



Anna Wilde has worked as a shiatsu practitioner and teacher, winemaker's assistant, wholefoods cook and restaurant manager. She is now a busy and happy mother to toddler Gabriel and continues to work part-time as an online EFT practitioner.

Roger Wilde spent many years working as a restaurant chef in Australia, the UK and New Zealand. He now works as a private chef and gardener. He is also a deeply committed meditation practitioner and teacher.

Together, Anna and Roger Wilde set up Wild Health - an organisation that endeavours to educate people about maintaining a healthy diet. Their popular website www.wildhealthfood.com and e-newsletter provide recipe ideas and nutritional information to thousands of people all over the world. They have also previously operated a popular healthy food cooking school from their home in Nelson, New Zealand.



Originally from the United Kingdom and now based in New Zealand, **Daniel Allen** is a commercial photographer specialising in high-energy advertising, food and lifestyle photography.



This cookbook has the potential to improve your life dramatically!

With the simplest adjustments to your eating habits, you can bring massive benefits to your life. You'll also discover just how tasty and satisfying a balanced diet can be.

Real Fresh Food means locally produced, unprocessed food: meals that have been prepared with a view to preserving as much of the nutrients found in the raw ingredients as possible, while still ensuring they taste incredible.

From hearty breakfasts to moreish snacks and lunches; from original salad ideas to delectable stir-fries, meat-based meals and pasta dishes - eating healthily has never before been so quick and easy or so worthwhile.

Real Fresh Food is packed with helpful advice about how to eat well and maintain good health, such as:

- ⊗ how to moderate blood-sugar levels
- ⊗ cooking nutrient-rich meat and fish in the healthiest way
- ⊗ the best foods for strengthening the heart
- ⊗ managing food intolerances
- ⊗ maintaining a balanced diet on the run
- ⊗ making delicious meals with grains and pulses
- ⊗ ensuring a vegetarian diet is a balanced one.

Healthy food enthusiasts Anna and Roger Wilde are bound to inspire you in this stylish recipe collection, which includes the mouth-watering photography of Daniel Allen.

COOKERY

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Real Fresh Food ANNA & ROGER WILDE

