

Advance Praise for *Real Moms Love to Eat*

Here's what leading health and wellness professionals, real moms and peers are saying about *Real Moms Love to Eat*:

Start with health and food - add pleasure, and real life. Now you have the recipe for creating a food legacy that not only nourishes you and your family, but also uplifts the entire planet. This book gives you the blueprint for eating seductively, pleurably, healthfully, and practically..... while also feeding your family every day. What's not to love?

Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers:

Women's Bodies, Women's Wisdom and The Wisdom of Menopause

Anywhere you go people need and want to talk about their health-from daily diet to lifestyle. This book gives women the opportunity to approach nutrition and wellness in a practical and enjoyable way. Beth's love for helping others become healthier and happier fills each page!

Joshua Rosenthal, Founder, Institute for Integrative Nutrition

Beth Aldrich has written a very good primer to help you begin to make your diet an ally, not an enemy in today's time-compressed world.

Dr. Barry Sears, author of the Zone Diet books

The Ultimate Mothers Helper! For all of us moms seeking an answer for ourselves AND our family, Beth reveals the secret way to get more room on your plate.

Teri Knapp, Television Producer

Real Moms Love to Eat is packed with tips, ideas and recipes for today's busy moms who want fun and flavor mixed into their healthy lifestyle. Beth's energetic, no-nonsense approach make this a perfect book for anyone looking to improve or maintain a healthy family diet -- without sacrificing flavor, fun, or sanity."

Megan Calhoun, Founder & CEO, SocialMoms.com

Hot moms everywhere will love this book. It's easy to follow, has great recipes and will make you laugh--out loud!

Jessica Denay, Founder of Hot Moms Club, author of the *Hot Moms Handbook* series

Beth's book ignites a love affair with healthy living, offering savvy insight and wisdom.

Real Moms Love to Eat nourishes and inspires a balanced relationship with food, providing practical tips about farmers' markets to beautiful meals shared with family.

Robyn O'Brien, author of *The UnHealthy Truth* and Founder, AllergyKids.com

This book is perfect for the busy mom who wants to stay in shape, feel good, and still enjoy good food!

Tracey Mallett, author of *Super Fit Mama* and *Sexy in 6*