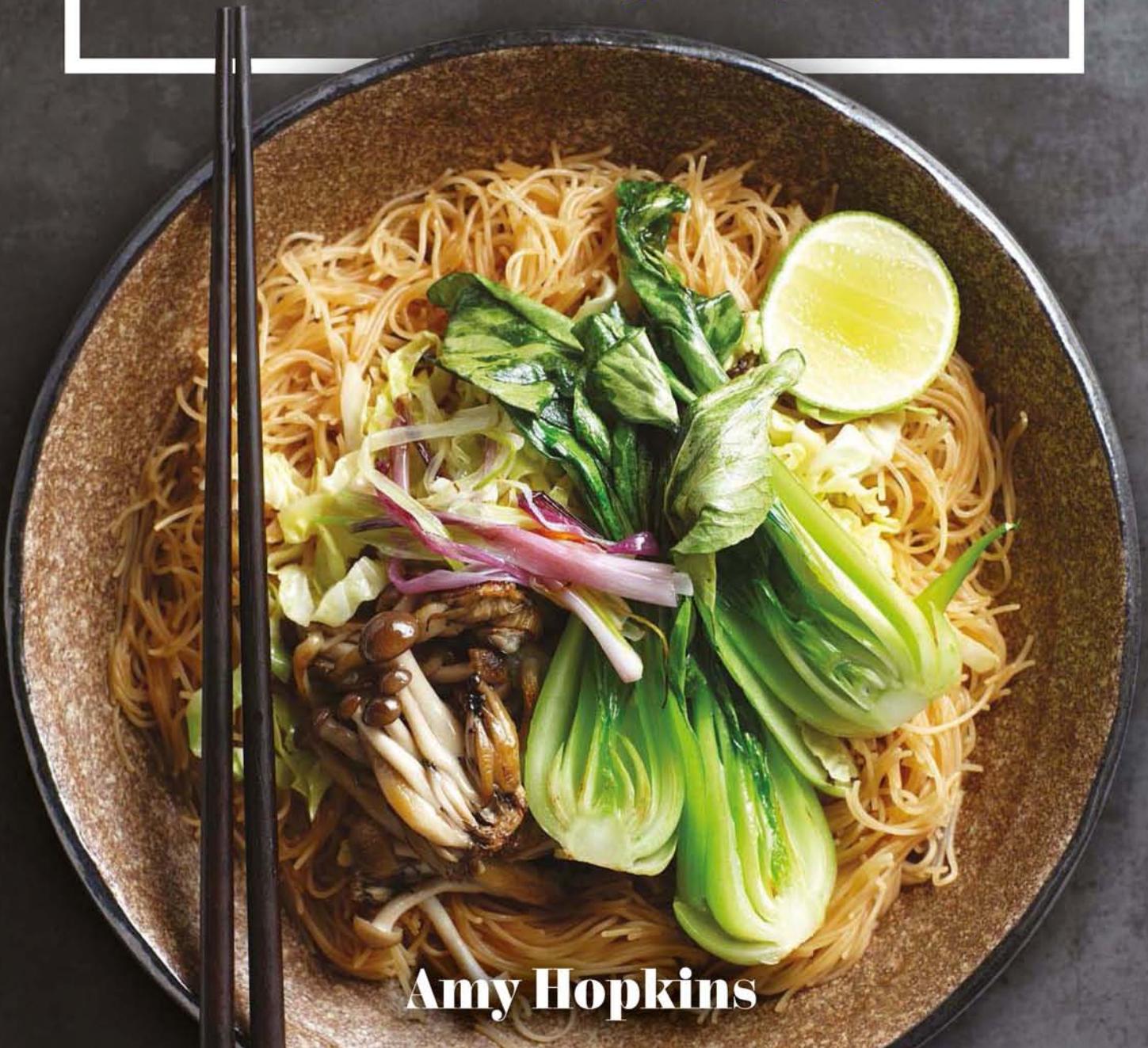


Women'sHealth

# Inside The WH Kitchen

Our favourite nourishing, healthy recipes



**Amy Hopkins**



# Welcome to the *Women's* *Health* Cookbook



Since I discovered I was allergic to dairy and wheat six years ago, I've been creating new versions of the dishes that I used to love. I've been experimenting with alternative ingredients and I've been more mindful of what I put into my body. It really was the start of my journey to living a healthier lifestyle.

This cookbook is a collection of my favourite healthy recipes that I've created for *Women's Health* over the past few years.

I've divided it into six chapters based on how I think about meal planning: energising breakfasts, quick suppers, healthy dinner-party menus and so on... So, whether you're in the mood to fill a tray, shove it in the oven and not look at it again for 30 minutes or you want to splash out and impress a crowd with your culinary prowess, here you'll find recipes that help you do both. And they won't leave you stressing about wrecking your diet or blowing your budget.

Most importantly, this is not a 'diet' book. Yes, some recipes are Paleo, some are low-carb, some are low-fat, but what they all have in common is that they are nourishing. My philosophy is that we need to feed ourselves well, with good-quality ingredients that fuel a healthy, active lifestyle. This isn't about deprivation, starvation and kilojoule-restriction. It's about making the most of beautiful, fresh, nutrient-rich ingredients.

To make this book more accessible and inclusive (for those with food allergies like myself), the recipes contain zero gluten, limited sugar, very little dairy and no pork.

I hope this becomes your most leafed through, shareable, healthy-eating source of inspiration.

Enjoy!

Happy



START YOUR DAY THE RIGHT WAY!

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# Energising Breakfasts

Begin your day with a feast of nutritious food to **boost your energy levels and mood** and **curb those mid-morning hunger pangs**

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