

Publisher's Note

There always seems to be so much to learn in the world of nutrition that it makes it especially encouraging to follow the passion and proven recipes of Pam Rocca. Cookbooks like *Prep with Pam* guide us on everything from helpful meal-prepping and planning tips to changing one or two ingredients to create a brand-new experience for the palate. And let's not forget the easy and delicious recipes Pam serves up from her very own kitchen.

It has been a joy to work with Pam, and incredibly rewarding to see her vision take shape in the exquisite pages that follow.

As you peruse *Prep with Pam – Plant-based Foods That Taste Like Love*, you'll sense Pam's heart and soul in every word and recipe. You'll feel like you're right in her kitchen experiencing her enthusiasm and knowledge firsthand.

If you're a seasoned home chef, you'll love her fresh ideas and perspectives.

Chances are great too that you'll fall a little more deeply in love with healthy eating and sharing it with your entire family.

From the team at I C Publishing, we extend our warmest congratulations.

Sincerely,

Sheri Andrunyk

Publisher, Author, Mentor, Speaker

Insightful Communications (I C) Publishing

Committed to Quality Content, Design, and Platform

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