

Simple Balanced Eats

Cookbook & More

Jamie Zwier, CHHC

Jamie Zwier of Oh How Healthy, LLC in collaboration with Delran Schools Green Team and the Sustainable Jersey for Schools program present to you:

Simple Balanced Eats Cookbook

Kid-Approved recipes that take the guess-work out of creating healthy meals the whole family can enjoy!

- Fast & delicious breakfast, lunch, dinner, snacks, desserts, drinks, and dressings recipes! (Over 70 recipes total!)
- Allergy-Friendly
- Family Weekly Meal Plan Sheets
- Grocery List Templates
- Whole Food Inspired Meal Planning Guide
- Tips & tricks for developing healthy habits!

\$20
per book!



COOKBOOK SALES END OCTOBER 11TH

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Detach along dotted line and return with cash or check.

Teacher/Classroom Number: _____

Students Name: _____

Quantity of books : _____ Amount enclosed: _____

If you would like a personal message from the Author, please type in box below