

Get Real



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Mary Pratt and
Get Real: Small Steps, Real Food, BIG Change



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What exactly is Get Real? We are thrilled for you as well as your family to COME ON and sign up for a community of families motivated for improved wellness. COME ON implements week by week adjustments focusing on the advantage of real food, wellness and mindfulness. Get Real understands life's needs and includes quick fix recipes and an easy task to follow meal programs. This guide includes clear to see facts to support each recommendation because education is paramount to transformation. This is certainly a plan for real life, helpful information for individuals and families to take small steps in order to transition to a complete foods lifestyle.



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