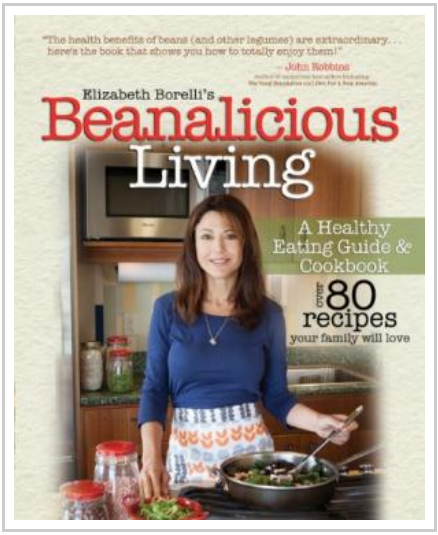


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Beanalicious Living: A Step-By-Step Guide to Breaking Free from Processed Foods and Embracing a Healthy, Nutritious Lifestyle

By Elizabeth Borelli

Self Health Cafe, A Wyatt-MacKenzie Imprint. Paperback. Book Condition: New. Paperback. 234 pages. Dimensions: 9.2in. x 7.5in. x 0.7in.Santa Cruz, CA(March, 2013) Independent literary review guide Rebeccas Reads, today announced author Elizabeth Borellis new book Beanalicious Living as General Non-Fiction Book of the Year 2013. Borelli is a leading food writer, consultant and speaker who received her certification in Plant Based Nutrition Fundamentals from Cornell University. Her book Beanalicious Living is a practical, info-packed guide filled with tools, tips, and easy, budget-friendly, recipes for making the whole foods cooking trend accessible to everyone. Santa Cruz, CA (August 26, 2013): Elizabeth Borelli is a leading Whole Foods Lifestyle Consultant and speaker who received her certification in Nutrition Fundamentals from Cornell University. The authors struggles with food, anxiety and body image inspired her to gradually break free from unhealthy patterns and discover changes she never imagined. Energy, mental clarity and freedom from the weight-worry cycle gradually replaced any attachment to former comfort foods. In order to help busy moms understand the importance of replacing packaged foods with healthy home cooking, she wrote her new book available on Amazon, Beanalicious Living: A Step-By-Step Guide to Breaking Free from Processed Foods and Embracing a...

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