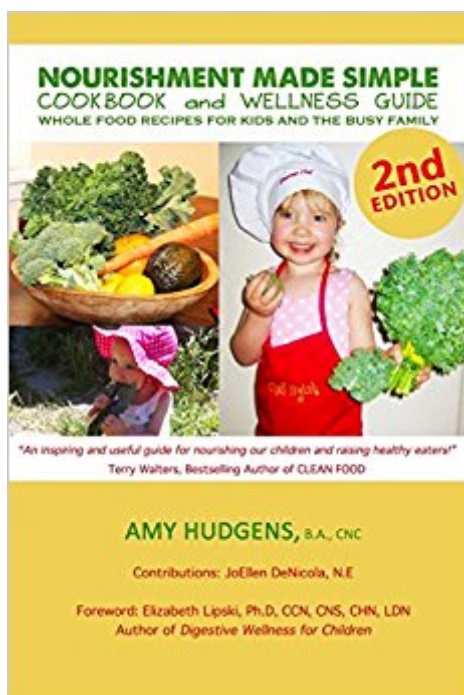


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# Nourishment Made Simple Cookbook And Wellness Guide 2nd Edition



## Synopsis

Nourishment Made Simple Cookbook and Wellness Guide is the ideal cookbook for Kids and Busy Families on the Go! With over 130 simple, nutrient-dense and delicious recipes included that the whole family will enjoy! As a Nutritional Consultant, Preschool Teacher and Wellness Organizer, I love to Inspire busy families to feel less stressed, energized and nourished in a simple way. I wanted to share some of my shortcuts with busy families everywhere! There are a variety of recipes in this cookbook to help support many dietary needs and restrictions. Included are: gluten free, paleo, grain free, whole foods, and vegetarian recipes. Be well and Enjoy!

## Book Information

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## Customer Reviews

Amy Hudgens is a busy woman, wife, mother and entrepreneur that lives in Santa Rosa, California. Amy graduated from Sonoma State University with a B.A. degree in Women's and Gender Studies. Always interested in women's health and nutrition, she decided to get certified as a Nutritional Consultant and work with busy women, kids and families. Amy is the owner of Busy Bee Nutrition and has a private practice in Santa Rosa.

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