

JENNIFER HARRIS RDN LD CEDRD-S

RECOMMENDED PODCASTS

FULL BLOOM PROJECT

www.fullbloomproject.com

- What does healthy really mean?
 - Season 1, episode 5
 - <https://www.fullbloomproject.com/podcast-episodes/healthy>

- Seriously, how many pieces of birthday cake do I let them eat?
 - Season 3, episode 62
 - <https://www.fullbloomproject.com/podcast-episodes/episode-62>

EATING RECOVERY CENTER

www.eatingrecoverycenter.com

- Too good to be true? Struggle free family meals
 - Episode 36
 - www.eatingrecoverycenter.com/podcast/episode-36-struggle-free-family-meals

