



WINTER

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14-Day Seasonal REAL Food Reboot

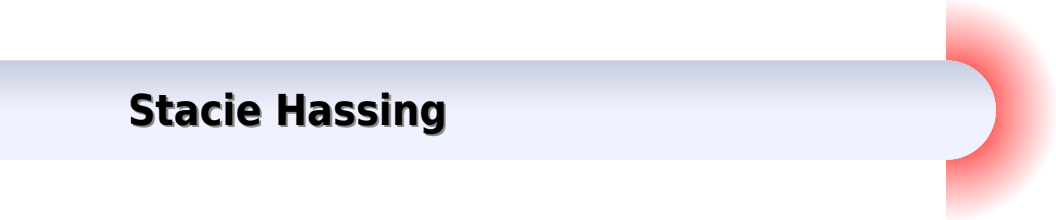


A Step-by-Step Plan to Reboot Your Health
Featuring 35+ Delicious and Nourishing REAL Food Recipes

Co-Authored by: Jessica Beacom, RDN, CLT & Stacie Hassing, RD, LD

Simply Nourished Winter 14 Day Seasonal Real Food Reboot Winter

Stacie Hassing



Simply Nourished Winter 14 Day Seasonal Real Food Reboot Winter:

Simply Nourished - Winter Stacie Hassing, 2015-01-09 Do any of these sound like you You re tired all of the time Your skin is dull drab and prone to irritations or breakouts Your digestion is less than perfect diarrhea constipation bloating or cramping are part of your everyday life Your muffin top and love handles never seem to budge even when you follow a healthy diet and exercise You have an unhealthy relationship with certain foods Sugar alcohol chocolate name your poison Chances are good that you said Yes to at least one of those things above And if you did listen up because it s your body s way of telling you that it needs a break from sugar processed foods alcohol dairy grains and other potentially problematic foods Simply Nourished is not a cleanse detox diet challenge or a quick fix It s simply a 14 day plan focusing on REAL seasonal foods designed to help you learn how to make wholesome nourishing food choices that support detoxification and optimal digestion By rebooting your system you can improve your digestion sleep better feel lighter jump start weight loss banish the bloat have brighter and clearer skin and tame unruly cravings for sugar and other processed foods And since food is only part of the equation when it comes to wellness Simply Nourished includes daily self care activities to help you strengthen your mind body connection so that you can re discover your true appetite and learn to be friends with your body Simply Nourished was written by two Real Food Registered Dietitians with a combined 20 years of experience who ve helped hundreds of clients turn their backs on conventional nutrition wisdoms like low fat high carb to find health and balance with real food They understand the challenges that come with diet changes and meal planning so they ve laid it all out for you in this beautiful 81 page book filled with 35 delicious recipes done for you menus meal plans shopping lists and prep guides so you can spend less time in the kitchen and more time living and loving life *Simply Nourished - Spring* Jessica

Beacom, 2015-03-30 Simply Nourished is back with a whole new collection of delicious real food recipes for spring All of the recipes are free of gluten soy dairy and grains but full of flavor and feature seasonal ingredients Includes expanded content with information on physical activity and supplements Wondering if the Reboot is right for you Ask yourself these questions Are you tired all of the time Is your skin is dull drab and prone to irritations or breakouts Is your digestion is less than perfect diarrhea constipation bloating or cramping are part of your everyday life Does our muffin top and love handles refuse to budge even when you follow a healthy diet and exercise Do you have an unhealthy relationship with certain foods Sugar alcohol chocolate name your poison If you said Yes to at least one of these things then listen up because it s your body s way of telling you that it needs a break from sugar processed foods alcohol dairy grains and other potentially problematic foods Simply Nourished is not a cleanse detox diet challenge or a quick fix It s simply a 14 day plan focusing on REAL seasonal foods designed to help you learn how to make wholesome nourishing food choices that support detoxification and optimal digestion By rebooting your system you can improve your digestion sleep better feel lighter jump start weight loss banish the bloat have brighter and clearer skin and tame unruly cravings for sugar and other processed foods And since food is only part

of the equation when it comes to wellness Simply Nourished includes daily self care activities to help you strengthen your mind body connection so that you can re discover your true appetite and learn to be friends with your body Simply Nourished was written by two Real Food Registered Dietitians with a combined 20 years of experience who ve helped hundreds of clients turn their backs on conventional nutrition wisdoms like low fat high carb to find health and balance with real food They understand the challenges that come with diet changes and meal planning so they ve laid it all out for you in this beautiful 93 page book filled with 45 delicious recipes done for you menus meal plans shopping lists and prep guides so you can spend less time in the kitchen and more time living and loving life

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