

Wholesome Cook The

by ANGELL, MARTYNA

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Real food to nourish you, no matter your age or stage in life. Have you noticed that as you moved from childhood through the teenage years and into adulthood your food tastes changed? How what used to work for you food wise as a 30 something, no longer works for you as you near retirement? That you can't eat the same dishes as your friend and feel good? That your energy levels are lacking or your digestion is just not the same? Like the calendar year, the body has its seasons and no one understands this better than Martyna Angell, author of the bestselling book *The Wholesome Cook* and the popular and award-winning blog of the same name. In her new book *The Wholesome Cook Recipes for Life's Seasons*, Martyna focuses on bio-individualism - the recognition that we are all a little different - and offers 180 endlessly flexible recipes that can be adapted to support your individual health and well-being.

Price: \$3.20 (Top Price is \$49.95)
Stock: Plenty Of Stock
Item Code: WHOLCOO

ISBN: 9781489251220
Book Format: Hardcover
Pages: 352
Dimensions: H 245mm x W 195mm x D 33mm
Weight: 1482g



The Wholesome Cook
**Recipes for
Life's Seasons**

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Martyna Angell