



Healthy Meals: Love To Cook

Tracey Pattison

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Healthy Meals: Love To Cook Tracey Pattison

Healthy Meals contains 500+ recipe tips and pieces of practical cookery advice; plus 48 delicious gluten-free recipes designed for your family and friends to enjoy (with many options for paleo, dairy-free, refined sugar-free and vegetarian included).

PLUS Tracey's personal holistic recommendations and recipe inspiration that will:

- Get your children eating at mealtimes
- Break boredom in the kitchen
- Save you money
- Improve your health

Tracey Pattison believes you can make *Healthy Meals* that taste great, are affordable and your children will love to eat.

As a qualified Health Coach (IIN*), Tracey believes that the foundation to great health begins in the kitchen. Getting back to the basics - real food, trusted recipes and simple cookery skills.

Learn to Love To Cook with Tracey's easy to follow recipes, clever tips and holistic approach to cooking and eating.

"My cookbook will leave you feeling inspired and confident in the kitchen"

*Institute of Integrative Nutrition

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