



Clean Your Plate: Making healthy, simply delicious

Sharayah Colter

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Clean Your Plate is a cookbook and guide to making healthy, simply delicious. Authors Sharayah Colter and Shelly Sherrod have spent 10 years experimenting and developing recipes that are healthy, simple, delicious and budget-friendly, and now, they want to share them with as many people as possible. They believe strongly that eating healthy should not be a miserable experience, but an enjoyable one and one with many, many benefits. Whether readers are looking to slim down, to prevent disease or just to feel better and have more energy, Clean Your Plate can help make the trek to healthy eating simple and delicious with recipes built around the elimination of refined sugars, processed foods and chemicals.

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