



COOKBOOK

SO EASY, SO GOOD

BY KYLIE SAKAIDA

Whether you want to change your eating habits and mindset or are just looking for a healthy dinner recipe, “So Easy So Good: Delicious Recipes and Expert Tips for Balanced Eating” has you covered. Kylie Sakaida simplifies complex concepts through simple lists, charts and sidebars.

Her recipes and tips emphasize a healthy, balanced mix of protein, carbs, healthy fats and fiber so you can feel nourished and satisfied. Some recipes minimize prep time by using frozen veggies and nutrient-dense convenience foods, while others can be frozen and reheated for a quick meal.

“So Easy, So Good” is packed with nutritional advice, but recipes like Matcha Chia Parfaits, Sriracha Honey Tofu Bowls, Chicken Ranch Naan Pizzas and Tahini Chocolate Brownies that will have you coming back to the book again and again.

