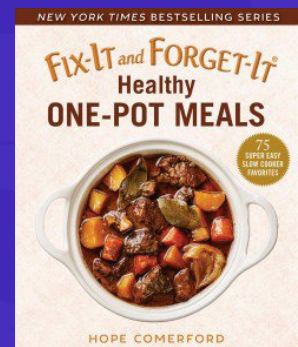
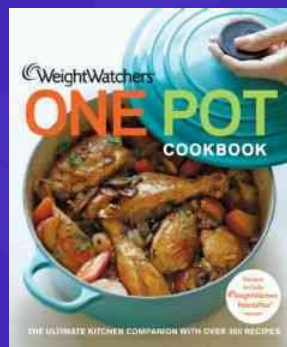
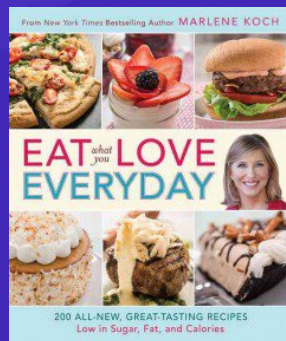
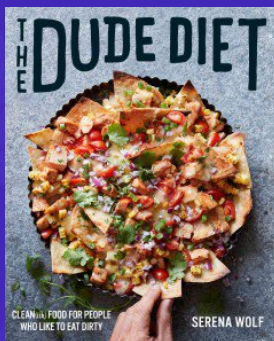
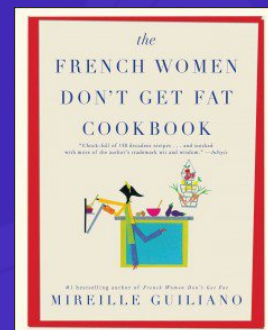
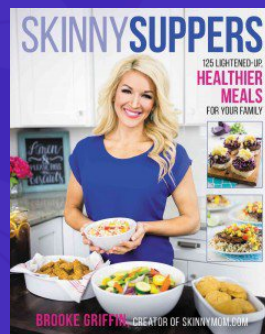
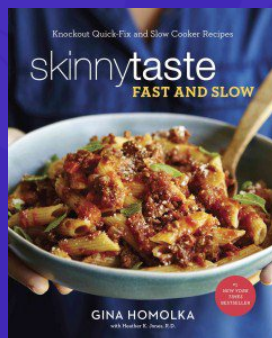
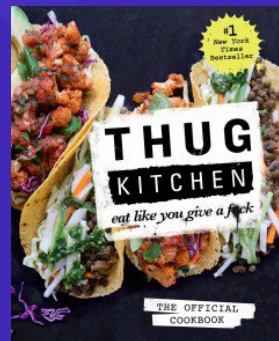
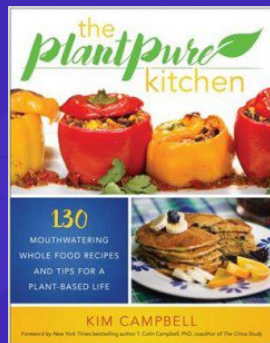
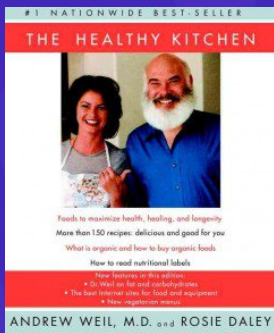


Cookbook Reading Recommendations



Available through the libraries.

Cookbook

Reading Recommendations

"The healthy kitchen : recipes for a better body, life, and spirit"
by Andrew Weil and Rosie Daley

Available in print.

"The Plantpure Kitchen : 130 mouthwatering Whole Food recipes and tips for a plant-based life" by Kim Campbell with Whitney Campbell

Available in print.

"Thug Kitchen : eat like you give a f*ck : the official cookbook"

Available in print.

"Prep-ahead breakfasts & lunches : 75 no-fuss recipes to save you time & money" by Alea Milham.

Available in print.

"Skinnytaste fast and slow : knockout quick-fix and slow cooker recipes" by Gina Homolka

Available in print and as an ebook on cloudLibrary.

"Skinny suppers : 125 lightened up, healthier meals for your family" by Brooke Griffin

Available in print and as an ebook on cloudLibrary.

"The French women don't get fat cookbook" by Mireille Guiliano

Available in in print.

"The dude diet : clean(ish) food for people who like to eat dirty"
by Serena Wolf

Available in in print.

"Eat what you love everyday" by Marlene Koch

Available in in print.

"Weight watchers one pot cookbook"

Available in in print and as an ebook for instant download on Hoopla.

"Fix It and Forget It Healthy One-Pot Meals"

Available an ebook for instant download on Hoopla.