

From beginners to experts, winter to summer, breakfast to dinner, The Kitchen Series is your must have.

Tuesday 8 March, 2022

A healthy lifestyle must be the goal of all of us. Australian fitness entrepreneur and influencer **Katie Martin** decided to share her knowledge and love for food and make it as simple as possible.

Available both as physical and digital, “**The Kitchen Series**” vol.1 it’s a book about how small changes each day will amount to a great change in your life and a lesson that is not too late to take control of your health.

“*Cooking is for everyone and eating better is the natural progression of living a healthier lifestyle beyond the gym.*”, says **Katie**.

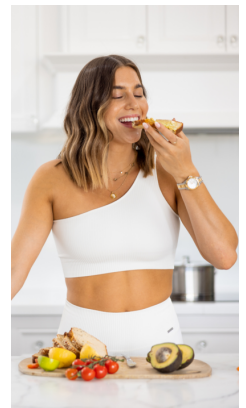
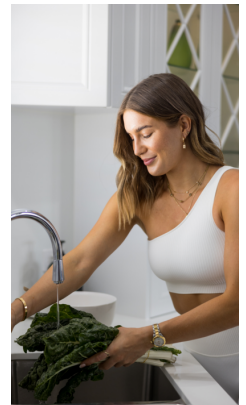
“**The Kitchen Series**” is filled with recipes that are gluten free, dairy free, sugar free and whole-food nutrient dense. All recipes are approved by Libby Munro Nutrition.

“*When you are eating well you sleep better, move better, stress less and function at a higher level. Food has and always will be the centre of any gathering or celebration for me and I hope with this book it can be the same for you too.*”, adds **Katie**.

The book is on sale exclusively on www.katiemartin.com.au

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