



12 Steps to Whole Foods Complete Course (The complete 12 Steps to Whole Foods with Audio & Videos)

Robyn Openshaw

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The course includes well over 550 recipes and everything you need to know, to enjoy a lifestyle eating the world's most nutritious foods--easily, inexpensively, and deliciously. It's a life change anyone can make! In the full 12 Steps to Whole Foods course, you save \$57 on the entire suite of information products on GreenSmoothieGirl.com: *A manual with all 12 steps, and an education that you would have to read 20+ books to obtain. The course also has over 175 recipes, fully indexed (so you can easily look up recipes that use ingredients you have on hand). Each step has time- and money-saving tips. The introduction and appendices give lots of information about getting kids and spouses on board, learning what's true and false in nutrition, understanding kitchen tools and high-nutrition ingredients (and where to get them), and much more. (\$79.95 value) *A journal to keep track of the health benefits you notice through each step, making your whole-food adventure a scientific experiment (\$10 value) *Audio files corresponding to the topics covered in each step, for your listening pleasure on the ride to work, to discuss and reinforce what's in each step in the manual (\$30 value) *28 videos by Robyn to explain key concepts for each step and demonstrate recipes (\$30 value) *Four bonus recipe collections: Jump Start (Robyn's favorite everyday recipes), 101 Healthy Lunch ideas, 230 Green Smoothies, Healthy Holiday Recipes (375 additional recipes, \$42 value) * An autographed copy Robyn's book The Green Smoothies Diet (\$14.95 value) *A sample or two of Robyn's favorite nutrition product(s) *Access to the 12 Steps blog to ask questions and get support from other 12 Steppers (priceless) \$207.00+ value for only \$149.95

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