



Goodness for Goddesses: I want to encourage you to be the healthiest version of yourself

Francesca Giacomini

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I want to encourage you to be the healthiest version of yourself so that you can reap the benefits of my nutrition and fitness method, and share the goodness with your friends and family. A healthy world is a happy one!

Love is the key ingredient in all of my recipes. A dear friend once told me, 'if you eat with love, you digest with love.' Nothing could be more true! So ladies, stop counting calories and start taking pleasure in your food. Trust me, I only want the best for you!

A common misconception is that cooking delicious food requires hours of slaving in the kitchen. Never a good look! Guess what? I have a solution for you. All my recipes take between 5-15 minutes to prepare. So whether you're a busy woman on the go or feel lost when faced with a measuring cup, fear not! I've created recipes that are easy to follow and as simple as possible. Eating poorly means you are failing your body, it need not be an excuse ever again.

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