

Clean & Lean Read eBooks PDF English Ian K. Smith, M.D.



Clean & Lean download or read online Ian K. Smith, M.D. PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The Instant New York Times Bestseller

Eat clean, get lean!

Losing weight *can* be simple—get back to basics on your plate, harness the power of intermittent fasting for quick results, save time and money, and train your body to move, and the excess pounds will slip away.

The bestselling author of *SHRED* and *The Clean 20* cracks the code for all of us who live in the modern world where we've lost touch with what real food is—and how good it tastes—and what our bodies are designed to do. Dr. Ian wrote *Clean & Lean* to put what he knows about nutrition and physiology in one place, and to motivate you to:

--Use intermittent fasting to discover your optimal eating times each day

--Explore clean eating with 30 (!) fresh, real foods that you

can combine endlessly for meals and snacks

--Try his day-by-day 30-day diet plan that tells you just what to eat, while still giving you loads of options

--Get up and move: customized exercise plans for all fitness levels won't wear you out, but will energize you and accelerate your results

--Take off up to 15 pounds in 30 days!

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