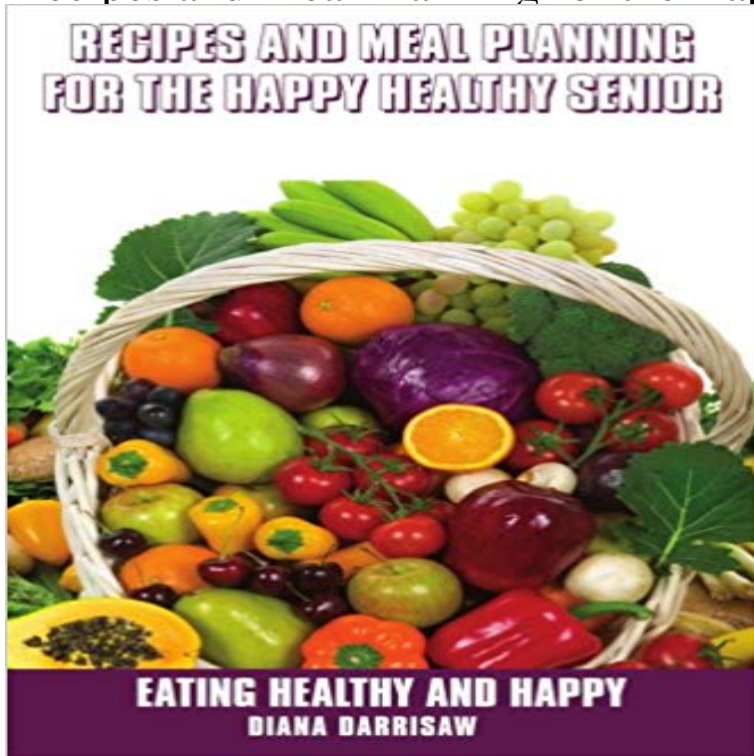


## Recipes and Meal Planning for the Happy Healthy Senior



In writing this book it gave me extra motivation in my struggle in dealing with meal planning because of my food related illnesses. To one senior to another, the struggle in determining the healthiest way to eat can carry some stress. As you stroll through the pages of this book every recipe will hold a special need for you to start cooking. Eating is a must, and eating the proper foods to maintain good health is also. We as members of the senior hood should have the best in planning our meals, not less. Dont let what is going on now in your meals keep you from having meals full of flavors, taste, and just mouth watering goodness. Cook a meal for one two, even three, have leftovers for another day, not another month. With a good variety in foods, and portion control we can battle our illnesses and still eat great. Give High glucose levels, high blood pressure, high sodium, and cholesterol a big kick to the curb, for the sake of good health. To understand the struggles, one has to know the struggles, and we do right? We as the elderly have a connection in 95% of our lives, the sicknesses we share. Good sharing in ways to eat is only a turn, and a page away, come on and read why I feel happy and healthy after meals again. Lets walk hand and hand down the road to better, and healthier food choices, by taking familiar foods, and changing them from unhealthy to healthy and happy.

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