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The Healthy You Diet: The 14-Day Plan for Weight Loss with 100 Delicious Recipes for Clean Eating

Dawna Stone

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Even while competing on (and eventually winning) *The Apprentice: Martha Stewart*, Dawna Stone always knew that her first passion was health and fitness. She has gone on to gather thousands of loyal fans through her Healthy You Facebook group who are eager to follow her diet plan and cook from her clean eating program. *The Healthy You Diet* is a twofold volume that starts with a 14-day elimination plan that gradually (and easily!) helps readers kick sugar, wheat, dairy, processed foods, soda, red meat, and alcohol to the curb. Moving into the clean phase, Stone guides readers through a diet free of these foods in order to focus on nourishment and rejuvenation of the body. This clean phase will lead to successful and sustained weight loss and a resurgence of energy that keeps Stone's fans coming back for more long after they've achieved their weight-loss goals.

Stone provides more than 100 deliciously motivating recipes to keep the weight off in a healthy way. This book is everything fans need to jumpstart clean habits for life. With her motivating text and positive you-can-do-it attitude, Dawna Stone will get everyone up out of their weight-loss rut and excited to be in the kitchen.

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