

## The Quick Start Guide to Healthy Eating



Gretchen Scalpi, RD, CDN, CDE

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Save time, save money, and eat better!

Eating right is the key to maintaining good health, but learning how to change bad eating habits can seem difficult or overwhelming. In this clear, concise, and reader-friendly book by nutrition author and entrepreneur Gretchen Scalpi, you'll discover:

- \*The facts and myths about many so-called healthy foods
- \*Money saving tips at the grocery store
- \*How to organize your pantry to have the right foods on hand
- \*Cooking techniques and culinary shortcuts for eating well on a budget
- \*Convenience foods that are healthy
- \*Kitchen appliances that are time-saving
- \*Tips for getting kids to eat healthy meals and snacks and much more

Forget fast food and put down that take-out menu! Making quick and nutritious meals at home is easier than you think this book shows you how. Learn simple solutions, strategies and shortcuts to help you and your family find your way back to healthy eating.

## **The Quick Start Guide to Healthy Eating Details**

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# From Reader Review The Quick Start Guide to Healthy Eating for online ebook

## Bonnie Davis says

There are thousands of books out there about diets but few that focus on actual nutrition and REAL healthy eating. We all know a few things about healthy eating like cutting back on sweets but after reading this book I realized there is much that I don't know.

The author begins the book with two real case studies from her nutrition practice. I found those stories motivational and it made me eager to read the rest of the book.

The Table Of Contents includes:

- Introduction
- Healthy Eating And Nutritional Myths
- The Basics Of A Healthy Diet
- Make It Easy To Eat Healthy
- Quick Meal Prep Tips
- Tips To Get Kids Eating Healthy Meals
- Save Money While Eating Healthy
- Put Variety Into Your Meals
- Healthy Eating For Special Diets
- Six Week Quick Start Guide
- Appendix A: Food Safety
- Appendix B: Pathogens That Cause Foodborne Illness
- Appendix C: Stock Recipes
- Appendix D: Easy Healthy Meals and Snack Recipes
- Appendix E: Mix & Match – Meal Planning Success
- Appendix F: Low Sodium Spice Mixes
- Appendix G: Spice/Food Combinations
- Appendix H: Low Fat Gravies and Sauces
- Appendix I: Oven Roasted Vegetables
- Appendix J: Leaner Cuts of Beefs

This book will shatter many of the myths of healthy and not so healthy eating and includes a six week quick start guide that gives you lots of small, healthy changes you can make every week.

The author, Gretchen Scalpi, is a RD, CDN, CDE and Certified Wellcoach®. She owns a private nutritional consulting practice.

I recommend this book for anyone who wants to learn more about healthy eating but doesn't want to go on some crazy diet that doesn't work. This book would be a great pick as a gift for you adults who need to know more about a healthy diet and for anyone who has food issues. The appendices alone make the book worth what you pay for it.

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