



# The College Student's Guide to Grocery Shopping: Healthy Eating Made Easy

*Jordan Syatt*

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**The perfect book for busy college students who want to eat fresh and healthy meals!**

*The College Student's Guide to Grocery Shopping* is packed with simple recipes, tips, and tricks intended to improve your diet, save you cash, and help you achieve your ultimate fitness based goals.

As a current college student I know very well that university life makes it hard to maintain a healthy diet.

As a Precision Nutrition Certified Coach and Certified Strength Specialist, I know how to help people incorporate healthy options into their busy lives.

**In an attempt to make healthy eating as simple as possible, I have created this book detailing what I consider to be the healthiest and most realistic nutritional choices for the average college student.**

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