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Body Love: Live in Balance, Weigh What You Want, and Free Yourself from Food Drama Forever (Hardback)

By Kelly Leveque

William Morrow Company, 2017. Hardback. Condition: New. Language: English . Brand New Book. Celebrity favorite health and wellness consultant Kelly LeVeque shares her secrets for losing weight, attuning ourselves to our bodies needs, and freeing ourselves from food drama in this essential wellness guide, which includes 88 delectable recipes! In this inspirational yet practical book, the nutritional consultant and holistic healthcare expert who has helped celebrities such as Jessica Alba, Molly Sims, Chelsea Handler, and Emmy Rossum improve their health and achieve their goals shows you how to get beyond the food drama of cyclical fad diets and feel and look great by eating well. Kelly s Food Freedom program helps you set yourself up for success, eliminating cravings, mood swings, and other symptoms caused by food drama. Start your day with her Fab Four Smoothies, including a Strawberry Shortcake Smoothie and a Mango Kale Madness Smoothie, which pack protein, fat, fiber, and carbs to balance your blood sugar and keep you full and happy. After breakfast, you ll thrive with her Fab Four recipes, including Turkey-Stuffed Delicata Squash, Spicy Salmon Nori Burritos, and Anti-Inflammatory Detox Salad, which include the Fab Four food groups--protein, fat, fiber, and greens--that play a...



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Reviews

This composed book is great. It is actually loaded with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lucious McDermott**

The publication is fantastic and great. It can be rally exciting through reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.

-- **Prof. Alvis Wuckert**