



# Girlfriends Organic Kitchen

*Jessica Wyman*

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## **Girlfriends Organic Kitchen** Jessica Wyman

Want to eat healthier and do it in your own kitchen? Not sure what to eat or who to trust? Girlfriends Organic Kitchen is written by Jessica Wyman, Certified Holistic Nutritionist. The recipes are Gluten Free, Vegetarian and Low Glycemic. Plus, every recipe includes a color photo so you don't have to wonder what it's supposed to look like. This book will be your best friend in the kitchen. It is packed full of fabulous recipes that you will make time and time again. The recipes are even satisfying to meat eaters, it's been tested. ;) The best part...there are no complicated ingredients and everything is healthy for you, your family and your "girlfriends". Every recipe is: Healthy Gluten-Free Vegetarian Low-Glycemic Whole Foods Based This cookbook is a guide to eating clean deliciously.

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