

# Sky Hill Institute

*Empower the Healer Within!*



## Healthy Meals for Busy Lives Recipe Book

*(to order your recipe book, scroll to bottom)*

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**Sky Hill Institute is a 501(c)(3) nonprofit organization.**

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## These recipes are:

- Low in fat
- Filled with natural foods (*fruits, vegetables, beans, nuts, seeds, whole grains*)
- High in omega-3's (*olive oil is our oil of choice*)
- Nondairy (*contain no cow or other animal milk, yogurt, cheese, etc*)
- Vegetarian (*contain no fish, red meat, fowl, eggs or meat*)
- Based on proper food combining principles (*there are a few exceptions*)
- Both raw and cooked dishes
- 80% wheat & grain free (*non-grain mung bean noodles can be used in most pasta dishes*)
- Designed specifically to promote your health!

## Makes a great gift for:

- Birthdays
- Anniversaries
- Weddings
- Valentines Day
- Christmas
- Etc.

## To order

**Cost:** \$24.95 + tax + shipping/handling (*ask about our quantity discounts*)

**Call:** 707.778.9445

**Payment:** Cash, Check, MasterCard and Visa accepted.

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