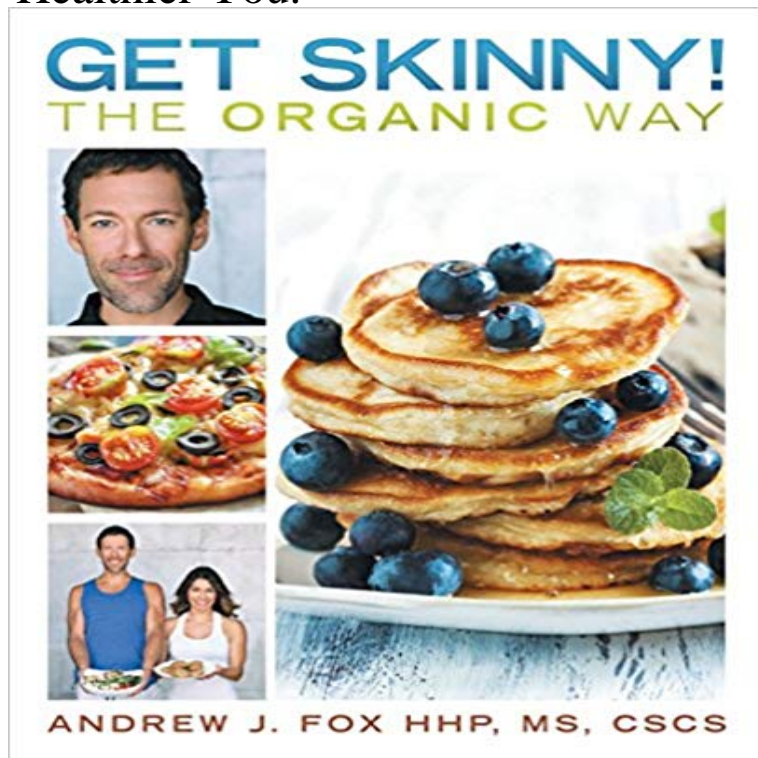


Get Skinny! the Organic Way: Eating Your Way to a Stronger, Leaner, Healthier You.



Are you looking for a new way of living that will lead you to love the way you look and the way you feel? In *Get Skinny! The Organic Way*, author Andrew J. Fox offers a collection of recipes to help you achieve your best body through good nutrition. The recipes—intended for adults, children, and seniors—are designed to get you healthy so you can obtain the lean, toned, muscular, athletic, vibrant, and beautiful body you've always wanted. Fox, a nutritionist, personal trainer and strength conditioning specialist, created the recipes using high-quality, fresh, local, and organic ingredients that benefit all aspects of health—including your digestive system and metabolism. From breakfast shakes and granola to sandwiches and main dishes, this cookbook and meal plan caters to busy people who seek real and lasting results. *Get Skinny! The Organic Way* introduces you to a world of cooking and creating healthy food that once was a part of everyone's lives. It will help you take charge of what you choose to eat and to take ownership in how it's prepared, empowering you to get the best out of your mind and body.

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