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## The Busy Mom's Guide to Healthy Food in a Hurry

By Jennifer Beverage

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Author Jennifer L. Beverage grew up in a household chock-full of frozen dinners, processed snacks, and meals from fast-food chains. She remembers watching her grandfather give himself insulin injections for his type 2 diabetes and knowing deep down that there had to be a better way. In The Busy Mom's Guide to Healthy Food in a Hurry, Jennifer compiles her twenty years of experience as a woman, wife, mother, and health coach into a resource for parents who are stretched to the max but still care about feeding themselves and their families nutritious, healthful food. Deconstructing popular myths about diet and clarifying conflicting recommendations, Jennifer provides tips for changing your family's lifestyle and habits that are easy to implement and sustain—even when life gets crazy. Free of gimmicks and hidden agendas, this is a manual for women who want to know how to prevent disease by teaching their kids to eat well for life. It will change the way you think of food, your relationship with it, and the health and wellness of your family.


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