



## “Gwinganna...from Garden to Gourmet” lifestyle and recipe book

The very first book from the team at Gwinganna Lifestyle Retreat in the Gold Coast hinterland is a celebration of delicious and healthy organic cuisine for every meal of the day from breakfast to morning tea, lunch, snacks and dinner. Over 140 pages, it uses organic ingredients to create simple options that can be easily reproduced at home. The recipes are all directly from the menus at Gwinganna and have been developed in conjunction with Gwinganna's nutritionists. The book also features information to help you live healthier and nutritional tips for each dish.

Beautifully photographed, the book is a valuable guide toward optimal wellness. If you want to eat healthier and have more energy, then this book is for you, rrp \$59.95.

Gwinganna Lifestyle Retreat in Queensland's Gold Coast hinterland offers innovative retreats from two to seven days including unique specialty programs.

**Gwinganna**  
Lifestyle  
Retreat

visit [www.gwinganna.com](http://www.gwinganna.com) or call 1800 219 272  
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