

# HEALTHY GUT *Happy You*

*Thrill your taste buds with  
simple and tasty recipes  
so that you  
feel your best!*



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Healthy Gut Happy You: Thrill your taste buds with simple and tasty recipes so that you feel your best!



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Thrill your tastebuds with real healthy foods! Must Haves "Healthy Gut Content You" is meant to guide, motivate and demonstrate that enjoying a wholesome lifestyle is completely possible. You can be very happy to learn how easy it is to prepare meals that are free from gluten and refined sugars, utilizing just quality and pure things that will help you experience energized and radiant because in the end a happy gut leads to a content You! Healthy, tasty and affordable recipes such as for example: - Almond Avocado Pubs - Flourless Bacon Pancake Dippers - Apple Quinoa Breakfast Bowl - Paleo Mini Coconut Flat Breads - Lentil Chorizo Soup - Roasted Bone Marrow - Habanero Poultry - Paleo Chicken Pot Pie Soup - Mushroom Salmon - Paleo Salad Dressings - Double Layer Nice Potato Cake - Flourless Carrot Cake and substantially more! A list of " " in your kitchen. Essential supplements for the skin and gut. A guide to genuine foods and understand how they function in the body. You will find dishes of curing foods to assist you boost your energy and overall health.



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Thank you Jen because of this wellness informational treasure! Not only is there great nutrition and wellness information, but every recipe I've made is delicious!!! As an NTP I find it too difficult sometimes to find dishes to recommend to my clients which are simple and easy to do when they are making changes to their dietary choices. Like the book! Thank you so much for putting this out there. Five Stars Love this book! This is a useful instruction on how to achieve holistic health. Five Stars Best healthy quality recipes ever! It influenced me to take a new look on what I will prepare my meals, whilst having the self-confidence that her dishes are packed with nothing but the healthiest ingredients. I have already referred this reserve to many friends. I am sure you should it too. Amazing! The author's knowledge and ideas to improve wellness are fantastic. I've recommended this book to many friends. Absolutely wonderful! Healthy and Delicious!!!! We have been what we consume, eat well. Love this book! This book is such an easy, fun read that basically maps out how to start really loving yourself through everything you put in and on your own body. This book is this awesome resource! I can't wait to cook a few of these! Must have!!! Superb book! Easy and delicious dishes. A lot of knowledge, insights and ideas. I love Jen's story. Extremely inspiring. I strongly recommend that you will get this book, it will change your life! :) Love the book These recipes in the book are delicious, healthy, and creative! These dishes are easy quick and don't require a lot of substances and I am super excited to suggest them and try them for myself. Magnificantly delicious! This is a superb book. It's pages are filled with knowledge and delightful dishes for your stomach!! Yum! Must have for a healthy life I really enjoyed reading this book as it is much more than nearly cooking delicious meals. easy read, tons of useful info and yum recipes Five Stars great book Five Stars I love it! I found her tips and information on different ingredients very useful and informative. This is a well crafted account of true to life. You will like this healthy book.



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