# Cooking With A Foodie Announces Summer Health Challenge

*June 28, 2015*

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Cooking With a Foodie has just announced that they are starting a new summer health challenge to help more people meet their fitness goals through diet.  Sid Myla, who is the spokesman for Cooking With a Foodie, said that anyone who is looking for knowledge on how to lose weight naturally by eating well will find this challenge valuable. He stated that the reason why Cooking with a Foodie decided to start this challenge was because they understood the frustration that food and drink enthusiasts felt when falling short on their health goals because of eating out too much. He comments that eating the wrong foods is a common complaint among people struggling with their health goals -- whether they are trying to drop a few pounds or gain some. He also made the following statement,

"This challenge is to motivate people to embrace their goals by making delicious meals at home that are also nutritious. We want to show people that there are tons of easy recipes out there that even the pickiest eaters will love."

Cooking With a Foodie said that their latest challenge will come with a giveaway as an added incentive for people to join. While they did not yet reveal what the grand prize will be for a lucky winner of this challenge, they do claim that this will be a social contest, so the contestants have a hand in selecting the winner. Sid added, ?We are currently reaching out to hundreds of bloggers to get them involved in our summer health challenge. We believe we will have a much larger impact on the community if more experts, bloggers, and proponents of healthy eating rally for the same cause.?

They urge anyone who is interested in their challenge to sign up for their newsletter to get more information about how to participate in this contest. Cooking With A Foodie claims that more details will be available in the next few weeks as they are still in the initial phase of launching this challenge. The only details currently available to the public are that this is a summer challenge and that it will be centered around educating people how to create a healthy meal plan for their specific lifestyle.

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For more information about Cooking With A Foodie, contact the company here:Cooking With A FoodieSid Myla6196308292cookingwithafoodie@gmail.com1189 W Upas StSan Diego, 92103

## Cooking With A Foodie

*Cooking With a Foodie creates high-quality support guides for popular kitchen appliances -- from barbecue and grilling to slow cooking and vegetarian recipes.*

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