



“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.

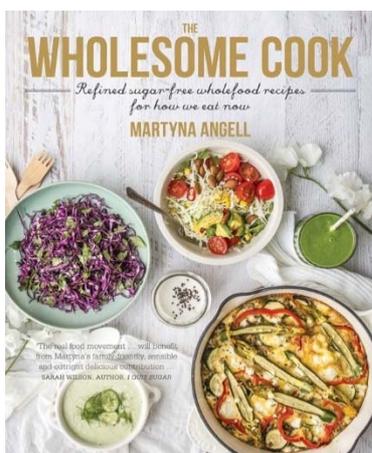
“The real food movement ... will benefit from Martyna’s family-friendly, sensible and outright delicious contribution” Sarah Wilson, *I Quit Sugar*

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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“ONE OF THE 10 BEST COOKBOOKS FOR CHRISTMAS 2015”

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