

Maria Marlowe

Be Healthy Every Day: A Weekly Planner--With Recipe Ideas, Healthy Hacks, and 300+ Stickers (To Do)



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REACH YOUR Goals to Live a wholesome, Happier, More Balanced LifeBe Healthful Every Day time life planner will help you make them a reality! Each week gives useful and supportive suggestions and tips, including: What are you waiting for? How to pick essential items for your pantry, fridge, and freezer—and what to toss How to make clever, healthy choices about snacks and packaged foods Basics for nutritious and delicious batch cooking and building veggie bowls, salad jars, healthy dressings, and more Plus: 300+ stickers that encourage you to choose healthy priorities, set and achieve healthy goals for eating and exercise, and nurture your relationships--and yourself. With Be Healthful Every Day. The trip to your healthiest self can start today! This 52-week motivational calendar and sticker set by noted nutrition and health coach Maria Marlowe manuals you to understand about, arranged goals for, and adhere to positive habits that will make one feel healthy, match, and happy.existence planner, it is possible to give yourself the gifts of feeling nourished, strong, focused, calm, and happy.



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