



Eat Naked: Unprocessed, Unpolluted, and Undressed Eating for a Healthier, Sexier You

Margaret Floyd

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Eat Naked with Margaret Floyd for a Sexier You

- Are you fed up with counting calories?
- Confused by all the diet hype?
- Want to eat delicious, real food and look and feel great?

Leading nutritional therapist Margaret Floyd's **Eat Naked** will help you strip away the overprocessed, overpackaged, and overdressed junk food from your diet. It's time to enjoy "naked" foods-whole foods that are fresh, organically grown, and prepared in ways that allow each food's naturally delicious flavors to shine through. In this book, Margaret shows you how to choose the nutrient-dense foods that will make you look and feel so gorgeous, you'll want to take it all off.

You'll discover new ways to prepare foods without sacrificing flavor and learn practical tips for eating within your budget. **Eat Naked** includes easy recipes for all sorts of delicious things you can feel good about eating and making for others. Once you see how great you look and feel when you eat naked, you won't want to eat any other way!

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