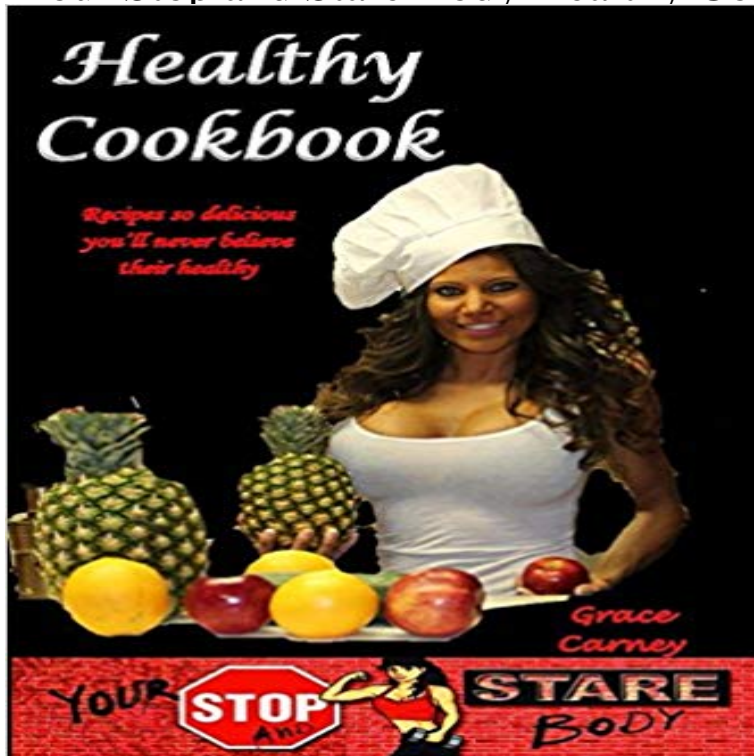


# Your Stop and Stare Body Healthy Cookbook



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

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