



# Lean Diet: Get Lean and Clean with Delicious Lean Recipes

*Tanya Frieden*

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## **Lean Diet: Get Lean and Clean with Delicious Lean Recipes** Tanya Frieden

Lean Diet: Get Lean and Clean with Delicious Lean Recipes The Lean Diet book has recipes that support the lean diet. The lean diet is a diet in which is low in fat and low in unhealthy carbs. The idea behind the lean diet is to help aid the body to a more ideal weight level. Weight issues cause so many problems with health. Dieting is the best way to both lose weight and maintain a good weight level. The foods included in a lean diet are foods that help the body to lose excessive weight and fat and help the body to stay within a good weight range, but it is a lifestyle change. The Lean Diet book has three main recipe sections plus an informative introduction and a 5 day Sample Menu Plan. The Lean Diet Breakfast Recipes include Apple Cinnamon Green Smoothie, Baked Oatmeal, Breakfast Cookies, Fruity Coconut Oatmeal, Orange Banana Blueberry Smoothie, and a Very Berry Fruit Smoothie. The Lean Diet Soups, Salads, and Side Dishes include recipes such as Black Beans and Quinoa, Butternut Squash Soup, Ham Bean Soup, Spinach and Bean Soup, Tex Mex Soup, Hearty Vegetable Salad, Chicken and Pasta Salad, and Black Beans and Rice. The Lean Diet Main Dish Recipes section is the most comprehensive section with enough recipes to plan main dish meals for several weeks in advance. Enjoy these delicious recipes: Balsamic Chicken and Wild Rice, Beef Lentil Stew, Black Bean and Mushroom Chili, Chicken Taco Salad, Garlic Lemon Chicken, Healthy Taco Salad, Honey Pineapple Chicken, Lentil Stew with Tomato Curry, Roast Meal Loaf, Spaghetti and Meat Sauce, Spicy Sweet Salmon, Stuffed Chicken Breasts, Turkey Meal Loaf, Ziti, Tex Mex Chicken and Rice Casserole, Spinach and Black Bean Enchiladas, Spanish Rice Casserole, Seafood Quesadillas, Oven Fried Tilapia, Lean Lasagna, Hearty Homemade Chili, Goulash with Turkey, Citrus Orange Roughy, and Chicken Chili.

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