

how to

# QUICKLY MAKE A HEALTHY MEAL WITHOUT A RECIPE

*with*

## THE HEALTHY MEAL FRAMEWORK

- ✓ free 18 page guide
- ✓ 3 framework recipes
- ✓ starter idea cheat sheet
- ✓ extra resources and freebies



# Healthy Recipes Framework

**Terry C. Jones**



## **Healthy Recipes Framework:**

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