



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

Lauren Gardner



The Happy Heart Cookbook:

Fuel your quest for knowledge with is thought-provoking masterpiece, **The Happy Heart Cookbook** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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