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Could You Use A Grocery Makeover? August 24, 2014.

Do you hate to go grocery shopping? Are you buying the same things week after week? Do you know what items are the most beneficial to your health? If this sounds like you join host Tamt Neumann as she sits down in conversation with author Julie Feldman. Julie a Registered Dietitian came to this field by transforming her life at the age of 12.

[Julie Feldman \(Author of Grocery Makeover\) - Goodreads](#)

Julie Feldman is the author of Grocery Makeover (4.31 avg rating, 16 ratings, 6 reviews, published 2013). Grocery Makeover (3.75 avg rating, 4 ratings, 2

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[Grocery Makeover by Julie Feldman \(ebook\) - ebooks.com](#)

Grocery Makeover is great for readers certain that diet changes must be made, but also fearful of how drastic and unpleasant these changes might be. By aiming the book at the primary shopper and cook of the home, Feldman is doing great work to combat the epidemic of obesity in children."

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Grocery Makeover: Small Changes for Big Results: Julie ...

Julie Feldman's new book, Grocery Makeover, answers many questions in a concise and easy to understand format. Especially useful are the Everyday Eats - what can be included in multiple meals over a week of menus. The small guide is handy not only in the store but as you read the weekly grocery ads and plan menus. Recommend for all grocery shoppers looking to make the meals on the table more

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