



15 Minute Healthy, Organic Meals for Less Than \$10 a Day

Susan Patterson

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Want to eat healthy, gluten free and organic but think it's too expensive or takes too long? Then this is the book for you! The book outlines a routine that includes hearty meals so that busy people on a budget can make living a healthier lifestyle work. You will learn many time saving tips and how to adapt your favorite casseroles, meatloafs, etc. so that they are acid/alkaline balanced as acidic diets contribute to many health problems. In addition, you will learn how to cook low sugar, dairy and gluten free. There are many money saving tips, like how to make Kombucha, grass fed yogurt and organic dog biscuits that repel fleas, all for 50 cents a serving. The book also includes toxic free cleaning products and skin care. One of the themes of the book is to eat in a way for a more just world which includes using slave free food products and being responsible for our environment. This is the kind of book that will inspire you to want to share with others as the information is invaluable. Here's to good health!

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