

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**.

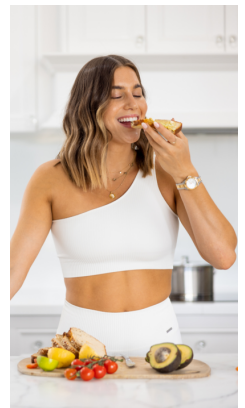
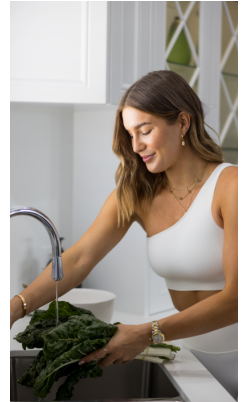
"The Kitchen Series" is filled with recipes that are gluten free, dairy free, sugar free and whole-food nutrient dense. All recipes are approved by Libby Munro Nutrition.

"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

Follow Katie on www.instagram.com/katiemmartin

Media:



Related Sectors:

Food & Drink :: Health :: Lifestyle & Relationships :: Retail & Fashion :: Sport :: Women & Beauty ::

Related Keywords:

Katie Martin :: Kfit :: The Kitchen Series :: Australia :: Brisbane :: Fitness :: Health :: Healthy :: Lifestyle :: Food :: Gym :: Book :: Recipe ::

Scan Me:



Company Contact:

ALLEROIF OU

E. hello@alleroif.com

W. <https://www.alleroif.com>

[View Online](#)

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:

<https://www.alleroif.pressat.co.uk>