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Making Healthy Taste Good (Paperback)

By Jason Sani

Jason Sani, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Beyond a recipe book - A companion guide for living and loving a healthier life A ridiculously awesome, yet brief guide for adding pleasure and health to your life on a daily basis Simple and quick meals that nourish your taste buds and long term health Making Healthy Taste Good is the culmination of my lifelong obsession with achieving peak performance with mind body. As you know, I feel it s my purpose to share my lifestyle habits that make living at your optimal bodyweight and energy level effortless while enjoyable. You ll get to take a peak into how I teach my clients and friends into upgrading their habits and improving their perception on food. Imagine being able to eat food that you love while staying satisfied and reaping the benefits of the other bi-products like burning more fat, improving hormone health, energy and sleep. The recipes are designed to reinforce optimal immune and hormone health. Included in the book is a guide to my health assurance plan fueled by flavor insurance. Fighting against family heart disease, cancer and depression I ve laid...



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Reviews

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