

Pam's dedication to healthy eating and a healthy lifestyle is not only inspiring, it's contagious. Pam brings so much joy to the idea of healthy living, it's impossible to not want to join her on a journey to becoming a healthier version of yourself. On a daily basis, through her vivid and real social media engagements, Pam motivates me to live an honest and healthy life, in a way that works for my family and I; it's not about fitting into a box, rather, it's about creating a lifestyle that fits our needs and makes us feel good. I am so thankful to have Pam as a friend and mentor; her love for real health is exactly what our world needs a little bit more of.

—Michelle

Pam's recipes were an amazing motivator for me to take my nutrition and meal-prep to the next level. Her recipes provide veggie-based meals without sacrificing flavour. Pam is so passionate about what she does, and it shows in her recipes. You can tell she really wants to improve the lives of others with her nutrition knowledge and all her recipes, which are from the heart and, more importantly, delicious!

—Casey

I love Pam's recipes. After following her meal plan, I honestly felt so great; it was like night and day. I gained more energy, experienced less brain fog, had better digestion and my stomach lost its bloat ... it was actually amazing!

—Natasha

Working with Pam is fun and easy! The recipes are straightforward, easy to follow, and taste amazing. If you're on the fence about working with Pam or trying her recipes, hop off and buy this book or schedule a session with her; it's worth every penny!

—Andrea

Pam was an absolute delight to work with. My partner and I were in awe of all the insanely delicious meals she helped us make in only two hours! I brag about her to everyone and even when I'm not, someone is asking me where I got my meals from because they look that good.

—Amanda

Pam's guidance and recipes have helped me discover the joy of plant-based eating! During our sessions, her helpful tips and creativity enlightened my choices towards healthy eating, a key factor in making positive choices with my fast-paced lifestyle. Her keen attention to quality ingredients, exploring new recipes, and enjoyment in her craft has inspired me to make more healthful choices. Thank you, Pam!

—Catherine