



10 WAYS To Enjoy KALE



Love your body Open your Mind Love your food

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First Published: **August 2013**

Written and produced by
Jenny Hill

Interior Layout and Cover Design by
PraxSys Media, Ltd.



About JEN

Hello Beautiful and Welcome.

My name is Jennifer, my friends call me Jen. I am a qualified Health Coach and a Nutritarian, which simply means, that I choose a lifestyle that has a Mind-Body Approach to Nutrition, Eating and living consciously. Nourishment comes from more than just the food we eat. It comes from our mindset, the products we use, activities we participate in, and the physical world that surrounds us.

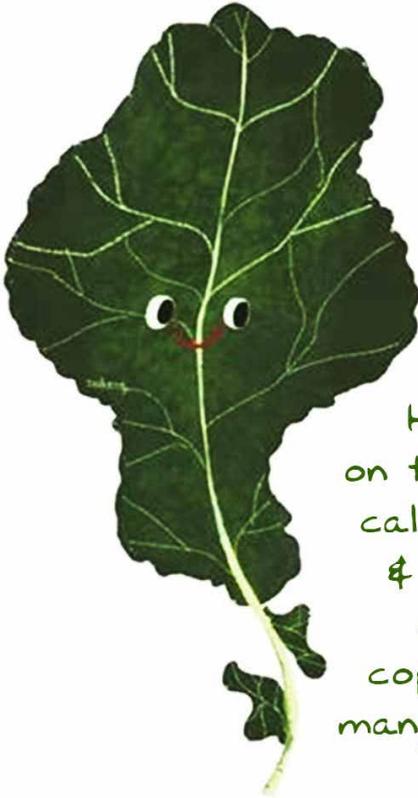
My mission is to inspire and empower you to take control of your health.

I love to create beautiful delicious healthy fat burning, anti aging recipes, to inspire you to live the happiest, fullest life possible, share my knowledge and wisdom to help you create the life of your dreams. I wake up every day with the intentions to make conscious choice to stay connected to my body and environment and to inspire as many others to life the same way.

One of my favorite Super hero's when it come to Super foods Is Kale.

I have put this little book together in the hope that it will change the way you and your family enjoy your Kale.

Jen



My Name
is
KALE!

I am one of the
Healthiest vegetables
on the planet. I have fiber
calcium, vitamin B6, C, K
& A. I am also a good
source of minerals
copper, potassium, iron,
manganese and phosphorus!

What is Kale

The beautiful leaves of the kale plant provide an earthy flavour and more nutritional value for fewer calories than almost any other food around. Although it can be found in markets throughout the year, it is in season from the middle of winter through the beginning of spring when it has a sweeter taste and is more widely available.

Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards, and Brussels sprouts that have gained recent widespread attention due to their health-promoting, sulfur-containing phytonutrients. It is easy to grow and can grow in colder temperatures where a

light frost will produce especially sweet kale leaves.

Kale or Borecole - The species *Brassica oleracea* contains a wide array of vegetables, including [broccoli](#), [cauliflower](#), [collard greens](#), and [brussels sprouts](#).

The **cultivar group** - *Acephala* also includes [spring greens](#) and [collard greens](#), which are extremely similar genetically.

Varieties of Kale

There are several varieties of kale; these are the most common they include curly kale, dinosaur (or Lacinato or Tuscan) kale, Purple Kale or ornamental kale, and, all of which differ in taste, texture, and appearance.



Curly kale has ruffled leaves and a fibrous stalk and is usually deep green in colour. It has a lively pungent flavour with delicious bitter peppery qualities. This variety is the best for chips.



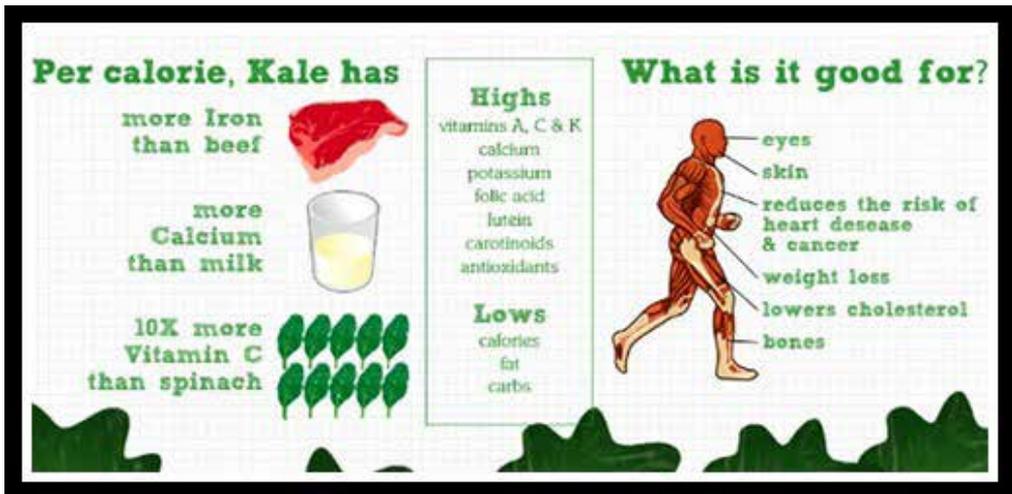
Dinosaur kale is the common name for the kale variety known as Lacinato or Tuscan kale. It features dark blue-green leaves that have an embossed texture. It has a slightly sweeter and more delicate taste than curly kale.



Ornamental kale is a more recently cultivated species that is oftentimes referred to as salad savoy. Its leaves may either be green, white, or purple and its stalks coalesce to form a loosely knit head. Ornamental kale has a more mellow flavour and tender texture.

Tips for Preparing Kale

1. **Rinse kale leaves** under cold running water, just before use, it will make it wilt faster.
2. **Pull the leaves** of the stem (just hold the kale upside down by the stems and pull the leaves off)
3. **Chop leaf portion** into 1/2" slices and the stems into 1/4" lengths for quick and even cooking.
4. To get the most health benefits from kale, let **sit for a minimum of 5 minutes** before cooking.
5. **Sprinkling with lemon juice** before letting them sit can further enhance its beneficial phytonutrient concentration.



Benefits of Kale

- Kale can provide you with some special cholesterol-lowering benefits if you will cook it by steaming. The fiber-related components in kale do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw kale still has cholesterol-lowering ability—just not as much.
- Kale's risk-lowering benefits for cancer have recently been extended to at least five different types of cancer. These types include cancer of the bladder, breast, colon, ovary, and prostate. Isothiocyanates (ITCs) made from glucosinolates in kale play a primary role in achieving these risk-lowering benefits.
- Kale is now recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs made from kale's glucosinolates can help regulate detox at a genetic level.
- Researchers can now identify over 45 different flavonoids in kale. With kaempferol and quercetin heading the list, kale's flavonoids combine both antioxidant and anti-inflammatory benefits in way that gives kale a leading dietary role with respect to avoidance of chronic inflammation and oxidative stress.

**NO ONE
HAS EVER
GOTTEN FAT
BY EATING TOO MUCH
KALE**



10 Great Reasons to Eat Kale

- 1. Kale is low in calorie, high in fiber.** One cup of kale has only 36 calories, 5 grams of fibre that helps lowers cholesterol. The sulfur in kale aids with digestion and liver health. It's also filled with so many nutrients, vitamins, folate and magnesium.
- 2. Kale is high in iron.** Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.
- 3. Kale is high in Vitamin K.** Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and the prevention of blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer's disease.
- 4. Kale is filled with powerful antioxidants.** Antioxidants, such as carotenoids and flavonoids help protect against various cancers.
- 5. Kale is a great anti-inflammatory food.** One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.



Kale is actually a great source of alpha-linoleic acid (ALA), the omega-3 fatty acid that's essential for brain health, reduces Type 2 diabetes risk and boosts heart health as well.

Each cup has 121 mg of ALA, according to Dr. Drew Ramsey's book [50 Shades of Kale](#).

6. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels.

7. Kale is high in Vitamin A & C. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers. Kale has more vitamin C than an orange one cup of chopped kale has 134 percent of your recommended daily intake of vitamin C, while a medium orange fruit has 113 percent of the daily C requirement.

8. Strengthen your Immune System. Kale's impressive concentration of nutrients strengthens the immune system and fights viruses and bacteria. Kale has more iron than beef, making it a great source of this valuable mineral for vegans and vegetarians. It helps more oxygen get to your blood and greatly helps those who are anemic.

9. Kale is high in calcium. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility.

10. Great for Fighting Disease. Kale, like other dark green veggies, may be helpful in preventing various cancers such as colon, prostate and ovarian. Its abundant vitamin K content is important for bone health, forestalling the effects of osteoporosis. And the folic acid and B6 provide cardiovascular support and prevent heart disease. It Is More Likely To Be 'Dirty.' According to the [Environmental Working Group](#), kale is one of the most likely crops to have residual pesticides. The organization recommends choosing organic kale (or growing it yourself!).

EWG's 2013

SHOPPER'S GUIDE TO
PESTICIDES IN PRODUCE

 Cut along line

€

EWG'S SHOPPER'S GUIDE TO
PESTICIDES IN PRODUCE™

DIRTY

2013 DOZEN™ 2013

APPLES	NECTARINES
CELERY	IMPORTED
CHERRY	PEACHES
TOMATOES	POTATOES
CUCUMBERS	SPINACH
GRAPES	STRAWBERRIES
HOT PEPPERS	SWEET BELL PEPPERS

PLUS

COLLARDS
& KALE*

SUMMER
SQUASH &
ZUCCHINI*

*PESTICIDES OF
SPECIAL CONCERN



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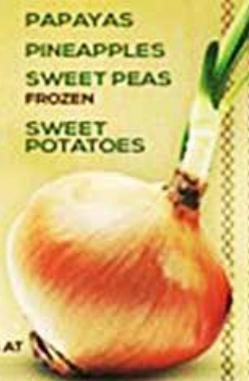
EWG'S SHOPPER'S GUIDE TO
PESTICIDES IN PRODUCE™

CLEAN

2013 FIFTEEN™ 2013

ASPARAGUS	ONIONS
AVOCADO	PAPAYAS
CABBAGE	PINEAPPLES
CANTALOUPE	SWEET PEAS FROZEN
CORN	SWEET POTATOES
EGGPLANT	
GRAPEFRUIT	
KIWI	
MANGOS	
MUSHROOMS	

QUESTIONS ABOUT
PESTICIDES IN
PRODUCE? VISIT US AT
FOODNEWS.ORG





10 WAYS To Enjoy KALE

Are You Ready to Get Your Kale On?

10 Ways to Enjoy Kale

I love that it is one of the most nutrient-dense foods available to us

--- a true **super food** ---

For Super heroes, I also love its versatility; see for yourself in the **10 recipes below**.



To get the most health benefits from kale, let sit for a minimum of 5 minutes before cooking. Sprinkling with lemon juice before letting them sit can further enhance its beneficial phytonutrient concentration.

1. Stunning in Salads instead of lettuce to adjust to the flavor and texture, start off lacing your normal salad with a handful of kale. Then, as you get used to it, use more kale and less lettuce. — You won't believe how simply using your hands can make a once bland food come alive. Massage for two to three minutes until the kale starts to soften and (for a softer texture) with olive oil and lemon to tenderize and reduce bitterness. Add your favorite features and let sit for several minutes before serving.

2. Be Healthy with Chips – A simple and quick snack—cut, chop or tear dry kale into chip-sized bits, toss with olive oil to glisten, not drench, and bake at 350 until crispy. Flavor with salt, lemon, tahini, parmesan, chili, cayenne, or paprika.

3. Go Raw in Smoothie and Juices – add kale with another vegetable with couple cups of water, with an apple a [high-speed blender](#) will break down the kale for you. If you want it chilled and sweet then mix in frozen fruit, berry or bananas.

- [Juice Kale check out some juices here](#) with some other favorite vegetable, like celery and a fruit for sweetness.

4. Jazz up Soup, Stew, Toss raw kale into any warm meal just before serving. A few minutes of heat will tenderize them. Bonus points for dishes with a bit of acidity.

5. Get Steamy, Some studies find that kale offers cholesterol-lowering benefits if it's steamed before eating kale by adding it to a steamer bring the water to a boil then add the kale until tender, usually 5-7 minutes.

6. Disguised in Lasagna and Quiches – If you or your kids are not a fan of the taste, you can hide kale in with other foods you love try adding them in no-one will know.

7. Sexy with Sautéed – best sauté with Organic Ghee or Grass Fed Butter. Simply add to dishes such as [Jens Noodles](#) quinoa, add walnuts, pine nuts or pumpkin seeds for texture, and dried cranberries or currants for sweetness. A squeeze of lemon to top it off, and you have a star side, try adding coconut cream.

8. Quick in pasta – Kale is great with pasta; have you tried [Jens Noodles](#) they are [a gluten free, low carb pasta](#), like in soups kale doesn't wilt too much or lose its texture when cooked with pasta. We love it with.

9. Clever in Kale Burger, add kale to your favorite burger mix, or try make the burger patties form steamed broccoli, kale, garlic with some raw baby spinach, pop them in your blender, until mixed, then make into patties, slightly fry with ghee, butter or coconut oil until browned then add them to your favorite burger, sourdough bread or salad.

10. Sizzled on pizza or grilled sandwich – Sprinkle on salt, olive oil, and lemon juice or vinegar. Add kale as a topping on your favorite base.

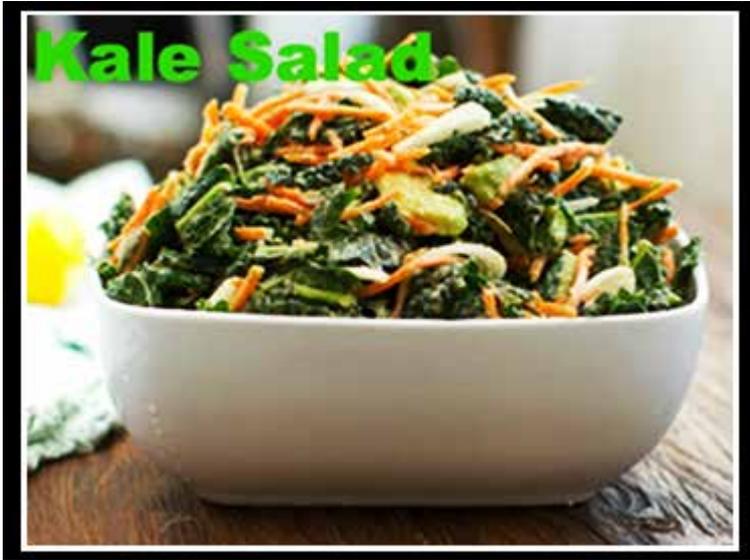


Kale It's Better With Fat. Kale has plenty of phytonutrients, things like quercetin -- which helps combat inflammation and prevents arterial plaque formation -- and sulforaphane, a cancer-fighting compound. But many of its top health-promoting compounds are rendered more effective when you eat the stuff in combination with another food. Fats like avocado, olive oil or even parmesan can make fat-soluble carotenoids more available to the body. And acid from lemon juice helps make kale's iron more bioavailable as well.

Storage Tips:

- Pull the leaves away from the stem.
- Wash thoroughly in cold water several times, and drain well on paper towels or spin in a salad spinner.
- Tear into pieces allow them to dry well
- Pop into a zip bag or a air tight container

10 Best Recipes to Enjoy Kale



5-Step Kale Salad *vegan*

by Happy-healthy-life.com

Makes 6 cups

Step 1: Wash your fresh kale greens. Run each thick leaf under warm to hot water and massage any grit away. Then refresh the leaves by running them all under ice cold water. (The hot and coldest settings on your tap will work.)

Step 2: Prep your ingredients. Remove the thick vein from your kale leaves and discard. (You could keep this on, but it is quite chewy.) Also prep your other veggies however you'd like. Chop, dice, cube, shred... Add the chopped kale and veggies to a large mixing bowl.

Step 3: Make your dressing. In a small bowl, whisk your dressing together.

Step 4: Toss! Add the dressing to your bowl of veggies and kale and start tossing! You could massage if you'd like :) Fluff and toss until the dressing is well absorbed into the greens and veggies.

Step 5: Chill it! Allow for at least an hour for the dressing to really sink into the ingredients. Plus chilling everything makes it refreshing and tasty as a cold salad side. You can even make this salad the night before you serve it. Overnight chilling works! The greens should be eaten within 48 hours though.

Now for the Recipe...

4 cups chopped raw kale (about 1/2 small bunch)

3/4 cup shredded carrots

1 small avocado, diced

1/2 cup sweet onion, diced

2-3 Tbsp seeds or nuts (I added some mineral-rich pepitas)

*you can easily change up the veggie and other add-ins as desired.

Simple Sweet Tahini Dressing

(Make a double batch of dressing if you like your greens more heavily dressed)

2 Tbsp tahini

2 Tbsp maple syrup

3 Tbsp fresh lemon juice + pinch of zest

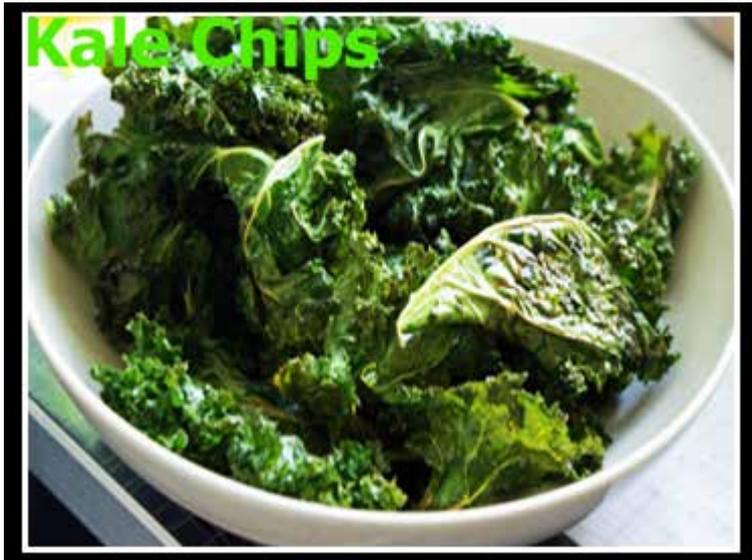
1 Tbsp extra virgin olive oil (optional)

2-3 pinches cayenne

pinch of salt + a few pinches of black pepper

Important Notes:

- * If you want to lighten up the dressing, substitute fresh orange juice for the EVOO.
- * You can use raw agave syrup or brown rice syrup in place of maple if desired.
- * Add a splash of tamari in place of the salt if you have it on hand!



Kale Chips

By JulieVR

Serves 6

To make chips, tear kale into bite-sized pieces (make sure it's dry or it won't crisp up,) toss about in some olive oil, sprinkle with salt and roast until crispy and golden and they smell like popcorn, taste like nutty chips, shattering in your mouth, with none of the tough chew

They aren't strong enough to withstand dips, but their ruffled edges make them an appealing-looking bowlful of salty snack. Try them – they'll change your life.

1 bunch kale

olive oil, for cooking

good-quality coarse salt

Preheat the oven to 400°F./200c

Wash kale and dry it in a salad spinner or between tea towels. (Extra moisture will keep them from getting nice and crispy.)

Cut or pull out the tough stems, tear the leaves into chip-sized pieces and spread out on a rimmed baking sheet.

Drizzle with oil and toss with your hands to coat well; arrange in a single layer and sprinkle with salt.

Roast for about 10 minutes, until crispy and starting to turn brown on the edges, but not too dark.

Serve immediately or cool completely and store in an airtight container until ready to serve.



Kale Juice with Apple and Cucumber

Ingredients:

½ green apple

½ cucumber

3 leaves of Kale

Juice from ½ lemon

Small chunk fresh ginger

Sprinkle cayenne pepper

Salt to taste

Start by thoroughly washing your apple, kale leaves and cucumber.

I also washed off the lemon to ensure there was no dirt on the rind that might get into the juice.

Remove the kale from the spine.

You can use a juicer or a blender I prefer a blender it keeps all the important fiber. Cut your apple and cucumber and kale into smaller pieces than your juicer blender. If you're blending add all the ingredients together. If you're juicing just add them after with ice.

Kale Juice Juice pre-washed, organic veggies in this order:

4-5 kale leaves

1-2" piece of ginger

1/2 lemon (keep the rind)

1/2 cucumber (cuke)

3 celery stalks

Sometimes, I add parsley if I have lots in the fridge and don't think I will be using it up anytime soon.

You could add garlic as well, if you're looking for something more savoury.

Just juice the garlic before all the water-dense veggies.

They will push the garlic through the juice.

If this juice is too hard core for you, you can add an apple to sweeten it, but i try to avoid sugars when cleansing or resetting my body to an alkaline state.

I find the veggie drink to be sweet on its own without fruit



Raw Kale Pesto with Jens Noodles

Ingredients:

1 pkt 250g Jens Noodles Angel Hair

¼- ½ cup chopped walnuts (activated and organic is best)

½ teaspoons Himalayan salt

1 bunch of kale, stems removed, (organic is best)

1 clove garlic

½ cup olive oil

½ cup grated Parmesan cheese

1 tablespoon fresh lemon juice

Ground black pepper and cayenne pepper to taste

The Fun:

Turn on the music

Wash the kale and soak it while you get the other ingredients ready about 5 minutes.

Prepare Jen's Noodles, Rinse and allow them to dry.

In a blender or food processor, add garlic, walnuts and squeezed and drained kale.

Whiz until well combined, pour in oil in a steady stream, and pulse until combined.

Add salt, lemon, pulse, have a taste.

Then add the cheese and peppers, another quick pulse, have another taste.

Spoon about 1-2 tablespoon of kale pesto over Jens Noodles mix well.

Serve with love and eat with awareness.



Kale and Feta Crustless Quiche

by Brittany Mullins

Serves: 8

Ingredients:

Cooking spray or coconut oil

1 onion, halved and thinly sliced

2 cloves of garlic, minced

½ cup chopped mushrooms

½ teaspoon dried herbes de provence

sea salt and freshly ground black pepper, to taste

½ bunch (about 3-4 cups) of kale, chopped

3 eggs

⅓ cup egg whites

⅔ cup unsweetened Original Almond Breeze almond milk

⅛ teaspoon freshly grated nutmeg

⅓ cup feta cheese

Instructions:

Preheat oven to 400°/200c. Coat a 9-inch pie pan with cooking spray or coconut oil.

Coat a large skillet with cooking spray or coconut oil and turn heat to medium-high. Add onion, garlic, mushrooms, herbes de provence, sea salt and pepper.

Cook mixture, stirring occasionally and adding a tablespoon or two of water if the pan gets too dry, until onions are translucent and kale and mushrooms have wilted.

In a small bowl, whisk together eggs, egg whites, almond milk and nutmeg.

Season with an additional pinch of salt and pepper.

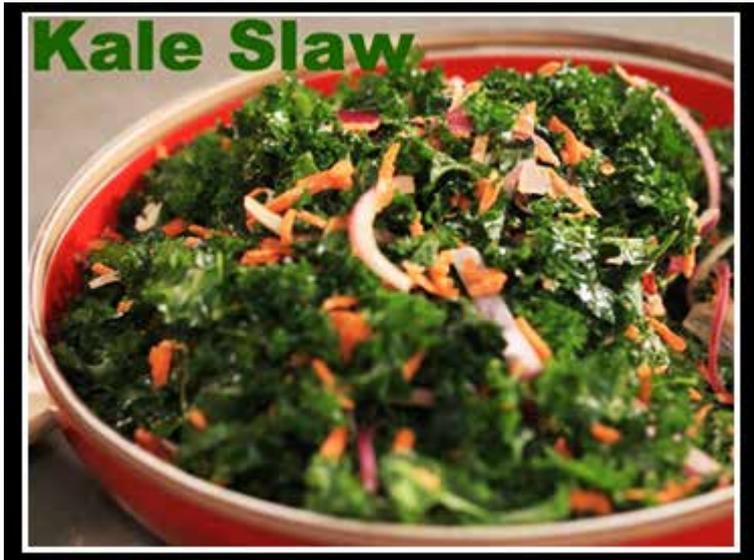
Spread onion, mushroom and kale mixture on the bottom of prepared quiche dish.

Sprinkle on the feta cheese.

Pour egg mixture over top and push under any ingredients not covered by the egg mixture to prevent burning.

Bake uncovered until set and golden brown around edges, about 25 minutes.

Let quiche rest at room temperature for 10-12 minutes, then cut into eight slices and serve.



Kale Slaw

By Melissa d'Arabian

Ingredients:

1 head kale, stems removed and thinly sliced

1 large carrot, grated

½ an orange, juiced

½ a lemon, juiced

Salt and freshly ground black pepper

1 tablespoon olive oil

½ red onion, sliced very thinly

1 slice bacon, cooked crisp and chopped

1 rounded tablespoon mayonnaise

Directions:

Place the kale into a salad bowl.

Toss with the carrot, orange juice, lemon juice and salt, and using your hands, rub the acid into the kale.

Let the kale sit a few minutes while you shock the onion.

Prepare a large bowl of ice water and a saucepan with boiling water.

Place the thinly sliced onion into the boiling water for 15 to 30 seconds, and then shock them in the cold water, stopping the cooking immediately.

Drain the water and blot the onions with a paper towel.

Add the onion, bacon, olive oil, salt and pepper and toss well.

Add the mayonnaise and mix the slaw well.

Refrigerate until ready to serve. (Can be made several hours in advance.)



Kangaroo, Kale with Jens Noodles

Ingredients:

- 1 pkt Jen's noodles
- 220 grams of Kangaroo, sliced
- ½ bunch Kale, washed, broken into chunks
- ½ onion, sliced
- 6 mushrooms, sliced
- ½ Capsicum, sliced
- 1 clove of garlic, chopped
- Coconut amino
- 1 TLB Olive oil
- 1 TLB of lemon juice

The Fun:

Turn on the music

Prepare Jens Noodles as the pkt directions, allow to drain

Pop the kale in a bowl, massage with the olive oil and lemon allow to soak

Heat up a non stick pan on medium heat and add the olive oil

Add the onion, garlic and allow to sauté

Pop in the Kangaroo, capsicum and kale and simmer on low for 5 minutes

Add the mushrooms, and coconut amino

Add Jen's Noodles

Turn off the heat, mix well

Serve with love and eat with awareness

Kangaroo meat is high in protein and minerals, especially iron and zinc omega-3's important source of several B-group vitamins, namely riboflavin, niacin, Vitamin B6 and Vitamin B12. Kangaroo meat could well be one of the highest known sources of the healthy fat CLA (conjugated linoleic acid). It is very lean, being low in cholesterol and with less than 2% fat.



Super Energy Kale

by Soup the worlds healthiest foods

Ingredients:

1 medium onion, chopped

4 cloves garlic, chopped

5 cups chicken or vegetable broth

1 medium carrot, diced into 1/4-inch cubes (about 1 cup)

1 cup diced celery

2 red potatoes, diced into 1/2-inch cubes

3 cups kale, rinsed, stems removed and chopped very fine

2 tsp dried thyme

2 tsp dried sage

Salt and pepper to taste

Directions:

Chop garlic and onions and let sit for 5 minutes to bring out their hidden health benefits.

Heat 1 TBS broth in a medium soup pot.

Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently.

Add garlic and continue to sauté for another minute.

Add broth, carrots, and celery and bring to a boil on high heat.

Once it comes to a boil reduce heat to a simmer and continue to cook for another 5 minutes.

Add potatoes and cook until tender, about 15 more minutes.

Add kale and rest of ingredients and cook another 5 minutes.

If you want to simmer for a longer time for extra flavour and richness, you may need to add a little more broth

Kale With Roasted Peppers and Olives



Kale with Roasted Peppers and Olives

By Kay Chun And Jane Kirby , December, 2001

Ingredients:

- 2 large bunches kale
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 2 teaspoons sugar
- 1 teaspoon salt
- 12 Kalamata olives, pitted and chopped
- 1 4-ounce jar roasted red peppers
- 2 tablespoons aged balsamic vinegar

Directions:

Cut the kale into bite-size pieces, removing any tough stems.

Rinse and shake dry.

Warm the oil and garlic in a large stockpot over medium-high heat.

Remove the garlic as soon as it browns (don't let it burn).

Add the kale and stir-fry 5 minutes.

Add 1/4 cup water, cover, and cook 8 to 10 minutes or until tender.

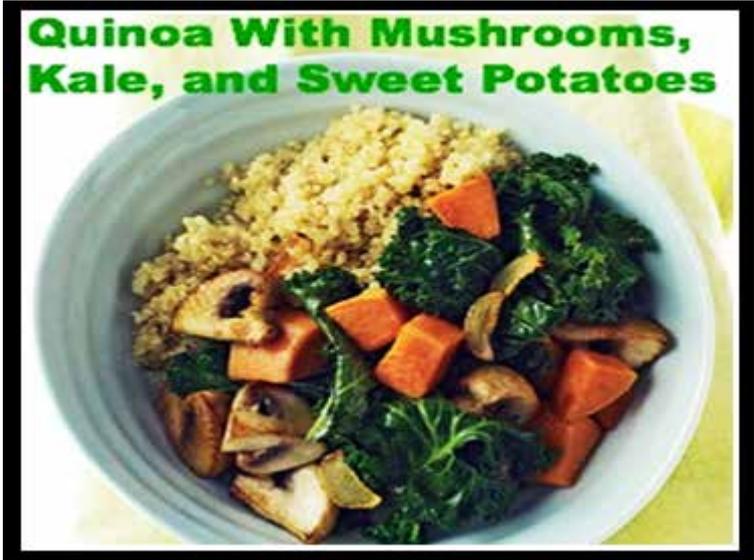
Uncover and add the sugar, salt, olives, and peppers.

Cook over medium-high heat until the liquid has evaporated.

Spoon into a serving dish; scatter the garlic over the top.

Drizzle with the balsamic vinegar. Serve warm or at room temperature.

Quinoa With Mushrooms, Kale, and Sweet Potatoes



Quinoa with Mushrooms, Kale, and Sweet Potatoes

By Kate Merker

Ingredients:

1 cup quinoa

2 tablespoons olive oil

2 small sweet potatoes (about 1 pound), peeled and cut into 3/4-inch pieces

10 ounces button mushrooms, quartered

2 cloves garlic, thinly sliced

1 bunch kale, stems discarded and leaves torn into 2-inch pieces

3/4 cup dry white wine

Celtic salt and black pepper

1/4 cup grated Parmesan

Directions:

Place the quinoa and 2 cups water in a small saucepan and bring to a boil.

Reduce heat and simmer, covered, until water is absorbed, 12 to 15 minutes.

Meanwhile, heat the oil in a large pot over medium heat.

Add the sweet potatoes and mushrooms and cook, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes.

Stir in the garlic and cook for 1 minute.

Add the kale, wine, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.

Cook, tossing often, until the vegetables are tender, 10 to 12 minutes.

Serve the vegetables over the quinoa and sprinkle with the Parmesan.

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