



Meals In A Hurry

Belinda Johnson

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Meals In A Hurry was created to teach you how healthy eating can be simple, quick, and of course delicious! We aim to change your way of thinking when it comes to preparing your foods in the midst of a busy lifestyle. The foods you consume affect your overall health and energy level. Consequently, when you choose what to eat, you also choose how you will look and how you will feel. While it is more convenient to stop and grab fast foods or processed foods, these foods eventually rob us of our energy, our health and the ability to have the body that we desire. It is our endeavor to provide you with simple ways to prepare foods that will give your body the nutrients needed to operate at its most optimal health. This book is designed to help you prepare quick meals that include the healthy ingredients you need such as fresh veggies, lean proteins, and low sodium seasoning to assist you on your health and fitness journey.

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