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Apr 21, 2012 \cdot 21 Day Clean Eating Detox Page. 5. Foods To Include In Your Detox: Fruits And Vegetables Should Be Organic As Much As Possible. If You Choose To Eat Animal Protein, It Should Come From A Clean Source (organic, Farm -raised, Free Of Hormones, Additives). Fish Should Be Cold Water And Wild 1th, 2024

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• ¼ Lean Protein • Moderate, Healthy Fats (use List Below To Determine) Composition: Eat A Protein, Carb And Fat With Each Meal And Snack . This Is Super Important And Will Keep Your Blood Sugar Stabilized And Keep You Satisfied After Meals. Use Lists Below As 1th, 2024

Eating Clean Diet Food List

Jun 18, 2021 · Paleo Diet: Eliminate Everything But Veggies, Meat, Fruit, And Nuts. Intermittent Fasting: Skip An Entire Meal! Keto Diet: Remove An Entire Macronutrient From Your Diet (carbs). Military Diet: Only Eat Specific Foods In

Certain Quantities. Plant-based Diet: Only Eat Foods 2th, 2024

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