

## [QUICK CLEAN EATING RECIPES](#)



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This is a super easy homemade clean eating chili recipe. You can be eating it 30 minutes after you start making it, that's how easy it is. You literally just throw everything in to a pot and cook it for 20 minutes until the flavors meld together.

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### **10 Easy Clean Eating Recipes for Quick Weeknight Meals**

With its focus on whole foods and fresh seasonal vegetables, the clean eating diet is a healthy way to go. Because clean eating relies mostly on unprocessed ingredients, the diet can also require a decent amount of prep-work, which makes it less convenient on busy weeknights.

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### **Quick Easy Clean Eating Magazine**

Cedar Plank Maple Dijon Salmon. Smoky planked salmon with butter-topped sweet potatoes looks fancy, but

this family-style dinner couldn't be easier.

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