



# Healthy Eating Tips: Learn how to Eat Healthy in only 33 Steps!

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## Healthy Eating Tips: Learn how to Eat Healthy in only 33 Steps! C Elias

If you want to know in a quick easy way, **A GUIDE TO HEALTHY EATING** and what you should and shouldn't eat, then this book will set you straight.

In an easy to read format of 33 points, you will discover the differences in types of fat, meat, milk etc and all the good delicious foods you should be eating plus a list of all the foods you should be cutting back on or avoiding.

When you *start a healthy diet*, you will naturally lose the extra weight you have gained from unhealthy eating.

To help you on your way, you even get a shopping list to take to the supermarket!

If you want to **learn to eat healthy or lose weight naturally** then this is a handy book for your kitchen.

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