

# More Than 100 Simple Healthy Recipes Inspired By Family And Friends Around The

This cookbook is a collection of over 100 simple and healthy recipes that have been inspired by family and friends from all over the world. The recipes are easy to follow and use fresh, whole ingredients. They are perfect for busy families who want to eat healthy meals without spending a lot of time in the kitchen.



## Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World by Tara Stiles

★★★★☆ 4.5 out of 5

Language : English  
File size : 46959 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 365 pages



### What's Inside?

- Over 100 simple and healthy recipes
- Recipes inspired by family and friends from all over the world
- Easy-to-follow instructions
- Fresh, whole ingredients

- Perfect for busy families

## **Why You'll Love It**

- The recipes are easy to follow and use fresh, whole ingredients.
- The recipes are perfect for busy families who want to eat healthy meals without spending a lot of time in the kitchen.
- The recipes are inspired by family and friends from all over the world, so you'll find a variety of flavors and cuisines to choose from.

## **Free Download Your Copy Today!**

This cookbook is available now for just \$19.99. Free Download your copy today and start cooking healthy and delicious meals for your family and friends.

Free Download Now

## **Testimonials**

"This cookbook is a lifesaver! The recipes are easy to follow and the ingredients are things I can actually find at my local grocery store. I've already made several of the recipes and my family loves them." - Sarah J.

"I'm so glad I bought this cookbook. The recipes are delicious and healthy, and they're perfect for busy families like mine. I highly recommend it!" - Mary B.

"This cookbook is a great way to try new recipes from all over the world. The instructions are clear and easy to follow, and the ingredients are

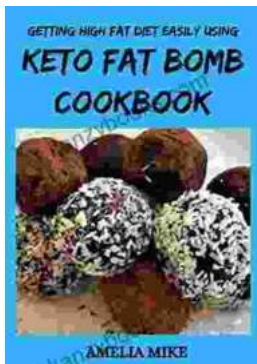
affordable and easy to find. I've already made several of the recipes and they've all been delicious." - John S.



## Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World by Tara Stiles

★★★★☆ 4.5 out of 5

Language : English  
File size : 46959 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 365 pages



## Getting High Fat Diet Easily Using Keto Fat Bomb Cookbook

Unveiling the Power of Fat Bombs The Keto Fat Bomb Cookbook empowers you with a treasure trove of knowledge and tantalizing recipes, igniting a culinary...



## **Are You Cryin' Brian? Find the Inspiration and Humor in Life's Everyday Moments**

Life can be full of surprises. The good kind, the bad kind, and the kind that make you wonder what the heck just happened. In *Are You Cryin' Brian?*, Brian...