



Kerry Dell From Keps Health Releases New Recipe Book - Living Food Living Body

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Kerry Dell, health & wellness coach and life transformational specialist at Keps Health, has released a new recipe book titled *Living Food Living Body*. The digital version of the book is currently available for purchase directly from Kerry Dell's homepage for \$25. Readers can also visit the website to browse further information about the range of fitness and healing services that Kerry offers.

The newly published book contains recipes for a number of different food types such as soups, side meals, meals, sauces & dressing, desserts, and smoothies. The book's pages are adorned with high-quality images of all of the tantalizing recipes cooked to perfection. The individual recipes are split into two sections. The ingredients section lists all the components that go into the recipe with accurate and standard measurements. The cooking instructions section contains step-by-step methods for tackling all the recipes in a simple and straightforward manner to ensure that everyone who buys the book has no trouble keeping up with them when they take a go at it at home.

Some of the standout soups include a creamy artichoke soup, roasted cauliflower & garlic soup, cream of mushroom soup, chicken, mushroom & leek soup, and more. The highlights of the side meals section include the garlic & artichoke hummus, Asian brussels sprouts cauliflower rice, vegan spinach mint pesto, green bean & roasted fennel salad, and more. The full meal section includes savory options such as collard green chicken wraps, cream of mushroom chicken, turkey, spinach & caramelized onion breakfast sausage, Mexican cauliflower rice, Italian sauteed spinach with mushrooms, Spanish chicken & cauliflower rice, and more.

The sauces & dressings section includes picks such as dairy-free ranch dressing and Kerry's homemade mayo. Those with a sweet tooth can turn directly to the desserts section to find recipes such as Lala's banana pancakes, Koda's vegan cheesecake, banana balls with oats & apricots, banana carrot bread, avocado cheesecake, and more. Finally, those looking for healthy options that serve as a pick-me-up or after-gym nutritious snack can try preparing any of the picks in the smoothies section such as the famous Alkagizer, Flu fighter smoothie, 5 AM club smoothie, timeless smoothie, and more.

When asked about how she approached selecting the recipes to put in the Living Food recipe book, Kerry says, "Firstly, I wanted to include a healthy mix of both vegan and meat recipes to make sure that the book has something for everyone when it comes to diet and taste preferences. Second, I picked the recipes such that apart from being incredibly delicious they are also extremely healthy and you won't have to feel guilty about indulging in them. None of them involve any unhealthy processes such as deep-frying and all the ingredients chosen are lean and nutritious. I wouldn't have any qualms about recommending any of the recipes in this book to my clients. They know my dedication to health and nutrition and I've done my best to live up to that trust with the release of this book. If you are a member of any of the popular programs at Keps Health such as Wildfit, Life4CE, or Fear Freedom, this book is a perfect companion for you. You can turn to any page of the book and find something to make your day better."

Kerry Dell specializes in nutritional science, food psychology, and behavioral change, which results in reducing her clients' metabolic age, triggers sustainable weight loss, helps get rid of the aches and pains in their bodies, and brings back their energy and vitality. At Keps Health, she uses leading scientific technology such as the Life Intelligence Bio Resonance Scan, Quantum Resonant Analyzer, and various other programs. Kerry is a Certified WildFit Coach, an Approved Mindvalley Coach, certified in Nutrition, Anatomy & Physiology, Meridians, Geopathic Stress, and holds a Diploma in Hypnotherapy, Reflexology, and Aromatherapy. She has also spent over 20 years in personal development programs.

Readers can find out more about Kerry Dell, her recipe book, and her role at Keps Health by reaching out to her using a contact form on her website.

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Keps Health

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