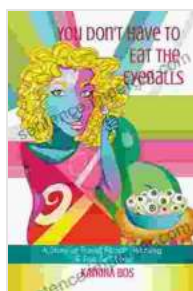


You Don't Have to Eat the Eyeballs: A Shockingly Fun Way to Demystify the World of Food and Health

Are you tired of being bombarded with conflicting information about food and health? Do you feel like you're constantly being told what to eat and what to avoid, but you don't really understand why?



You Don't Have to Eat the Eyeballs: A Story of Travel, People-Pleasing & True Self-Love

★★★★☆ 4.8 out of 5



If so, then you need to read *You Don't Have to Eat the Eyeballs*. This book is a fun and informative guide to the world of food and health, debunking myths and providing practical tips for making healthy choices.

Written by registered dietitian and certified diabetes care and education specialist Monica Reinagel, *You Don't Have to Eat the Eyeballs* is packed with evidence-based information, but it's also written in a clear and engaging style. Reinagel has a gift for making complex topics easy to understand, and she does it with a healthy dose of humor.

In *You Don't Have to Eat the Eyeballs*, you'll learn about:

- The basics of nutrition
- How to read food labels
- The truth about fad diets
- The importance of eating whole foods
- How to cook healthy meals
- And much more!

Whether you're a complete beginner or you're just looking to brush up on your nutrition knowledge, *You Don't Have to Eat the Eyeballs* is the perfect book for you.

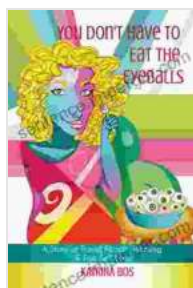
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What people are saying about *You Don't Have to Eat the Eyeballs*

"Monica Reinagel has done it again! She's written a book that is both informative and entertaining. *You Don't Have to Eat the Eyeballs* is a must-read for anyone who wants to learn more about food and health."—**Mark Bittman, author of *How to Cook Everything***

"Monica Reinagel is a gifted communicator who makes complex topics easy to understand. *You Don't Have to Eat the Eyeballs* is a valuable resource for anyone who wants to make healthy choices."—**Dr. David Katz, founding director of Yale-Griffin Prevention Research Center**

"*You Don't Have to Eat the Eyeballs* is the perfect book for anyone who is confused about food and health. Monica Reinagel provides clear, evidence-based information in a fun and engaging style." — **Melissa Clark, author of *Dinner in an Instant***



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