



Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World

By Tara Stiles

Download now

Read Online →

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles

“You know that old saying If you can eat, you can cook? I truly believe that. I also believe that if you can imagine, you can create. That’s what making your own rules in the kitchen is about. That’s what this book is about. It’s about you. It’s about the food you eat. It’s about what you choose to put in your body on any given day. It’s about how easy it is to have a life in the kitchen that doesn’t take over your life elsewhere. It’s also about having fun. So, are you in or are you out?”

In *Make Your Own Rules Cookbook*, Strala Yoga founder, fashion designer, and entrepreneur Tara Stiles presents more than 100 mouthwatering recipes inspired by her international travels, her Midwestern roots, and her daily life in NYC. Offering up a delightful helping of plant-based meals, juices, smoothies, salads, sides, and desserts, she shares healthy spins on not-so-healthy classics, including such dishes as Spaghetti Uh-Ohs, Fit Elvis, and Twinkie Cake.

Tara prides herself on making healthy living easy and effortless for all people, and this cookbook holds the same philosophy. With full-color photos throughout, the *Make Your Own Rules Cookbook* takes you by the hand and shows you how fun it can be to make your own rules in the kitchen.

 [Download Make Your Own Rules Cookbook: More Than 100 Simple ...pdf](#)

 [Read Online Make Your Own Rules Cookbook: More Than 100 Simp ...pdf](#)

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World

By Tara Stiles

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles

“You know that old saying If you can eat, you can cook? I truly believe that. I also believe that if you can imagine, you can create. That’s what making your own rules in the kitchen is about. That’s what this book is about. It’s about you. It’s about the food you eat. It’s about what you choose to put in your body on any given day. It’s about how easy it is to have a life in the kitchen that doesn’t take over your life elsewhere. It’s also about having fun. So, are you in or are you out?”

In *Make Your Own Rules Cookbook*, Strala Yoga founder, fashion designer, and entrepreneur Tara Stiles presents more than 100 mouthwatering recipes inspired by her international travels, her Midwestern roots, and her daily life in NYC. Offering up a delightful helping of plant-based meals, juices, smoothies, salads, sides, and desserts, she shares healthy spins on not-sohealthy classics, including such dishes as Spaghetti Uh-Ohs, Fit Elvis, and Twinkie Cake.

Tara prides herself on making healthy living easy and effortless for all people, and this cookbook holds the same philosophy. With full-color photos throughout, the *Make Your Own Rules Cookbook* takes you by the hand and shows you how fun it can be to make your own rules in the kitchen.

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles Bibliography

- Sales Rank: #409847 in Books
- Brand: HAY HOUSE PUBLISHING
- Published on: 2015-11-03
- Released on: 2015-11-03
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .90" w x 7.60" l, .0 pounds
- Binding: Hardcover
- 264 pages

 [Download Make Your Own Rules Cookbook: More Than 100 Simple ...pdf](#)

 [Read Online Make Your Own Rules Cookbook: More Than 100 Simp ...pdf](#)

Download and Read Free Online Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles

Editorial Review

Users Review

From reader reviews:

Nicole Rockwood:

Book is to be different for each grade. Book for children till adult are different content. As you may know that book is very important for all of us. The book Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World seemed to be making you to know about other information and of course you can take more information. It doesn't matter what advantages for you. The reserve Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World is not only giving you much more new information but also to get your friend when you really feel bored. You can spend your current spend time to read your publication. Try to make relationship together with the book Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World. You never truly feel lose out for everything should you read some books.

Norma Lorentzen:

Hey guys, do you wants to finds a new book to see? May be the book with the headline Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World suitable to you? The particular book was written by popular writer in this era. Typically the book untitled Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World is one of several books in which everyone read now. That book was inspired lots of people in the world. When you read this reserve you will enter the new shape that you ever know just before. The author explained their thought in the simple way, consequently all of people can easily to recognise the core of this reserve. This book will give you a large amount of information about this world now. In order to see the represented of the world in this particular book.

Daniel White:

Reading a guide tends to be new life style in this particular era globalization. With reading through you can get a lot of information that can give you benefit in your life. With book everyone in this world can certainly share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their reader with their story as well as their experience. Not only situation that share in the ebooks. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World.

Christopher Hendrick:

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book that you just read you can spent the entire day to reading a reserve. The book *Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World* it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not to cover but this book possesses high quality.

Download and Read Online *Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World* By Tara Stiles #OFJQBvw4TUZ

Read Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles for online ebook

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles books to read online.

Online Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles ebook PDF download

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles Doc

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles Mobipocket

Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles EPub

OFJQBVW4TUZ: Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World By Tara Stiles