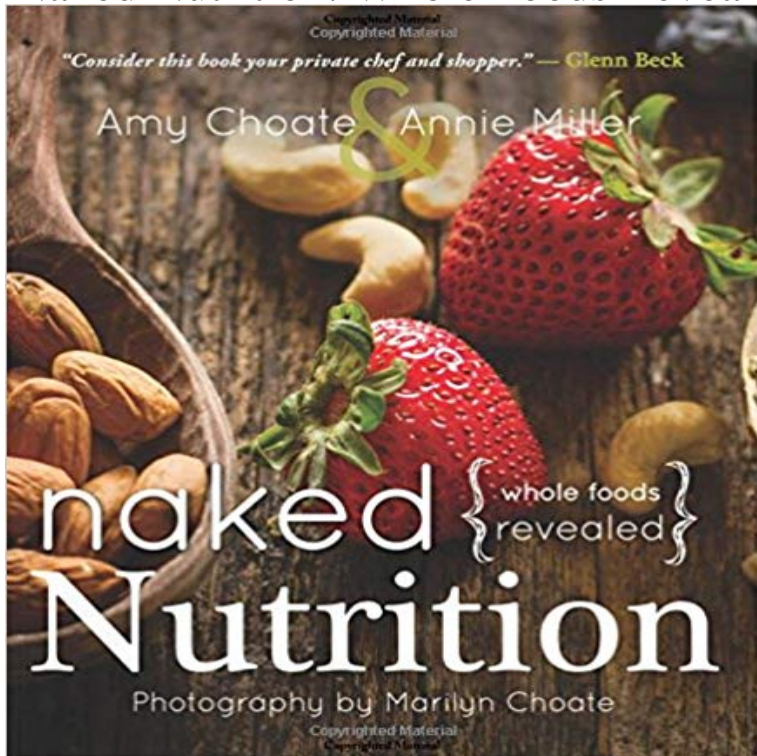


Naked Nutrition: Whole Foods Revealed



Naked Nutrition is a guide to why we should eat real food, why it matters, and how we can change our lives to live with health and energy. This book is about more than just recipes. It is an easy-to-follow guide for a lifestyle of healthy eating and living. The book provides a pantry staple list, step-by-step cooking instructions, valuable nutritional information, and photos of completed dishes. Readers will discover a delicious, nutritious transition to a lifestyle of health that can be easy. Food is central to our lives. We store it, serve it at every function, and share time-honored recipes. Naked Nutrition bridges these traditions with healthy eating that will enable readers to fulfill their missions in life.

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