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*FL!P YOUR K!TCHEN* HITS KITCHEN COUNTERS OCTOBER 31!

*New book will help you cook 21 meals a week from scratch
(without spending your life in the kitchen)*

**Ann Arbor, MI:** If putting three homemade meals a day on the table seems way out of reach, *Fl!p Your K!tchen*—a new book by Ann Arbor-based health and kitchen coach Liza Baker—will change how you think and feel about cooking.

A cookbook, meal planning coach, and time management tool all in one, *Fl!p Your K!tchen* creates a system by which you can easily put three made-from-scratch meals a day on your table and in your lunchbox.

* Discover how to cook from a whole foods pantry—and why it’s so good for your health.
* Learn how to shop for the best ingredients—on a budget.
* Acquire time-saving skills that will help you create and execute a plan for 21 meals a week, even if you work (more than) full time.
* Learn the why as well as the how of everyday cooking techniques and gain the confidence to begin experimenting in the kitchen instead of being bound by recipes.
* Access 150+ simple recipes, most of which have variations to help you use what’s in season and in your pantry—saving time and trips to the store.
* Gluten-free and dairy-free options noted for those with dietary restrictions.

“Fl!p Your K!tchen *is a work of Love and Spirit, one that will be a “cooking bible” for all newbie cooks,” writes Peggy Curry, Co-founder of Curry Girls Kitchen.*

*Liz Alpern, Co-Author of* The Gefilte Manifesto*, which was recently featured on NPR, comments, “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.”*

**About Liza Baker:** Integrative nutrition health coach, kitchen coach, and COO of a family of four: Liza brings her passion, knowledge, and experience to the table to help clients reach their goals and achieve optimal health by discovering how best to show up in their lives (and in their kitchens). http://simply-healthcoaching.com

**For additional resources, see next page**

**Additional resources:**

* For a review copy, please email: liza@simply-healthcoaching.com
* Fl!p Your K!tchen™ project video: <https://www.youtube.com/watch?v=JLWWHGdSFIs>
* More about the book: <http://simply-healthcoaching.com/share-love/>
* More comments on the book: <http://simply-healthcoaching.com/the-buzz-in-the-kitchen/>
* Press kit: <http://simply-healthcoaching.com/press/>

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