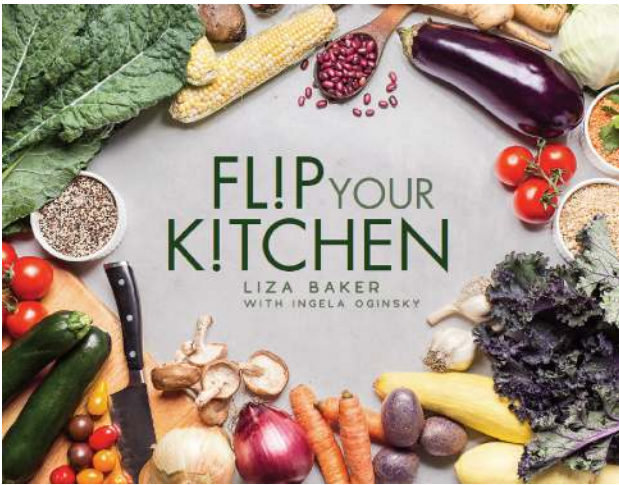


the buzz in the k!tchen



Liza Baker's commitment to SOLE food (seasonal, organic, local, ethical) is like Fair Food Network's belief in a food system that is healthy, green, fair and affordable. Liza is in the forefront of the movement to put SOLE food back in our kitchens and fair food back in our schools, our markets, and on our tables across the country.

Oran B. Hesterman, PhD
President + CEO, Fair Food Network
<http://www.fairfoodnetwork.org>

This is a thoughtful, fun, and inspiring guide for anyone interested in reclaiming the kitchen and loving every minute of it. Liza understands the challenges we face today in making healthy and realistic choices and she approaches these challenges head on with practical solutions for cooks at any level.

Liz Alpern
Co-author, *The Gefilte Manifesto*
<http://us.macmillan.com/static/fib/gefiltefish/index.html>

Food is Love. It's the vitamin "L," the essential nutrient for all people that is found in homemade scratch cooking. The personal energy that passes through our hands and into the food we prepare infuses our meals with a love that truly fills the hearts and souls of everyone we nourish. Liza's incredible knowledge and experience have been poured into this book. *Fl!p Your K!tchen* is a work of Love and Spirit, one that will be a "cooking bible" for all newbie cooks.

Peggy Curry
Co-founder, Curry Girls Kitchen
<http://currygirlskitchen.com>

After years of working with clients, I know what gets results when it comes to making real change in the kitchen. Liza's Fl!p Your K!tchen™ System is guaranteed to save you time and money and is flexible enough for even the pickiest eaters. I wholeheartedly recommend it!

Julia Sarver
Holistic Health Coach
<http://eatwithoutapology.com>

More information / pre-order at <http://simply-healthcoaching.com/share-love/>

