time of year typically associated with clean eating and restraint. But it doesn't have to be like that! In this book, I give you some simple ideas to change your diet for the better and there are even some treats so you don't feel you are missing out on all the Easter fun..

This e book gives you:

8 simple, healthy recipes for breakfast, lunch, dinner and snacks.  
it shows you that eating clean means that you can still enjoy family favourites – such as pancakes and roast dinners with a twist.

A bespoke HIIT workout, that requires no equipment at all, and can be done at home, to help you feel healthier, fitter and more energized.

So what's stopping you..refuel yourself with delicious nutritious food and embrace the clean eating way of life – you'll never have felt so good.

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### **Bibliography**

- Published on: 2016-03-24
- Released on: 2016-03-24
- Format: Kindle eBook



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