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Wellness 100: 100 Carbs /100 Recipes

Amber French, Kari Morris

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Just thinking about dieting or eating right can feel overwhelming and heavy for most of us, but Dr. Amber French and chef Kari Morris show us that it doesn't have to be. Wellness 100 presents a realistic and optimistic option with simple guidelines and healthy, easy, and delicious recipes that are respectful of busy lifestyles. Plus, the program naturally works to combat diseases of aging such as heart disease, stroke, cancer, diabetes, and obesity. Can you imagine wanting to eat healthy and enjoying a diet program? With Wellness 100, you can because it is an attainable lifestyle, not a fad diet.

Based on hundreds of studies, research articles, and books by respected authors, the program will teach you how to eat a variety of readily available fresh and colorful foods with the proper amount of carbohydrates and protein for lifelong weight management and better health. Wellness 100 gets us back to basics, teaching us to make better choices when it comes to our eating habits instead of being lost in a world of confusing food labels and savvy marketing of convenience (processed) foods and fad diets. Shopping, cooking, and eating according to Wellness 100 guidelines is achievable and rewarding.

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