

The Way to Health Kitchen Launches Three New Plant-Based, Gluten-Free Recipe Books

Way to Health Kitchen announces the release of three cookbooks, containing 90 plant-based recipes for easy meals, vegan desserts, and budget-friendly options.

UNITED STATES, January 11, 2023 /EINPresswire.com/ -- Way to Health Kitchen is proud to announce the release of its first three books, containing a combined total of 90 plant-based recipes. The idea for these recipe books grew out of Jovana's own journey from sickness to health. Through her Instagram and website she has empowered thousands of people to make changes in their diets that can have life-changing results.

The three books will cover your essential daily needs for food, including breakfast, lunch, dinner & dessert. Each book contains 30 unique recipes with fresh ingredients, clear instructions, and photos that bring the recipes to life. All the recipes are carefully crafted to provide nutritious benefits while still being delicious and indulgent. These unique all plant recipe guides are:

Bread & Breakfast – Breakfast Recipe Book

The Real Deal – Lunch & Dinner Recipe Book

Sweetie, Don't Be Too Salty – Dessert Recipe Book



"Dieting culture is conditioning us to believe we will be fit & healthy if we give up bread, pizza



Dieting culture is conditioning us to believe we will be fit & healthy if we give up bread, pizza and sweets. I am here to prove it wrong. We will teach you to have a healthy relationship with food.”

Jovana

and sweets. I am here to prove it wrong. We will teach your family to have a healthy relationship with food.” - Jovana

With these new cookbooks, Way To Health Kitchen aims to help others realize the power of plant-based eating as a way of nourishing both body and mind. To celebrate the launch of these books Way To Health Kitchen is offering an [exclusive discount on all three titles in their online store](#) for a limited time.

Be sure to [visit www.waytohealthkitchen.com](http://www.waytohealthkitchen.com) or [follow @waytohealthkitchen on Instagram](#) for more information

about the books and to discover plant-based living.

Jovana Vuckovic

Way To Health Kitchen

jovana@waytohealthkitchen.com

Visit us on social media:

[Instagram](#)

[YouTube](#)

[TikTok](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/610593833>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.