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GET YOUR FAMILY EATING RIGHT A 30-DAY PLAN FOR TEACHING YOUR KIDS HEALTHY EATING HABITS FOR LIFE



Fair Winds Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 9.9in. x 8.0in. x 0.6in. Learn to Eat Healthy for Life in Just 30 Days! Are you concerned about the amount of sugar, processed meals, and low-nutrient foods that you and your family consume each day? Has mealtime solely become about getting something (anything!) on the table and getting it done? Has family meal-planning become an overwhelming chore of trying to balance limited time, money, and different tastes? If you answered yes...

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- Released at -



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