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SIMPLE GREEN *meals*

JEN HANSARD

author of SIMPLE GREEN SMOOTHIES

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RECIPES TO THRIVE
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Jen Hansard**

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Synopsis book

As a bestselling author and co-founder of the widely popular website Simple Green Smoothies, Jen knows the impact food can have on your body, your health and your dreams. Before switching to a plant-powered diet, Jen Hansard felt exhausted, stressed-out and frustrated with her body. After a wake-up call from her husband, she set off on a mission to put foods in her body that would allow her to go after the things that mattered most. Embracing nutrient-dense, nourishing whole foods gave her the vitality to do more than just survive each day she was able to live out dreams that had been long buried. From creating a backyard family farm, to flying an airplane, to running 100km in a single day, to camping and hiking the U.S. National Parks. Through her journey came her mission: to help others fuel their passion by embracing delicious plant-powered meals to help them look and feel their best. Now in Simple Green Meals, she branches out to offer quick, tasty, vegetarian meals for the

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