

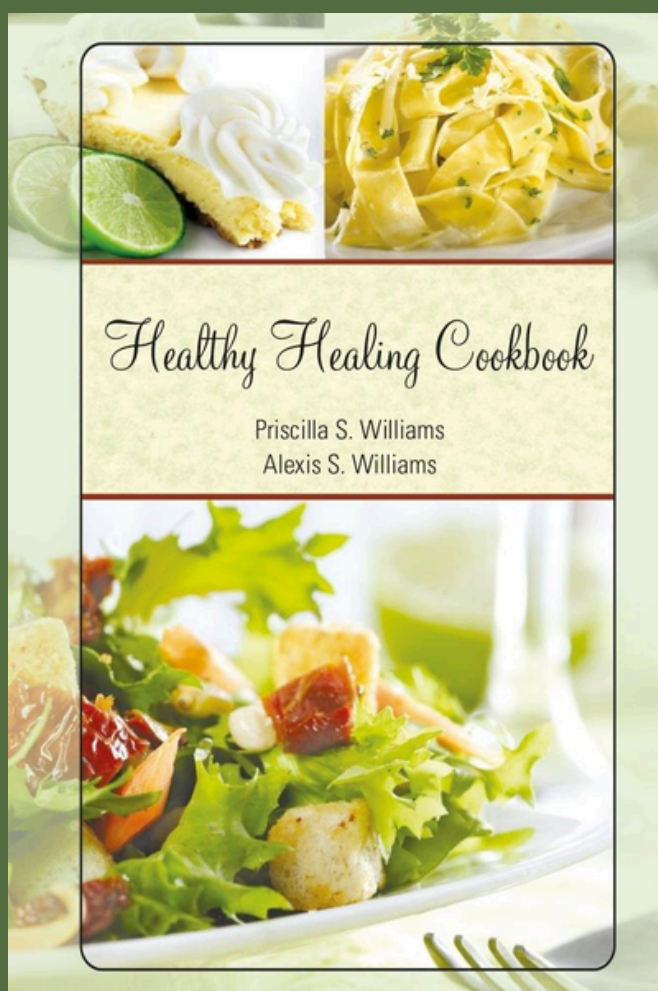


PRISCILLA & ALEXIS WILLIAMS

Author's Bio

Priscilla Williams is a retired Registered Nurse, married and lives in Southaven, Mississippi. She attended Tuskegee University and earned a Bachelor of Science degree in Biology. She earned her Registered Nursing degree (RN) from Baton Rouge General School of Nursing in Baton Rouge, Louisiana.

Alexis S. Williams recently completed her Bachelor's in Science in Nutrition & Dietetics at Alcorn State University in Lorman, MS. Additionally, she completed a Master's in Food & Nutrition at Bowling Green State University in Bowling Green, OH.



Book Bio

This book is designed for the reader to make better options and choices for their diet. Many studies recommend how beneficial it is to cook at home, control portion size, and eat a diet of good healthy food options.

