# **HEALTHY QUICK RECIPES**



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# Quick Healthy Recipes and Ideas For people who say they

Brenda J. Ponichtera is a registered dietitian, speaker and award-winning, best-selling author. She originally self-published "Quick & Healthy" through ScaleDown, the publishing company she founded. It is now published by Small Steps Press, an imprint of the American Diabetes Association, specializing in health-conscious books for the general population.

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