

**FOOD & COOKING MAGAZINES AVAILABLE ON RB DIGITAL
RECOMMENDATIONS BY MS. VEENA**



CLEAN EATINGThis magazine is about eating real food for a healthy, happy life, the way nature intended. You can count on recipes that are made without additives or processed foods, find the latest health & wellness news, online cooking classes, plus the best non-toxic home, bath & beauty products for living a clean life.



COOK'S COUNTRY.....This bi-monthly magazine is devoted to home-style cooking. Every page is packed with quick, simple & delicious meals. There are pullout recipe cards, equipment reviews, cooking tips to decrease the effort & increasing the enjoyment.



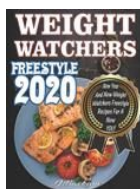
GLUTEN-FREE LIVING.....This bi-monthly magazine provides information on living a happy, healthy gluten free life. It has a medical advisory board made up of doctors who are experts in treating those with celiac disease & gluten intolerance.



PALEO.....This premier bi-monthly magazine is an online source for everything related to the Paleo lifestyle & is packed with the latest research & information on functional exercise & ancestral nutritional recipes. It is dedicated to providing valuable information for anyone interested in not just getting healthier but thriving all via an environmentally conscious medium of fitness & healthy lifestyle recipes.



SAVEUR.....This American gourmet food, wine, travel magazine will show you step by step instructions for recipes the whole family will love plus personal stories & more. It specializes in essays about various world cuisines. Celebrated for its distinctive naturalistic style & food photography & vivid writing.



WEIGHT WATCHERS.....This magazine provides every platform to guide you to success! It is packed with recipes, tips, trends & ideas about health, fashion, fitness & beauty for living a delicious, healthy life.