



Cooking Eating Wisdom For Better Health

Author : Maria Benardis / **Category :** Body, Mind & Spirit / **Total Pages :** 126 pages

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Summary : Free cooking eating wisdom for better health pdf download - after forging a career in the very stable taxation accounting profession where she excelled to become a well-respected and highly sought-after taxation and financial specialist she launched greekalicious turning her passion for greek cooking and everything greek into a successful business what initially started as a greek cooking school has expanded to include restaurant consulting pop-up restaurants private chef services an organic line of products culinary tours to greece and after completing studies at the food coach institute in australia health coaching she is also the author of two cookbooks titled my greek family table penguin australia which won the prestigious gourmand world cookbook awards best mediterranean cuisine book in australia 2009 and an ebook titled a greekalicious feast in 2014 benardis moved to new york city to expand the greekalicious brand and to share her wisdom and passion about greek cooking across america

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