



# Health Is Wealth - Make a Delicious Investment in You!

*Andrea Beaman*

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## **Health Is Wealth - Make a Delicious Investment in You!** Andrea Beaman

For many people, taking on their health and eating better can seem like a daunting, expensive, and time-consuming task. Have no fear, Health is Wealth easily teaches you how to nourish yourself with the best food money can buy even if you're on a tight budget, and strapped for time. You'll discover the pantry essentials and kitchen tools needed, how to purchase, store and cook in bulk, strategize meals to save time and money, socialize healthfully, and how to make it all work deliciously.

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