

## Food For Life

by BRIDGES, MICHELLE

Food For Life

Michelle Bridges is passionate about health - her health, your health, our health. In Food for Life, Michelle shows us how to cook for a lifetime of wellbeing and fitness, and reminds us that

we each have the power to choose better health through our food.

Michelle includes 200 delicious recipes, using accessible nutrient-dense ingredients, suitable for singles, couples and families. There are meal plans for reducing weight, boosting energy and feeding families, as well as smart shopping lists, ingredient descriptions and the sort of sensible, sustainable dietary advice you have come to expect from one of Australia's most trusted voices in health. Food for Life is not just for short-term weight loss; instead, it shows you how to develop a pattern of healthy eating that will last you a lifetime. As beautiful as it is practical, it will inspire you to see food as a path to good health, empowerment and joy.

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