



# The Beauty Diet: Looking Great has Never Been So Delicious

*Lisa Drayer*

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**The Beauty Diet: Looking Great has Never Been So Delicious** Lisa Drayer

**The secret to glowing skin, brighter eyes, whiter teeth, shinier hair, and stronger nails**

According to nationally known nutritionist Lisa Drayer, it's not what you put on your body, but what you put in your body that makes you beautiful. Drayer's groundbreaking guide reveals the Top 10 Beauty Foods--nature's best kept secrets for glowing skin, fuller hair, healthier nails, brighter eyes, and whiter teeth. Her easy-to-follow program?including a mouthwatering four-week meal plan with more than 100 recipes?unlocks the amazing power of these Beauty Foods and makes every part of your body look and feel absolutely fantastic.

**Here are the Top 10 Beauty Foods**

Wild Salmon

Yogurt

Blueberries

Spinach

Kiwis

Tomatoes

Oysters

Sweet Potatoes

Walnuts

Dark Chocolate

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