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12 Steps to Whole Foods Complete Course (The complete 12 Steps to Whole Foods with Audio & Videos)

Robyn Openshaw

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The course includes well over 550 recipes and everything you need to know, to enjoy a lifestyle eating the world's most nutritious foods--easily, inexpensively, and deliciously. It's a life change anyone can make! In the full 12 Steps to Whole Foods course, you save $57 on the entire suite of information products on GreenSmoothieGirl.com: *A manual with all 12 steps, and an education that you would have to read 20+ books to obtain. The course also has over 175 recipes, fully indexed (so you can easily look up recipes that use ingredients you have on hand). Each step has time- and money-saving tips. The introduction and appendices give lots of information about getting kids and spouses on board, learning what's true and false in nutrition, understanding kitchen tools and high-nutrition ingredients (and where to get them), and much more. ($79.95 value) *A journal to keep track of the health benefits you notice through each step, making your whole-food adventure a scientific experiment ($10 value) *Audio files corresponding to the topics covered in each step, for your listening pleasure on the ride to work, to discuss and reinforce what's in each step in the manual ($30 value) *28 videos by Robyn to explain key concepts for each step and demonstrate recipes ($30 value) *Four bonus recipe collections: Jump Start (Robyn's favorite everyday recipes), 101 Healthy Lunch ideas, 230 Green Smoothies, Healthy Holiday Recipes (375 additional recipes, $42 value) * An autographed copy Robyn's book The Green Smoothies Diet ($14.95 value) *A sample or two of Robyn's favorite nutrition product(s) *Access to the 12 Steps blog to ask questions and get support from other 12 Steppers (priceless) $207.00+ value for only $149.95

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