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## Clean Lean Diet: The Global Bestseller on Achieving Your Perfect Body (Paperback) - Common

*(author) James Duigan*

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**(author) James Duigan : Clean Lean Diet: The Global Bestseller on Achieving Your Perfect Body (Paperback) - Common** before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Lean Diet: The Global Bestseller on Achieving Your Perfect Body (Paperback) - Common:

0 of 0 people found the following review helpful. One of the best clean eating books aroundBy CustomerI love this book!!! It is so full of excellent information, recipes, meal plans and exercises! I'm so glad I bought this book. His ideas are straightforward and easy to follow. There is a 14 day detox plan to kick start your body. The recipes are simple, but not boring in any way. There is a lot of meat in the dishes, but there are vegetarian options. And you are even allowed cheat meals!! I didn't starve at all doing the detox, in fact at times I thought it was too much food and I felt great afterwards. I lost 5kg in the first month. I highly recommend this book2 of 2 people found the following review helpful. Want to lose weight and keep it off - read this book !By JC ExpatSimple, healthy, easy to follow, easy to stick to, and easy to make it your every day life.Whilst it says diet, I call it a lifestyle, and the Clean and Lean Lifestyle is fabulous in every way. The book is written succinctly in a friendly tone that engages you from page one.I have dismissed every other "diet" and "exercise" regime I have ever tried to follow, and adopted the Clean and Lean lifestyle so easily and happily, I wish I had of done it years ago.A wonderfully put together book by a very talented team of people who genuinely believe in what they do and are passionate about people being fit and healthy.2 of 2 people found the following review helpful. Not a diet, but a lifestyleBy JoanThis is a great book .Great menu ideas and

healthy easy to eat at home ideas. You can, if you put a little thought into it, eat at most restaurants without fear. I lost 10 pounds in less than 3 weeks, do not even think about sweets and feel that I want to be active not "have to" be active. My doctor recommended the book and she was oh so right on target.

A completely revised edition of the original book with: new cover and design throughout entirely new recipes and recipe photography new foreword by Elle Macpherson updated and expanded Bad, Better Best columns new contributions from James' celebrity clients Divided into two sections, it explains first how to get "Clean" by detoxing, and then how to get "Lean" by honing your body through a combin...