

# Our Personal Favourites - Nutritional Plant Food Cookbook

## Healthy Home Cookin' Our Personal Favourites



Get a sample of all 7 cookbooks in this one!  
By Angela Poch, N.C.

Simple, tasty, completely vegetarian & adaptable with  
low fat, sugar free, gluten free, and other variations.

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This favourites book is a taste of the 7 volume Healthy Home Cookin series. With over 150 pages full of

healthy and delicious recipes this cookbook will become your favourite as well! You ARE affected by what you eat. So choose to eat well. This cookbook series is aimed to help you cook healthier. These vegan recipes are designed with the body machine in mind using whole grains with minimal refined products. The author, Angela Poch, N.C. graduated from Total Health School of Nutrition and has written 8 cookbooks with more on the way. She has been featured on TV cooking shows and runs Higher Path Print & Production a video and print company dedicated to health and happiness.

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