

WELCOME TO SPICE HEAVEN

OMG, we get so many questions in the membership about spices. So Katherine has gone away and created three amazing spice mixes for you that you can use in three amazing recipes.

#currypuffsgetinmymoutrightnow. You have so much cool stuff here in Nourish Week in September and this is what we like doing is simplifying the fundamentals so that you can always have these things on standby to pull out and get creative with.

If we nail the basics, whole foods become kind of a no-brainer and really, really easy. Also, if the basics are as delicious as you see in this month's recipes, then it's so easy. So go ahead, check out the new recipes, make some spice mixes for yourself, and love yourself crazy just knowing that you don't have to be buying packet mix spices that have all extra bits and pieces like sugar and artificial colours and bits and pieces in there. We just want the spices. We want it to make our food delicious and you have access to all of that this month in the membership. You've got your meal plan, you've got your recipes, now go get cooking.

See you soon.