



# **Nutrition Twins' Veggie Cure: Expert Advice And Tantalizing Recipes For Health, Energy, And Beauty**

*Tammy Shames, Lyssie Lakatos*

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Get started on the path to a happier and healthier and more energetic you! In this book the Nutrition Twins, both registered dietitian nutritionists, reveal which vegetables help specific health and beauty problems, *and* provide more than 100 delicious and nutritious recipes to put this "cure" into action on your plate. Each chapter starts with a goal--more energy, stronger bones, younger-looking skin, improved mood, flatter stomach, etc. In clear, conversational language the authors lay out what veggies will help you to succeed in reaching your goal, why they work, and how to reap their benefits via the delicious recipes available just pages away.

With the advent of the USDA's new plate graphic (half the plate being fruits and vegetables) supplanting the tired old pyramid, everyone is being urged to eat substantially more vegetables. With this accessible book, readers will be motivated to tailor their menus to their own needs, while at the same time discovering a variety of delicious, easy veggie recipes that their whole family will enjoy--and benefit from. Includes an easy-to-follow menu plan for a 10-day Jumpstart to Health and Weight Loss.



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