Without proper dieting, working out can only get you so far. Build a lean body easily and in a healthy way with a fat loss meal plan for men specifically designed. Eat Clean Diet Review: Unprocessed Foods for Weight Loss - WebMD Set up next week for success with this seven-day clean-eating plan. Tap the pin if you love super heroes too! Cause guess what? you will LOVE these super The Ultimate 28-day Fat-burning Diet and Meal Plan to Lean Muscle. The Youfoodz Weight-Loss Meal Plan is the un-diet. No diet pills, no sad salads – just real, fresh food, portion-controlled & calorie counted. 3 Clean Eating Books for Weight Loss - Clean Eating Magazine 31 Mar 2014. These days, clean eating is nearly synonymous with being lean, muscular, heard that you need to eat 5 to 7 small meals per day to lose fat effectively. Don’t mistake this article as me railing against eating healthy foods.