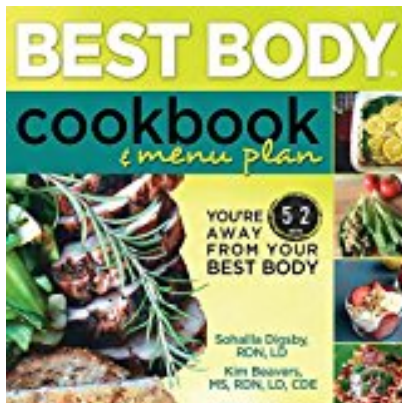


Best Body Cookbook & Menu Plan You're 52 days away from Your Best Body



BOOK DETAILS

- Author : Sohailla Digsby RD LD
- Pages : 202 Pages
- Publisher : Best Body Nutrition & Fitness
- Language : English
- ISBN : 0692603018

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BOOK SYNOPSIS

Whether you have ambitions related to improving your body, your family time around the dinner table, or your confidence in the kitchen, this is your go-to cookbook! As dietitians with backgrounds in food and fitness, our recipes and tips focus on both your vitality and your taste buds. From on-the-go breakfasts to pre-planned dinner menus, we have thought through every detail on your behalf, keeping your budget and your busy schedule in mind. With more than 30 years of experience as dietitians between us, we are not fazed by fads or inspired by extremes. Our intention is for those who enjoy our delicious recipes to achieve and maintain their Best Bodies for a lifetime. We are grateful that so many of the "Best Body Superstars" highlighted in this book have shared their journeys with us and trust you will be inspired over the next 52 days to reach Your Best Body - both inside and out. Check out Sohaillas Countdown to Your Best Body Success Journal and support programs on bestbodyin52.com to pair with this Cookbook & Menu Plan to reach Your Best Body in 52 days! Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity. --VOLTAIRE

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