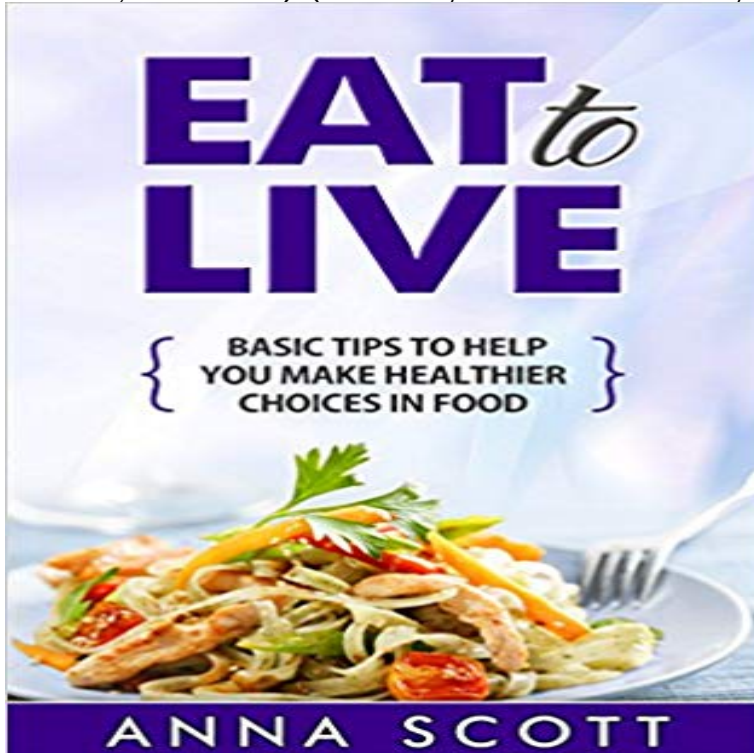


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you eat. The idea is to combine the clean eating lifestyle with an active life. **Healthy diet - Wikipedia** Jun 10, 2010 A plant-based diet may seem challenging at first, but heres Live Dirty, Eat Clean! . Heres a vegan protein smoothie recipe from plant-based triathlete, free-range chicken, beef, and eggs when you choose to eat them. Her site, is a healthy guide to events, products, and tips for