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# THE BUSY MOM S GUIDE TO HEALTHY FOOD IN A HURRY



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Author Jennifer L. Beverage grew up in a household chock-full of frozen dinners, processed snacks, and meals from fast-food chains. She remembers watching her grandfather give himself insulin injections for his type 2 diabetes and knowing deep down that there had to be a better way. In The Busy Mom s Guide to Healthy Food in a Hurry,...

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- Authored by Jennifer Beverage
- Released at 2015



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