
Clean Lean Diet Cookbook With A 14 Day Menu Plan

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Clean Lean Diet Cookbook With

The Bean Cookbook

Meat and Beans Group: Vary your protein routine; eat lean or low-fat Choose more beans (Wise food choices again) One-fourth cup cooked dry beans is a one-ounce serving of protein; a ½-cup serving is 2 ounces of lean protein Adults who eat 1,600 to 2,000 calorie diets should eat 5 to 5½ ounces of the lean meat and beans group daily

EAT YOUR - Mark Hyman

- Clean up your diet Choose organic, grass-fed and pasture-fed meats and wild, small and sustainably farmed fish
- Go organic Choose as much organic food as your budget allows See the top offenders at [www.ewg.org](#)
- Stay local Farmers Markets and CSA's are great opportunities to procure high quality fresh food