



HAPPY HEART COOKBOOK

LIGHT - EASY - HEALTHY
BASIC - NUTRITIOUS
ECONOMICAL RECIPES

LOW FAT-LOW CHOLESTEROL-LOW SODIUM
LOW SUGAR-LOW SATURATED FAT
OVER 170 RECIPES

TOTAL MENU NUTRITION CHART FOR EACH MEAL
Calories-Carbohydrates-Protein
Fat-Cholesterol-Sodium

RECIPES - MENUS - CHARTS
METHODS - TIPS - REASONS

OUR NUTRITION GUIDELINES IN CHANGING OUR DIET

A PERSONAL ACCOUNT.....
FROM HEART ATTACK TO MENU PLANNING
FOR A HEALTHY, HAPPY HEART

by grace kurasz

The Happy Heart Cookbook

WJ Hussar



The Happy Heart Cookbook:

Ignite the flame of optimism with is motivational masterpiece, **The Happy Heart Cookbook** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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