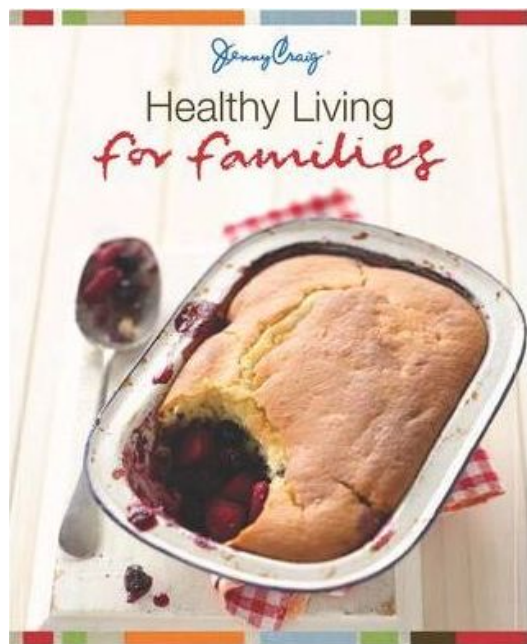


Read Jenny Craig Healthy Living for Families Full Book



Book details:

Author: *Jenny Craig*

Format: *192 pages*

Dimensions: *212 x 255mm*

Publication date: *01 Jan 2012*

Publisher: *HARDIE GRANT BOOKS*

Release location: *South Yarra, Australia*

Language: *English*



Description:

For more than 25 years Jenny Craig has helped countless people achieve the benefits of a healthier life through successful weight management. Jenny Craig Healthy Living for Families is Jenny Craig's new cookbook - putting out into the public arena specially formulated recipes for healthy living and weight management, as well as nutritional information, and tips and advice for time saving and meal planning. The book presents a fresh new collection of over 80 tasty, easy, nutritious meals for the whole family, and it's not just for people who want to lose weight, but is specially designed to help busy families eat well and eat healthily.

Recommendations:

About Jenny Craig

Jenny Craig has over 120 centres in Australia and New Zealand, as well as hundreds more, around the world. The Jenny Craig program is based around a personalised approach to lifestyle change and weight management.

