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MY SUPERMARKET SIDEKICK: YOUR AISLE-BY-AISLE SHOPPING GUIDE (PAPERBACK)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My Supermarket Sidekick takes you aisle-by-aisle through the supermarket and answers your pressing nutrition questions while you shop. Learn how to navigate the food and nutrition label to make the best food decisions for yourself and your family. Aisles include: Fruits Vegetables, Vegetarian Proteins, Deli Meats, Meat Poultry, Fish Seafood, Dairy: Milk, Yogurt, Cheese Dairy Alternatives, Eggs, Grains, Hot...

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- Authored by Bonnie R Giller
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Reviews

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