



“THE WHOLESOME COOK by Martyna Angell is the go-to guide for anyone pursuing a creative approach to food and a healthy balanced lifestyle.”

Taking a unique approach to the problem of ‘which diet is best’, award-winning blogger and talented cook Martyna Angell brings you The Wholesome Cook, featuring more than 170 brand-new recipes that cater to many dietary needs, because we are all different and no single diet fits everyone the same.

“The Modern Way to eat... Life-changing” Hetty McKinnon, author Community

With so many dietary lifestyle choices available, and food intolerances and sensitivities on the rise, The Wholesome Cook is packed with easy to understand information on sugar, fat, soy, grains and dairy, making it the go-to guide for improving your health and eating the best food for your body.

Incorporating clean wholefoods, fresh fruit, vegetables and pasture-raised meat as well as quality seafood, these delicious wholefood recipes are all refined sugar-free and all have gluten-free options. Many are paleo-friendly, and include options for vegetarian, vegan, dairy-free and low FODMAP needs. It is this flexibility that will help you to navigate today’s landscape of over-processed foods and adopt a healthy diet that works for you and those around you, for life.

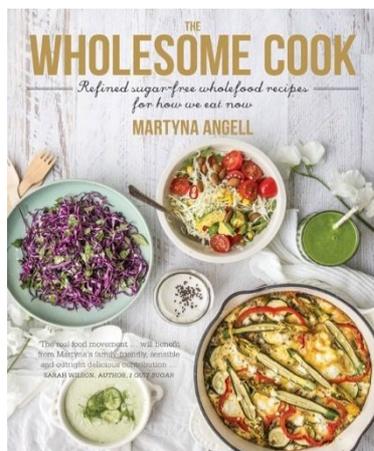
“The real food movement ... will benefit from Martyna’s family-friendly, sensible and outright delicious contribution” Sarah Wilson, I Quit Sugar

Martyna gives you beautiful, family-friendly recipes that turn favourite junk foods into healthy wholefood classics that truly nourish and are easy to follow for even the most basic of cooks.

Feature article ideas:

- Why eating the best food for *your* body might be the “diet” you’ve been looking for
- A ‘bettertarian’ take on sugar, fat, soy, grains and dairy
- 5 simple hacks for eating better for life
- Back to basics: additive-free kitchen staples
- Real-life tips for dealing with fussy eaters
- Going organic on a budget

Martyna Angell is a certified holistic health coach (IIN), wholefood recipe columnist for Nourish magazine, cookbook recipe writer and an award-winning wholefood blogger. She is also a passionate food stylist and food photographer, as well as a wellness speaker. Her articles and recipes have appeared in major publications in Australia and overseas.



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www.wholesome-cook.com/shop

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