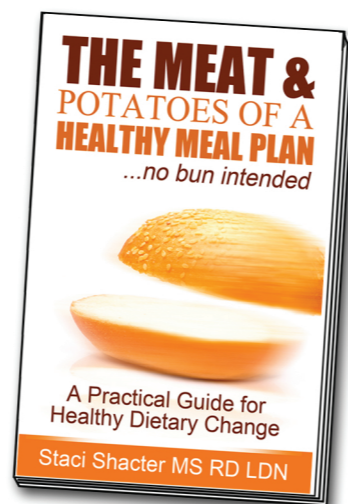


This book is designed to provide practical nutrition education and realistic tips for easy implementation. While you are more than welcome to read the whole book, the table of contents is specially designed for you to use this book as a quick reference guide. There's no fluff, just tools you need to ease your transition into a healthy lifestyle, in an accessible, informative, easy-to-read format.



This book was designed to be a comprehensive resource for healthy, delicious, and creative meal, snack, treat, and beverage ideas for any type of lifestyle.

In this book you will find:

- ✓ Last minute on-the-go meal and product suggestions that are healthy and fast
- ✓ Tips to streamline food preparation
- ✓ Super simple 4-week sample menu walking you through one month of quick healthy meals
- ✓ Tips for making healthy choices when eating out
- ✓ Tips for taking on dietary changes in stages

This book will also help you answer the following questions:

How do I change my diet without suffering?

Should I get off gluten and dairy?

How can it ever be realistic to eliminate cheese?

How can fat be good?

Which is the best sweetener to use?

Why is whole grain bread not the same as eating a whole grain?

What are the healthiest products to buy?

What should I eat if I have digestive issues?

How can I eat healthy without breaking the bank?

...and much more

THE MEAT & POTATOES OF A HEALTHY MEAL PLAN

...no bun intended

3rd EDITION
Now with 4-Week Sample Menu,
Recipes, Grocery List, &
Sports Nutrition!



A Practical Guide for
Healthy Dietary Change

The Meat & Potatoes of a Healthy Meal Plan

Staci Shacter MS RD LDN