



# Nourishment Made Simple Cookbook and Wellness Guide : Whole Food Recipes for Kids and the Busy Family

Amy Hudgens Ba Cnc, Contributions by Joellen Denicola Ne



Nourishment Made Simple Cookbook and Wellness Guide is the ideal cookbook for Kids and Busy Families on the Go! With over 100 simple, nutrient-dense and delicious recipes included that the whole family will enjoy! As a Nutritional Consultant, Preschool Teacher and Wellness Organizer, I love to Inspire busy families to feel less stressed, energized and nourished in a simple way. I wanted to share some of my shortcuts with busy families everywhere! There are a variety of recipes in this cookbook to help support many dietary needs and restrictions. Included are: gluten free, paleo, grain free, whole foods, and vegetarian recipes. Be well and Enjoy!

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- [Nowy słownik poprawnej polszczyzny](#)
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