

[PDF] UnDiet: Eat Your Way To Vibrant Health

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Description:

Review "Meghan Telpner speaks the truth, you can eat your way to vibrant health. She is truly a "life"-saver, a spirited nutritionista after my own heart. I know you will love this feisty, fun and important book as much as I do."

—Kris Carr, *New York Times* best selling author *Crazy Sexy Diet & Crazy Sexy Kitchen*

"A passionate, exhaustive guide to conscious living and fabulous eating--the *UnDiet* lifestyle. Meghan Telpner's zeal for health is infectious. You will be inspired!"

—Gillian Deacon, author of *There's Lead in Your Lipstick*

About the Author

MEGHAN TELPNER is a certified holistic nutritionist whose popular blog, online culinary courses, and frequent press coverage have garnered a worldwide following. When not messing around in her kitchen, Meghan spends her time riding her flower-covered bicycle, getting her yoga on, flirting with farmers at the local market, and adventuring in faraway lands with her husband Josh. Follow her on Twitter @MeghanTelpner, and join the #UnDiet Revolution! www.meghantelpner.com

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