



52 Inspirations for Healthy Nutrition (Paperback)

By Vin Ramirez

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This simple book is designed to help you create healthier nutrition habits. Written by Vin Ramirez, a graduate of Culinary Institute of America and professional chef and nutrition expert with over three decades of experience, this book gives you simple ways to deepen your health. You can choose an inspiration anywhere in the book. Each activity is designed to be simple and fun and we really hope you enjoy them!.



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