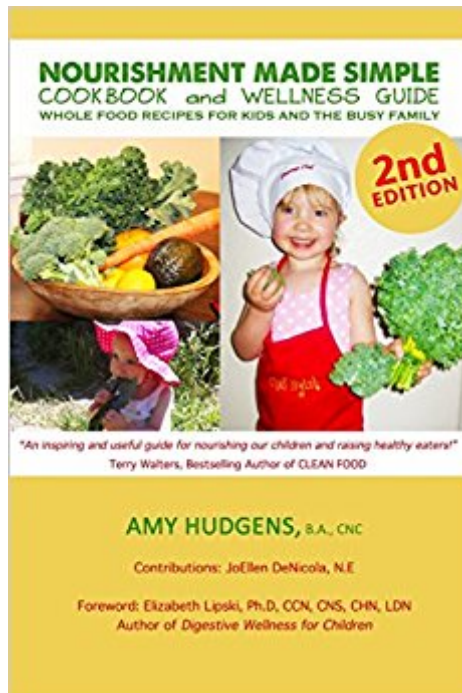




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Nourishment Made Simple Cookbook And Wellness Guide 2nd Edition



Synopsis

Nourishment Made Simple Cookbook and Wellness Guide is the ideal cookbook for Kids and Busy Families on the Go! With over 130 simple, nutrient-dense and delicious recipes included that the whole family will enjoy! As a Nutritional Consultant, Preschool Teacher and Wellness Organizer, I love to Inspire busy families to feel less stressed, energized and nourished in a simple way. I wanted to share some of my shortcuts with busy families everywhere! There are a variety of recipes in this cookbook to help support many dietary needs and restrictions. Included are: gluten free, paleo, grain free, whole foods, and vegetarian recipes. Be well and Enjoy!

Book Information

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Customer Reviews

Amy Hudgens is a busy woman, wife, mother and entrepreneur that lives in Santa Rosa, California. Amy graduated from Sonoma State University with a B.A. degree in Women's and Gender Studies. Always interested in women's health and nutrition, she decided to get certified as a Nutritional Consultant and work with busy women, kids and families. Amy is the owner of Busy Bee Nutrition and has a private practice in Santa Rosa.

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