



Wellness 100: 100 Carbs /100 Recipes

Amber French, Kari Morris

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Just thinking about dieting or eating right can feel overwhelming and heavy for most of us, but Dr. Amber French and chef Kari Morris show us that it doesn't have to be. Wellness 100 presents a realistic and optimistic option with simple guidelines and healthy, easy, and delicious recipes that are respectful of busy lifestyles. Plus, the program naturally works to combat diseases of aging such as heart disease, stroke, cancer, diabetes, and obesity. Can you imagine wanting to eat healthy and enjoying a diet program? With Wellness 100, you can because it is an attainable lifestyle, not a fad diet.

Based on hundreds of studies, research articles, and books by respected authors, the program will teach you how to eat a variety of readily available fresh and colorful foods with the proper amount of carbohydrates and protein for lifelong weight management and better health. Wellness 100 gets us back to basics, teaching us to make better choices when it comes to our eating habits instead of being lost in a world of confusing food labels and savvy marketing of convenience (processed) foods and fad diets. Shopping, cooking, and eating according to Wellness 100 guidelines is achievable and rewarding.

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Shay Price:

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John Harrison:

Precisely why? Because this Wellness 100: 100 Carbs /100 Recipes is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content within easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book include such as help improving your talent and your critical thinking way. So , still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

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