



# Health n Beauty Recharge: Amazing Step-by-Step Homemade Recipes

*Dawna Tammy*

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## **Health n Beauty Recharge: Amazing Step-by-Step Homemade Recipes** Dawna Tammy

Will your kids and spouse be motivated to eat healthy food prepared by you?

"Health n Beauty Recharge" is a practical step-by-step 7-day meal plans of healthy homemade recipes. Unlike others, you will be provided with the detailed measurement of ingredients, and be ensured that all recipes are EASY TO BE PREPARED, with EASY TO FIND INGREDIENTS from any markets or supermarkets. Nutrition facts such as calories, fats, dietary fibre and protein are also clearly indicated for each and every recipe, and a total summary for each day.

In this cookbook, you will learn that "Healthy Nutrition" and "Proper Nutrition" are of two different concepts. You will also learn the handling process in preserving the healthy nutrients in food. So, be assured that you will not be over eating with unnecessary burdens. Two bonus recipes await you which you could store in fridge to supplement as optional daily snacks, and yet, still help you to stay within the daily limits of "Proper Nutrition".

Be confident and feel recharged by the end of the 7th day with a lighter you, full of energy to enjoy a life of "Health n Beauty"!

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