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to achieve your
optimal health.

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Happy is Melissa's first solo cookbook with a focus on 30 minute recipes that make you feel as good as they taste. It's also full of handy tips and tricks for using up leftovers meaning that this is healthy eating at its easiest.

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avoid. Furthermore,

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you make the best

food choices for you

and your family. Food

is our best medicine.

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The Eatwell Guide

shows how much of

what we eat overall

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should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

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~~Dr Brownstein | The
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Eatwell guide shows

what kind of foods

you should eat, and in

what proportions, to

have a healthy and

balanced diet and

more sustainable

food. This includes

everything you eat

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food as opposed to
processed food. Real
food is fruits,
vegetables, meats,
dairy, seafood, nuts,
seeds, whole grains
and beans. Natural
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disease

This book brings them all together, with sections on all the major components of a healthy diet (including supplements), and how to tie them into a general healthy eating plan as well as for specific situations. As an example, he has

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and frequent
travelers. It is not a
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