



Phase4life, Lifes a Journey, Not a Diet: Quick and Easy Recipes to Make and Enjoy for Life

By Heather Juliani

Createspace. Paperback. Condition: New. This item is printed on demand. 110 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Are you ready to get in the best shape of your life? How could you even have to think about it with foods like Chocolate Truffles and 24-Carrot Cupcakes on the menu? In Phase4Life: Lifes a Journey, Not a Diet, Heather Juliani shares her quick and easy recipes to make and enjoy for life. Healthy and delicious, these recipes are loaded with nutrient-dense ingredients and have no processed sugar. From breakfast to dessert and every meal in between, you'll have dozens of recipes to make and modify to keep your taste buds happy all day, everyday, and most of the recipes can be made in 20 minutes or less! Also included in the book are valuable extras like THE PLAN- a healthy eating plan to show you what and how much you should be eating; ITEMS TO ALWAYS HAVE IN YOUR KITCHEN- learn how to stock your kitchen so you always have items on hand to make delicious meals; TIPS AND TRICKS- learn Heather's secrets she's developed over the past 20 years to make your life easier; EATING OUT GUIDE- how to order...



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