

Save on this trio of nutritional best-sellers, plus a DVD:

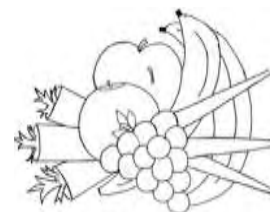
Kitchen Tips bundle

Item #97

\$18.00 for these 4 popular how-to's by Renée Ellison

Turbo-charged Nutrition for Peak Performance Kids (44 pages; #58)

How would your car perform with ice cream in its gas tank? Give your kids the best fuel possible. Learn nuggets of nutritional know-how that'll make your family feel healthier and happier. Readers have commented that at long last they know **how** to change and are actually **excited** about it!



Fast & Easy Raw Food Recipes (24 pages; #78)

Mother-easy quick-fixin' great-tastin' super healthful mostly raw delicious food ideas. A booklet of 45 mouth-watering, healthful food combinations that you may never have thought of ... gets you goin' in the right direction **right now!** Includes thoughts about the paradigm switch to eating mostly raw; tools and food to buy; and ideas for breakfast, green smoothies, sweet drinks, soups, salads, breads, sandwiches, main entrees, desserts, and snacks that taste good **and** feed the body.



What? I Have to Fix Dinner *Again?*! (30 pages; #22)

- 6 encouraging meditations on the seeming drudgery of fixing meal after meal; reverses the bondage of fast food restaurant quicksand and presents freeing new approaches to stepping into your kitchen.
- 3 large dynamite quotes to put up in your kitchen to KEEP you inspired.
- A simple weekly formula to help you run ahead to make dinner before the dread of it un-makes you. A redeeming lift to both veteran homemakers and new cooks.
- Kitchen efficiency tips – attitudes, tools, food preparation tips, and more!



Kitchen Efficiency Tips (DVD) (approx. 45 minutes; #94)

Watch Renee Ellison demonstrate the tips she describes in the *No-Nonsense Nutrition* and *Fix Dinner Again?* booklets.

