

# My INTRODUCTION



When I wrote my first book, *The Simplicity Project - A Simple, No-Nonsense Approach to Losing Weight & Changing Your Body For Life*, it was designed to help you fuel your life and transform your body from the inside out. That was four years ago; and the journey, my own personal one and yours the reader, has changed in such an incredible way as a result of the book that I couldn't be more proud.

My writing soon turned into an online course, teaching the principles of *The Simplicity Project* and how to arm yourself with the right tools, information, and inspiration to create the shifts necessary in your life, habits, rituals, and routines for your healthiest, most vital body ever. One of the areas that required the most support was rebuilding and fine-tuning our relationship to our kitchens and the food we were purchasing and prepping in our homes for our families and ourselves.

This is where the seed was planted. Through much nourishment, plenty of hydration, and attention to detail, my labour of love *The Simplicity Kitchen* came to life. I have often been asked to write a cookbook and always declined.

I am not your traditional cook in the kitchen and wasn't sure my way of preparing meals would resonate with others. I grew up in a home where I was lucky enough to have two parents who loved to cook fresh meals, nearly everyday. There was a salad with each meal, even when we ordered out for pizza or Chinese food, and my parents would spend hours in the kitchen listening to music, enjoying a glass of wine, and creating a feast for us to enjoy.

When I was a teenager with her own set of ideas around nutrition and eating; I really had to step into the role of preparing a lot of my own dishes, but they weren't elaborate. They were quick and easy; chop here and dice there. These meals provided me what I needed at the time.

When I became a wife and mother, it was no longer about my own needs, I now had a family to keep healthy too. I gave myself permission to create meals that put beauty, nutrition, and simplicity before anything else.