



# Healthy Eating The Happy Gal Way

*Jenny Layton*

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## **Healthy Eating The Happy Gal Way** Jenny Layton

Tired of dieting? Want healthy food to taste better? Pinched for time? Need quick, easy recipes? Healthy Eating The Happy Gal Way is for you. Jenny Layton, creator of The Happy Gal blog, has compiled all of her favorite healthy eating tips and delicious recipes so you can finally change your eating habits for good. More than a recipe book, this is a guide to help you know what to eat, when you should eat it, and how to make it easy. This collection of over 100 recipes will keep you lean and satisfied from breakfast 'til bedtime. Eating Healthy has never been easier!

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