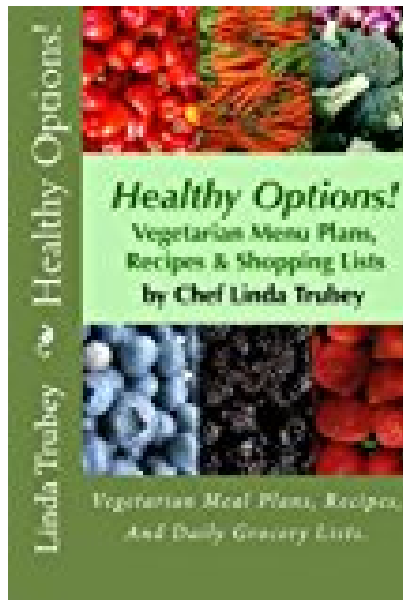


Healthy Options! Vegetarian Meal Plans Recipes And Daily Grocery Lists



BOOK DETAILS

- Author : Chef Linda Trubey
- Pages : 88 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

Food coach and nutrition educator Wendy McCallum has worked with many families to find successful strategies for clean eating, featuring affordable real food that everyone enjoys. This approach leads to gradual weight loss -- that stays off -- and increased energy, all while eating healthier, tastier meals. There's no shortage of popular approaches to weight loss and wellness, including paleo, gluten-free, and vegan diets. There is wide understanding of the advantages of real or clean food and recipes. But most people find it difficult to make changes in their diet and even harder to maintain these changes -- not to mention how tough it is to get the whole family to buy into a new way of eating. This is not a radical, instantaneous solution but instead a real, lasting change -- in the family kitchen and on the scale -- which comes from slow and steady building of positive habits that are enjoyable, not painful. It's flexible, kid-friendly, and even fun -- as Wendy has seen firsthand in her work with families of all shapes and sizes. Clean Eating for Real Life presents her approach in full, with lots of background information, six weeks of meal plans and 70+ recipes -- including pantry and grocery lists -- making it fun and easy to achieve real change with real food.

HEALTHY OPTIONS! VEGETARIAN MEAL PLANS RECIPES AND DAILY GROCERY LISTS

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