



GARDEN HARVEST RECIPES

A Plant to Plate Cookbook



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Welcome to Garden Harvest Recipes!

Living a healthy lifestyle begins with the food you put inside your body.

Garden Harvest Recipes: A Plant to Plate Cookbook was created by Holly J. Bertone, cancer and autoimmune survivor, who lives her life with wellness in mind. She transformed her family's lifestyle into clean living - from what they put in and on their bodies to the environment around them. Holly takes the harvest from her own garden and makes it easy for readers to recreate these healthy, plant-centric recipes for their families.

This collection of garden harvest recipes will help you enjoy plant-centric meals all year long. ALL of the recipes are gluten-free. From Paleo to Whole30 to Vegan, these are Holly's favorite go-to recipes made from the bounty of her organic vegetable garden.

Whether you have your own veggie garden, hit the Farmer's Market, or join a CSA, this book is designed to help you create healthy recipes from the abundance of the garden harvest. It's one small albeit very important step on the journey to reclaiming your health.

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Disclaimer:

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*"Let food be thy medicine and medicine be thy food."
- Hippocrates*

My Story - How Healthy Happened

(and why you should want optimal health too)

I know it's difficult to make positive changes in your life. I am a [cancer survivor](#) and have an [autoimmune condition](#). I never healed as I should have. I wanted to get at the root cause of all of these unwanted symptoms and implement a better protocol to help ward off any future cancer diagnoses.

Back in the day...

I used to live a healthy lifestyle.

I ate mostly nutritious foods and enjoyed treats in moderation.

I exercised. Well, not just exercised - I raced mountain bikes and was an XTerra competitor. I ran. I swam. I rock climbed. I took boxing lessons. I was strong and physically fit.

I was a healthy weight and a petite size 0-2. I didn't smoke, and my alcohol consumption was limited to a few drinks when I was out with friends.

In 2010, I was diagnosed with breast cancer on my 39th birthday. No warning, no family history. I was a young and healthy woman. One year after treatment ended, I was diagnosed with Hashimoto's Thyroiditis, which is an autoimmune thyroid condition.

For five years after cancer treatment ended, I was still sick. Every. Single Day. Routine [blood tests](#) came back "normal," and my doctors encouraged me that all of the changes (chemo, menopause, Tamoxifen, Hashi's, etc.) would take a toll on my body and take time to recover.

I woke up feeling sick every single day. I woke up so tired; I felt like I hadn't slept in several days. The fatigue was so bad it was painful. It literally hurt to stay awake. The migraines would be so bad; I could barely see. My stomach was in a constant state of nausea, and there were days that it was normal to take four to five trips to the bathroom to launch a space shuttle.

After five years of unsuccessfully trying to reclaim my life, I realized that "healthy" wasn't good enough. I needed more. I needed to make some drastic changes. I needed to be completely clean. I jumped in, and never looked back. I'm healthier now than I have been in my entire life, and I have zero regrets.

I made a commitment to eat a heavily plant-based diet. I've jumped around from 100% vegan to pesco-vegan to Whole30 to Paleo and everything in between. What I learned for myself is that it's not about the label. I feel my best when I eat an 85%-90% plant-based diet and I listen to how my body responds to what I eat. I am a firm believer that what we put in our bodies is the key to optimal health.

When we moved to the "Bertone Homestead" in 2011 (we're in the burbs of Alexandria, VA but we call our home that because we try to live as much of the suburban homestead lifestyle as possible), there was a large bocce ball court in the backyard. Despite my husband Carter's Italian heritage, we aren't bocce ball people. As soon as the first spring hit, we ripped up the pitch and turned it into a Victory Garden.

Seriously. Carter and I should have been alive in the 1940s. We love that simple way of life, swing music, and getting back to the basics. I digress. Even during the worst of my health challenges, I still managed to keep the garden alive.

I started composting, learned about soil, pollinators, and how to maintain an organic garden. It became my happy place.

The only thing that makes me happier than being in my garden, is to make dinner for my family with the harvest.

This collection of garden harvest recipes will help you enjoy plant-based meals all year long. ALL of the recipes are gluten-free. From Paleo to Whole30 to Vegan, these are my favorite go-to recipes made from the bounty of our garden.

Whether you have your own veggie garden, hit the Farmer's Market, or join a CSA, this book is designed to help you create healthy recipes from the abundance of the garden harvest. It's one small albeit very important step on the journey to reclaiming your health.

Don't ever give up. YOU CAN DO THIS. I have faith in you!

I love feedback, so please drop me a note. You can reach me at holly@pinkfortitude.com or hit me up on social media @PinkFortitude (@PinkFortitude1 on Facebook). Tag us and use hashtag #pinkfortitude to let me know how you are enjoying all of the recipes!



Be sure to check out [Clean Eating Recipes](#) on our website - we have new recipes that are posted each week.

Thank you for letting me be a part of your quest for a healthier you.

Hugs, Holly

Notes About the Recipes

Before we get into the recipes, I want to set a few expectations.

ALL of the recipes are gluten-free. They are heavily plant-centric and a mixture of Paleo, Whole30, and Vegan. All of the recipes are marked accordingly. Many individuals in my tribe have health issues, including food allergies and sensitivities. I learned quickly that there is no nutrition protocol that will fit 100% of people. These recipes are designed to be inclusive for everyone to enjoy. I will never, ever judge someone based on their nutrition protocol.

Wherever you are at... YOU ARE WELCOME HERE.

Let's talk about vegan because it can be sensitive to some people. I went 100% vegan for health reasons, and then gradually added around 10% "meats and treats" to my diet on as much of a Paleo and Whole30 protocol as possible. We do have a few recipes that include meat. Please skip over them if you are vegan. I also understand that honey is a controversial topic in the vegan community. There are a couple of recipes that include honey and please feel free to substitute your favorite all-natural sugar.

Vegan milk. I have an extreme sensitivity to ingesting coconuts, and coconut milk is completely off-limits. I started using almond milk, then transitioned to flax milk when almond milk didn't agree with me, and finally landed on cashew milk. These kinds of milk have very similar consistencies and the recipes have been tested on them. If you prefer coconut milk, make whatever necessary adjustments as needed.

For the record, there are several recipes that actually do not come out of my garden, but are so popular with the summer harvest I couldn't resist and had to include them. At this point, we do not grow watermelon, peaches, or raspberries in our garden.

Getting Started - Chef's Recommendations

Most of these items you already have in your home. But just in case, these are the basic kitchen supplies to help get you started with the recipes in this cookbook.

[Cast Iron Skillet](#)

[Chef's Knife](#)

[Food Processor](#)

[Hand-Held Zoodle Maker](#)

[Hemp Organic Apron](#)

[Loaf Pan](#)

[Mandolin](#)

[Middle of the Aisle Organic Ingredients](#)

[Nutri Ninja](#)

[Peeler-Slicer-Shredder](#)

[Pizza Cutter](#)

[Pizza Stone](#)

[Primal Palate's Organic Spices](#)

[Sauté Pan](#)

[Spiralizer Zoodle Maker](#)

[Zipzicle Pouches](#)

Appetizers

Beet Hummus



vegan

Sometimes you gotta shake things up. Like hummus. It's awesome. But the same ole hummus gets a little old after a while. This beet hummus is perfect for Valentine's Day, a baby or bridal shower, or any festive occasion where the crudités need a date who is pretty in pink.

Ingredients:

- 1 Can Beets 15 oz
- 1 Can Garbanzo Beans (Chickpeas) 15 oz
- 1/4 Cup Pumpkin Seeds
- Juice from one lemon
- 2-3+ TBSP Extra Virgin Olive Oil or more
- Season with salt and pepper

Instructions:

1. Add all ingredients to a food processor and blend together, scraping down sides as needed.
2. Add more olive oil as needed to desired consistency.
3. Enjoy or store in a closed container in the refrigerator.

Seriously Delicious Homemade Fig Jam



paleo + vegan

My dear neighbor gave me 20 figs from her fig tree (mine tree only produces a few). I knew it was time to make some fig jam! It's easy to make and full of all natural ingredients. Perfect for a farm to table (or yard to table) treat!

Ingredients:

- 20 figs
- ½ cup honey for paleo (or 1/8 - ¼ cup organic cane sugar for vegan)
- Juice from 1 lemon
- 1 tsp vanilla extract
- 2 TBSP bourbon (optional and negates paleo)

Instructions:

1. Cut stems off figs.
2. Cut figs into small pieces - 4 or 8 per fig depending on the size
3. In a medium saucepan, stir all ingredients over med-low to medium heat.
4. Stir often, as you don't want the bottom to burn.
5. Heat for 20 - 30 minutes until it's jam consistency.
6. You will have chunks. If you want it smoother, blend in a Nutri Ninja or blender.

Fig and Goat Cheese Appetizer Pizza



gluten + grain free only

This fig and goat cheese appetizer pizza is one of those dishes that looks fancy but is super easy to make. It's perfect for a summer harvest party, holiday or Christmas party, or any time you want to impress your guests. It's also gluten and grain free.

Ingredients:

- 8 oz Fig Jam or Spread (see previous recipe)
- 8 oz Goat Cheese
- 4 [Gluten Free Tortillas](#)
- 4 oz Pistachios

Instructions:

1. Preheat oven to 350 degrees.
2. Spread fig jam over tortillas.
3. Cover with goat cheese.
4. Sprinkle with pistachios.
5. Bake on a pizza stone at 350 degrees for 10 minutes or until the cheese is warm and melted.

Oven Baked Beet Chips



paleo + whole30 + vegan

I was never a fan of beets. I grew up in rural Pennsylvania, where pickled eggs and beets were a huge thing, and other than hogmaw, I don't think there was a food that grossed me out more. Ok, maybe liver and onions. But you get the point. Enter adulthood and healthy eating and beets were never on my

radar. Until these oven-baked beet chips came into my life.

Ingredients:

- 6 Large beets
- 2 TBSP+ EVOO
- Sea Salt

Instructions:

1. Cut off ends and slice beets very thin using a knife or mandolin
2. Place in a medium bowl and drizzle with the EVOO and sea salt.
3. Toss.
4. Add more EVOO and salt if you feel they need some more coverage – you want them covered but not soaking.
5. Let sit for 30 minutes.
6. Preheat oven to 300 degrees.
7. Place beets on a baking sheet covered with parchment paper.
8. Bake at 300 degrees for 30 minutes.
9. After 30 minutes, check every 5 – 10 minutes and take out the beets that are curled and crisp.
10. Total baking time will be close to one hour, but be sure to watch them as individual beets will bake quicker than others and you don't want them to burn.

Rosemary Infused Olive Oil



paleo + whole30 + vegan

You know that rosemary infused olive oil they serve at those fancy restaurants? The one with the fresh rosemary in the pretty bottle? How wonderful would it be to make it at home? Let me show you how. It's easier than you think!

Ingredients:

- Glass bottle
- Organic Extra Virgin Olive Oil
- Fresh rosemary

Instructions:

1. Wash your container and rinse your rosemary. Let dry, and ensure both are completely dry. It may not be a bad idea to let them sit for 12-24 hours. Water will cause the oil to become rancid, so you never want to mix the two! Ok... so dry, dry, dry.
2. Gently place one or two twigs of rosemary into the bottle.
3. Pour in the olive oil.

Watermelon Prosciutto Appetizer Bites



without cheese = paleo + whole30

If you are looking for a summer appetizer that will wow your guests, these watermelon prosciutto appetizer bites are the perfect solution. They are easy to make and are sure to please.

Ingredients:

- Watermelon
- Goat Cheese or Feta Cheese (eliminate for paleo or whole30)
- Prosciutto
- Cucumber
- Toothpicks

Instructions:

1. Cut up square pieces of watermelon.
2. Add a piece of goat cheese. (Or feta. But goat cheese is the best).
3. Cut up pieces of prosciutto.
4. Top with a piece of cucumber.
5. Pierce through with a toothpick.

Sides and Mains

Kale Salad



paleo + whole30 + vegan

Kale is the superfood that is here to stay. It is high in fiber, iron, antioxidants, calcium, and Vitamins A, C, and K. It is anti-inflammatory and aids in digestion.

Ingredients:

- 4 Cups chopped kale
- 1 Lemon
- 4+ TBSP extra virgin olive oil
- 1/4 Cup pecans
- 1/4 Cup dried pomegranates (optional - negates Whole30)
- 1 TBSP minced garlic

Instructions:

1. Chop kale into small pieces to make approximately 4 cups.
2. Cut lemon into 2 - 4 pieces.
3. In a large bowl, add kale and olive oil, and squeeze as much lemon as you like (more or less on your preference). Add the garlic.
4. Mix together with tongs.
5. If needed, add a little more olive oil and lemon to ensure the kale is covered but not runny.
6. Place in fridge for several hours to absorb.
7. When ready to serve, add pecans and dried pomegranates, more or less to your preference.

Kale Pesto



paleo + whole30 + vegan

Breaking up is hard to do. Sometimes you hang onto that last little bit before letting go. It was difficult to say goodbye to Parmesan cheese. I knew I had to change up one of my favorite recipes and start enjoying kale pesto instead. (This was one of my transition recipes back in the day.)

Ingredients:

- 6 Cups kale (you can also use a 12 oz bag of Organic Kale)
- 2 TBSP minced garlic
- 1 TBSP nutritional yeast
- 1/2 cup EVOO
- Salt & Pepper

Instructions:

1. Add 4 cups of kale and all ingredients except for the olive oil to a food processor.
2. Pulse until combined.
3. Gradually add 1/4 cup olive oil as you are processing to emulsify.
4. The kale will break down. Keep all ingredients in the processor as you add the remainder of the kale and EVOO and emulsify.
5. Use within 3 days in the fridge or store in freezer.

Lamb and Zucchini Boat



paleo + whole30 + dairy-free

Are you looking for a quick and easy dinner that your entire family will love? This lamb and zucchini boat dinner will take you 20 minutes start to finish and you can make it on the grill, skillet, or oven. PS - while you can enjoy it any time, it's best during your bountiful summer zucchini harvest!

Ingredients:

- 1 pound ground lamb
- 3 - 4 small - medium zucchinis
- 1 TBSP+ gyro seasoning
- EVOO
- 1 pouch or can lentils (optional & negates paleo + whole30)
- Tzatziki, Green Goddess, or Ranch Dressing (optional - recommend Primal Kitchen)

Instructions:

1. Preheat grill
2. Cut off ends and cut zucchini in half lengthwise.
3. Scoop out seeds
4. Drizzle cut side with EVOO and additional gyro seasoning.
5. Place cut side down onto grill.
6. Grill for 20 minutes.
7. In a skillet and on the stove, heat ground lamb, breaking up
8. Add 1 TBSP gyro seasoning to lamb.
9. When lamb is 90% cooked, add lentils (optional).
10. Spoon lamb/lentil mix onto grilled zucchini.
11. Top with Tzatziki, Green Goddess, or Ranch dressing (optional).

Lemon Garlic Zoodles



paleo + whole30 + vegan

If your summer harvest is exploding with zucchinis, these Lemon Garlic Zoodles are going to be your favorite go-to recipe. The lemon and garlic really make the flavor pop. This super healthy zucchini noodle recipe is Whole30, Paleo, and Vegan. PS – it only takes 10 minutes to make!

Ingredients:

- 1 TBSP EVOO
- 2-3 Zucchini
- 2 Lemons (Juice and zest)
- 4 Cloves Garlic, minced (or 4 TBSP minced)
- 1 TBSP Garlic and Herb Seasoning
- 1 TBSP Chopped Parsley
- Pinch Salt + Pepper to Taste

Instructions:

1. Cut the ends of the zucchinis and spiralize.
2. Add oil to a skillet over medium heat.
3. Add garlic and sauté for 1-2 minutes.
4. Add lemon zest, lemon juice, zest and garlic + herb seasoning.
5. Add zucchini noodles and mix.
6. Stir occasionally with tongs and cook for about 5 minutes, until zoodles are soft.
7. Once heated, top with parsley and salt and pepper to taste.

The Best Roasted Carrots



paleo + whole30 + vegan

Not just for Easter or Passover brunch or dinner, these roasted carrots are going to be a side dish rotation for your weekly dinners throughout the year. The taste is amazing as-is or you can top them with crushed pistachios. They are fancy enough to make for any holiday dinner and easy enough to take to a potluck.

Ingredients:

- 12 Carrots
- 1 TBSP+ EVOO or Avocado Oil
- 2 tsp Garlic and Herb seasoning
- 1 TBSP Crushed pistachios (optional)

Instructions:

8. Preheat oven to 400 degrees.
9. Spray your baking sheet with baking spray.
10. Scrub the carrots and dry. (optional to peel).
11. Place on the baking sheet.
12. Toss with the oil and seasoning. Use tongs to ensure they are covered.
13. Bake at 400 degrees for approximately 50 minutes. Start checking at 40 minutes to ensure they are at your desired softness.
14. For the last 5-10 minutes, sprinkle the crushed pistachios over top.

Zoodle Shrimp Scampi



paleo + whole30

One of my favorite dinners is Shrimp Scampi. There is something so comforting about the sautéed shrimp on top of a big ole bowl of (gluten free) spaghetti. It seems like everyone is on the zoodle bandwagon lately, so I thought... why not give them a try and make some Zoodle Shrimp Scampi.

Ingredients:

- 30 - 40 Large shrimp, peeled
- 2-3 Zucchini
- 2 TBSP extra virgin olive oil
- 2 TBSP minced garlic
- 2 TBSP parsley
- 2 Cups vegetable broth (you can also use white wine, but will negate paleo + whole30)

Instructions:

1. Scrub Zucchini. Use a Spiralizer to turn the zucchini into zoodles.
2. Ensure the ribbon isn't one long ribbon, you will want it cut at about the size of a spaghetti noodle. Set aside.
3. Sauté shrimp on medium-high in a large sauté pan drizzled in olive oil
4. Add minced garlic and parsley and toss with the shrimp.
5. Shrimp will cook quickly - approx. 3 - 5 minutes.
6. Pour in broth and once it boils, use a slotted spoon and remove the shrimp.
7. Add zoodles to the pan and simmer for 3 - 5 minutes.
8. Pour into a large bowl and top with shrimp.

Zucchini and Squash Kabobs



paleo + whole30 + vegan

You know the dish. The one that takes just a few minutes to make, is crazy healthy, and is one of your family's favorite? The one you are almost too embarrassed to gloat about because it's that easy? Yup. These zucchini and squash kabobs are easy to make – just throw them on the grill.

Ingredients:

- Zucchini and Yellow Squash
- Primal Kitchen Italian Vinaigrette
- Kabob Skewers

Instructions:

1. Cut up zucchini and squash into bite-size chunks.
2. Place in sealed plastic bag and marinate with dressing.
3. Skewer.
4. Grill for 15 - 20 minutes until done.

Be Careful, as the metal skewer will be VERY hot!

Sweet Treats

All-Natural Berry Freezer Pops



paleo + vegan

Whether it's a summertime treat for the kids, or a healthy dessert alternative, these all-natural berry freezer pops will be a winner no matter which flavor you pick. And they are super easy to make.

Ingredients:

- 1 cup water
- 1/2 to 3/4 cup berries of choice (fresh or frozen)
- Drizzle of maple syrup (optional)

Instructions:

1. In a Nutri Ninja or blender, mix together all of the ingredients.
2. Start with 1/2 cup of berries and add more if needed.
3. Pour into a Zipzicle pouch.
4. Freeze for 4 hours.
5. Enjoy!

Black Raspberry Ice Cream



paleo + vegan

If you could name your favorite childhood summer memory, what would it be? My list is a mile long, but at the top is going to the Antietam Dairy to get black raspberry ice cream. I wanted to recreate my favorite childhood ice cream, but with a dairy-free version. It's pretty darn close to the real deal.

Ingredients:

- 2 cups raw cashews
- 1 cup vegan milk (almond, flax, etc.)
- 1/2 cup pure maple syrup
- 1 tsp vanilla extract
- 1 cup fresh or frozen black raspberries
- 1/4 cup vegan butter (or ghee for paleo)

Instructions:

1. Soak cashews 8 - 12 hours or overnight. Then drain.
2. Line a 9 x 5 loaf pan with parchment paper.
3. Add all ingredients into a blender or Nutri Ninja and blend.
4. Pour into loaf pan.
5. Freeze for 4 hours and keep frozen

Grilled Watermelon



paleo + whole30 + vegan

Have you ever thought about trying grilled watermelon but don't know where to begin? This is one of the tastiest and healthiest desserts you can eat. It's so simple to make and doesn't take a lot of time and effort. The inspiration came from a restaurant and the quality is certainly "guest-worthy."

Ingredients:

- Watermelon
- Balsamic Vinegar

Instructions:

1. Preheat grill.
2. Cut watermelon into triangles.
3. Grill on each side for 4-5 minutes.
4. Drizzle with a good quality Balsamic Vinegar.

Honey Thyme Ice Cream with Grilled Peaches



paleo + vegan

You know how sometimes you see a recipe and it's way out of your comfort zone and sounds a little bizarre, but you still want to try it? Like it's calling you in all of its taste weirdness. That was me. And this recipe. It's a honey thyme vegan ice cream with grilled peaches. Trust me.

Ingredients:

- 2 cups raw cashews
- 1 cup vegan milk (almond, flax, etc.)
- 2 TBSP fresh or dried thyme
- 1/4 cup honey
- 2 fresh peaches
- 1/4 cup vegan butter (or ghee for paleo)

Instructions:

1. Soak cashews 8 - 12 hours or overnight and rinse.
2. Line a 9 x 5 loaf pan with parchment paper.
3. Add all ingredients to a blender or Nutri Ninja (keep a little honey aside to drizzle on top).
4. Pour into loaf pan.
5. Freeze for 4 hours and keep frozen.
6. Halve peaches and remove the pit.
7. Grill for a few minutes and top with ice cream.

Full Articles and Additional Information

If you are interested in reading the full articles and learning more information about each of these recipes, I've included the links to the blog posts below (in ABC order).

[All-Natural Berry Freezer Pops](#)

[Beet Hummus](#)

[Black Raspberry Ice Cream](#)

[Fig and Goat Cheese Appetizer Pizza](#)

[Fig Jam](#)

[Grilled Watermelon](#)

[Honey Thyme Ice Cream with Grilled Peaches](#)

[Kale Pesto](#)

[Kale Salad](#)

[Lamb and Zucchini Boat](#)

[Lemon Garlic Zoodles](#)

[Oven Baked Beet Chips](#)

[Roasted Carrots](#)

[Rosemary Infused Olive Oil](#)

[Watermelon Prosciutto Appetizer Bites](#)

[Zoodle Shrimp Scampi](#)

[Zucchini and Squash Kabobs](#)

About the Author

Holly Bertone, CNHP, PMP, is a #1 Amazon.com [bestselling author](#), inspirational speaker, and wellness expert. She is the President and CEO of Pink Fortitude, LLC and runs the health and wellness website [pinkfortitude.com](#). Holly is a breast cancer and Hashimoto's survivor and turned these two significant health challenges into a passion to help others. She inspires others with her quick wit, brutal honesty, and simple ways to be healthy in real life.



Holly is a Certified Natural Health Professional, holds a Masters Degree from Johns Hopkins University, a Bachelor's Degree from Elizabethtown College, and is a Project Management Professional (PMP).

Holly is passionate about reaching out to cancer and autoimmune survivors, and also volunteers for organizations supporting our military veterans. In her free time, she loves to garden, and hit flea markets and yard sales. Holly is married to a retired Green Beret, is a stepmother, and lives in Alexandria, VA.

Follow Holly on Social Media:



Other Books by Holly Bertone

[*Thriving in the Workplace with Autoimmune Disease: Know Your Rights, Resolve Conflict & Reduce Stress*](#)

[*Coconut Head's Survival Guide: My Journey from Diagnosis to "I Do."*](#)

[*My Mommy Has Cancer*](#)