

TOP 10

CLEAN EATING

RESOURCES

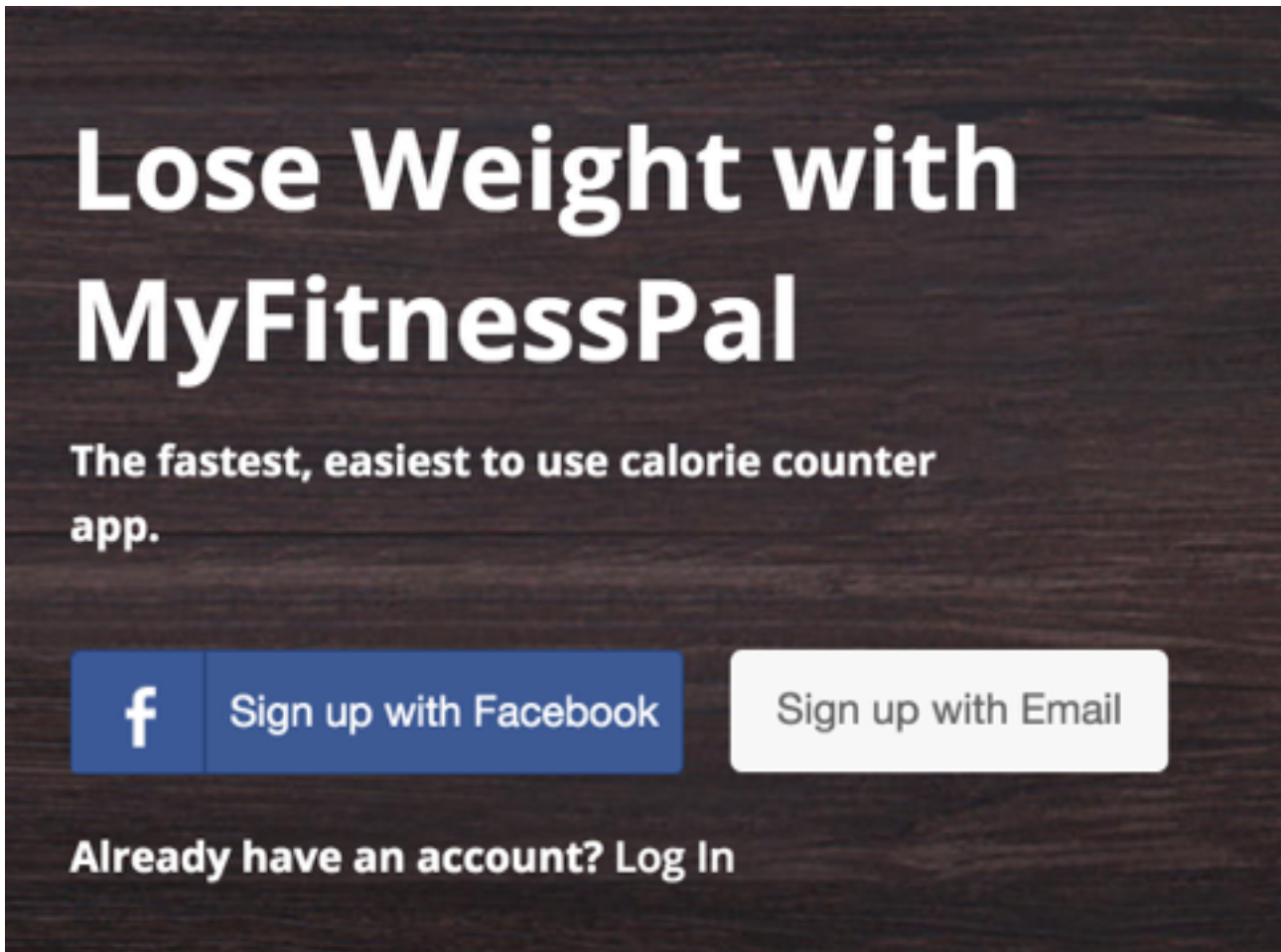
Inside you'll find:

- ✓ *Top tools*
- ✓ *Top forums and blogs*
- ✓ *Top tips and how to's*



1. My Fitness Pal

www.myfitnesspal.com



My Fitness Pal lets you track how many calories you are eating each day. It's extremely simple, you just input what foods you ate and they do the rest.

Put this on your "Favorites" as you'll want to visit it often.

2. epicurious

www.epicurious.com

epicurious

Epicurious is a great recipe site where you can find simple ideas that you may have never thought of before.

3. Fine Cooking

www.finecooking.com



An authoritative blog about cooking and baking.

4. All Recipes

www.allrecipes.com

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Let us inspire you!



Discover, save and share your favorite recipes when you join Allrecipes.

This is a great website which has almost every recipe you could ever think of.

5. Health.com

<http://www.health.com/health/gallery/0,,20341216,00.html>

20 Easy Meals for Families

Need some kid-friendly recipes that adults can eat too? The whole family will enjoy these healthy meals.



Health is an authoritative site in the niche and this is an article they wrote about 20 easy meals that you can cook for your family.

6. Southern Living

<http://www.southernliving.com/food/whats-for-supper/quick-and-easy-dinner-recipes>

107 Quick & Easy Dinner Recipes



These recipes will help you get a delicious dinner on the table in an hour or less.

This is a brilliant article on Southern Living about 107 quick and easy dinner recipes that you can on the table in under an hour.

7. Jamie Oliver

<http://www.jamieoliver.com/forum/>

The logo for Jamie Oliver, featuring the name "jamie oliver" in a lowercase, white, serif font centered on a solid teal rectangular background.

jamie oliver

Jamie Oliver's website and forum where you can chat with other food lovers.

8. Chow Hound

www.chowhound.com



Chow Hound is a food lovers heaven, it covers everything about all types of food and cooking.

9. WebMD

<http://www.webmd.com/diet/>



WebMD is the internet's best medical resource and this is a brilliant part on diet and managing your food healthily.

10. Eating Well

<http://www.eatingwell.com/>



Recipes & Menus

Healthy Cooking

Diet & I

This is a great website that can show you how you can eat tasty food and still be eating healthily.