



# Smart and Simple Snacking: A College Girl's Guide to Eating Clean and Avoiding the "Freshman 15".

*Keri Bernstein*

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**Smart and Simple Snacking: A College Girl's Guide to Eating Clean and Avoiding the "Freshman 15". Keri Bernstein**

**Every recipe you wished you already knew! An amazing collection of recipes that not only taste great but are great for you too!**

If you're in college or know someone who is then this book is the recipe book that you only ever dreamed of. It's during college that you need to have both your mind and your body working at its maximum ability, and the key to that is eating and snacking as healthy as possible.

If you're up at night and craving a sweet snack, then you're in luck. Perhaps you're studying late into the evening with friends and need a healthy snack to boost your energy? You don't need to eat junk any longer. College doesn't have to be just a collection of greasy pizzas or burgers, eat right, feel great and look amazing.

Inside the Guide to Eating Clean you'll find some delicious recipes such as:

*And so much more!!!*

If you're looking for a sweet or savory snack with a healthy twist, then you need to scroll up to the top of this page and click **BUY IT NOW!**

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