



Sampler: Clean Eating Alice: Kick Start Your New Year

Alice Liveing

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Kick-start the new you with this e-short from Instagram sensation Clean Eating Alice. Featuring eight lean, healthy and delicious recipes and a HIIT work out to get your heart rate up and endorphins flowing, this e-book showcases Alice's healthy eating and exercise philosophy that has won her a legion of fans.

For Alice clean eating is all about developing a healthy relationship with food and she believes that everyone can make permanent changes to their body with the right combination of diet and exercise. Released ahead of her first full book, The Body Bible, with this e-short, let Alice help you take the first steps to looking and feeling great this year.

Sampler: Clean Eating Alice: Kick Start Your New Year Details

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Author : Alice Liveing

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From Reader Review Sampler: Clean Eating Alice: Kick Start Your New Year for online ebook

Brooke D says

Simple and Delicious!

The recipes are easy to follow and taste great. I also love the fact that they don't need any expensive or out-there ingredients. Well done!

Louise says

Great read

I have been following Alice on Instagram for a while now and have always found her posts inspiring so as you can imagine I jumped at the chance to get a copy of this ebook and I was not disappointed. It is well written, informative and realistic. I have certainly found the motivation I needed to get back into healthy eating after the festive period. I can't wait to get my copy of The Body Bible in May.
