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Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About

By Monica Reinagel

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, Nutrition Diva's Secrets for a Healthy Diet: What to Eat, What to Avoid, and What to Stop Worrying About, Monica Reinagel, Have you tried every diet fad but wound up hungrier and no healthier than before? Are you overwhelmed by the sheer number of choices confronting you at the grocery store? In "Nutrition Diva's Secrets for a Healthy Diet", popular podcast host and board-certified nutritionist Monica Reinagel sorts through the latest science to bust food myths and tell you exactly what you need to eat to look and feel fabulous. Organized the way you eat, by meals and snacks, this book will walk you through a typical day with straightforward and practical advice designed to answer your most burning questions, including: How much should you eat for breakfast? Is chicken always healthier than beef? And, which organic produce is worth the extra cost? Complete with grocery shopping lists, simple recipes, and a sample meal plan, "Nutrition Diva's Secrets for a Healthy Diet" takes the guesswork out of shopping for and preparing a healthy meal. "Nutrition Diva's" straightforward eating guide will have you feeling healthier and looking better than ever.



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