

# + Cooking Calendar 2016

August 2015



## ❑ Synopsis:

Throughout 2016, prepare every day a simple recipe, tasty and cheap, that will allow you to have healthy and balanced meals.

## ❑ What is inside?

A suggestion of shopping list is available each month, with highlight on quality products from the season, for an healthy and food loving cooking.

In addition, some tips from the kitchen are revealed, to make cooking easier.

## ❑ Specs:

- Series: Calendar
- Issue: August 28<sup>th</sup> 2015
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## ❑ The Author:

Dietician and nutritionist, **Lucie Reynier** owns a consulting room in the centre of France. She creates her cooking recipes, available on her blog:

[luciecuisine.blogspot.fr](http://luciecuisine.blogspot.fr).