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{ Tempting you to indulge in
food the healthy way! }

GETTING INTIMATE IN THE KITCHEN



Heather Deranja, MA, RDN, LD

Getting Intimate Kitchen Heather Deranja

Heather Deranja



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Getting Intimate in the Kitchen Heather Deranja, 2015-12-08 Are you fed up with fad diets Do you have a hard time deciding how to prepare a healthy meal that will support weight loss maintain your weight or reduce your risk of chronic disease If you answered yes to any of these questions then this cookbook is the answer to help reset your metabolism reduce toxicity and get you on a path to sustainable weight loss In my experience as a registered dietitian and working with clients of all ages I discovered common barriers when it comes to changing nutrition behaviors I often hear I don t know how to cook or I don t know what to cook or I don t know how to take the information and make it into a meal that I can eat I decided to lead by example and show others that eating healthy doesn t have to be complicated and therefore the solution lies within this cookbook I wanted to create a resource that is user friendly and that will inspire anyone to get in the kitchen This book is full of over 85 delicious nutritious easy to make recipes that will make you feel good look better and enjoy food This includes options that are gluten free dairy free and egg free to accommodate food allergies sensitivities *Getting Intimate In The Kitchen* takes on a different approach to healthy eating by not focusing on micromanaging food intake by counting calories or points limiting grams of fat or following a specific meal plan Instead it focuses on implementing practical strategies that support healthy behaviors that are realistic achievable and can be sustained by anyone

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Getting Intimate Kitchen Heather Deranja** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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