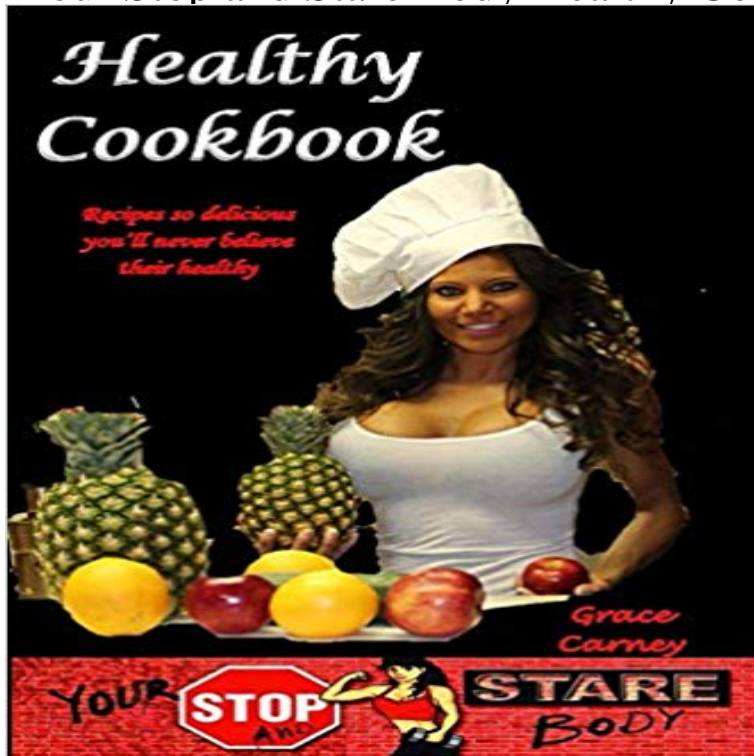


Your Stop and Stare Body Healthy Cookbook



Grace has been passionate about Health & Fitness all of her life. At the age of three, she started following her Fathers footsteps in both Health & Fitness and realized that dedication comes from within. So, she committed to a healthy lifestyle for herself and to lead by example for family and friends with a divine passion of committing to helping others become healthier and fit by making Healthy a lifestyle and not just a trend. As long as she could remember, her Mother always kept a juicer on the counter, which inspired her to open Passion Juice Bar & Personal Training, a healthy juice bar that specializes in Healthy Smoothies, Fresh Juices & Wheatgrass shots, with a personal training studio in the back. Customers and clients love getting her healthy recipe ideas which inspired her to share this collection of healthy delicious recipes ~ from the heart. My hopes for this book are that it will encourage you to live a healthier more fulfilled life! ~ Grace

Oak Ridge, Tennessee info@makeoree.com 865.375.4656

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... for a brighter future

Make Oak Ridge Energy Efficient

Our Mission

Make Oak Ridge Energy Efficient (MORE2), in conjunction with the City of Oak Ridge Electric Department, is upgrading the homes of qualified Oak Ridge community members with free energy-efficient equipment, such as new HVAC and water heating units, which lowers electric bills, improves home comfort, and helps the environment.

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