



Skip The Diet, Just Eat Healthy With Food Network

Eat healthy, live healthy. We always provide healthy option for you

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About Me

As a qualified UK-registered Nutritionist and a real woman with busy family life, I am here to share with you a simple, no-nonsense approach when it comes to healthy eating backed up with expert qualified recommendations. I believe in easy, practical, achievable food!

Contact Me

My Recipes

Free Cooking intro for youtube cooking channel or Meals web sites, Recipe channel free to make use of and obtain. Please be happy to make use of it and provides credit score to our channel in your description field, good luck.



Salad

A big pile of greens can really hit the spot on a hot day, especially with a tangy, herby dressing and plenty of mix-ins. This recipe uses premade croutons, though you could make your own if you're okay with turning the oven on.



Chocolate

Who doesn't love chocolate? The chocolate industry is worth billions, simply because people can't get enough of it!A majority of the desserts include chocolate as part of their main ingredient and chocolate is also.



Chicken Soup

In a medium saucepan, bring the chicken, broth and 2 cups water to a simmer. Lower the heat, cover and simmer until the chicken is cooked through, 30 minutes. Remove the chicken; let cool. Shred the meat; reserve.

700K

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