



Health Is Wealth - Make a Delicious Investment in You

By Andrea Beaman

Andrea Beaman. Paperback. Condition: New. 246 pages. In her third book, Health is Wealth: Make a Delicious Investment in You!, Natural Foods Chef and Holistic Health Coach Andrea Beaman teaches how to cook and eat healthy organic whole foods that heal the body, while saving money and time. Youll learn strategies for shopping, cooking on a budget and meal planning, with delicious healthy recipes and menus balanced with vegetables, grains, fats and proteinincluding beans, wild fish and grass-fed meat. Breakfast, lunch, dinner and dessert recipes are simple to prepare and loaded with flavor. Healthy eating can be the key to losing weight, increasing energy and boosting immunity, and Andrea will inspire and motivate you to make the fun and easy lifestyle changes that can transform your body, mind and spirit. For many people, taking on better health and eating habits can seem like a daunting, expensive, and time-consuming task. Have no fear, Health is Wealth easily teaches you, in a fun and upbeat way, how to nourish your body with the best food money can buy even if youre on a tight budget, and strapped for time. In this timely book you will discover: How to save BIG BUCKS on...

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