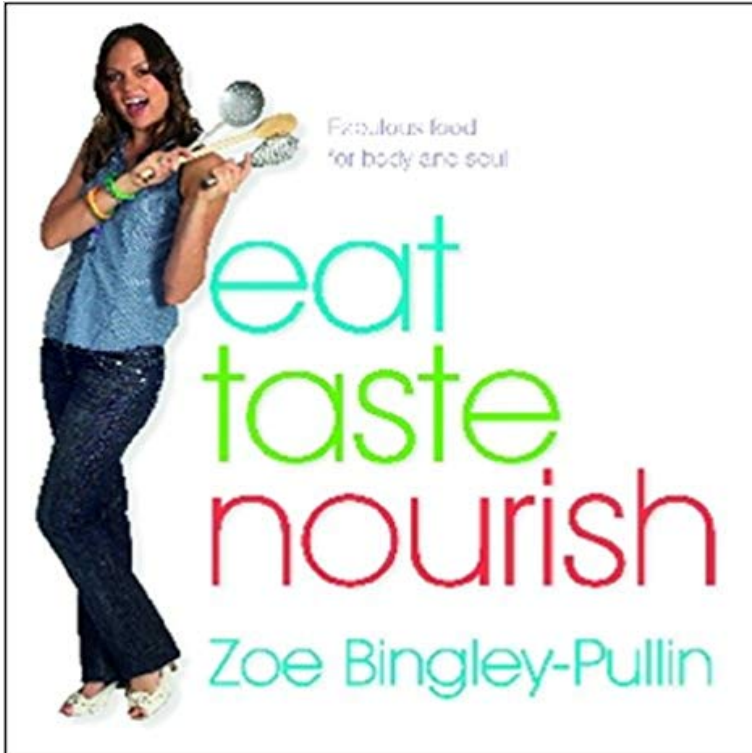


## Eat Taste Nourish: Fabulous food for body and soul



Creating delicious meals had been her passion and obsession for as long as she could remember. She enrolled at the Le Cordon Bleu School in London to commence my training as a chef. Zoe learnt Parisian cooking at the school. I loved every moment of my studies and ate up everything they taught me. Literally. But the one aspect of my studies I did not love was gaining about 10 kilograms (22 pounds). The cuisine they learnt to prepare was full of cheese, fatty meat and full cream. It was lovely for the palate-but not so lovely on her tummy, hips and buns. She then became an assistant on culinary tourist trips to the south of France and immersed herself in Provençal culture and cooking. I was surrounded by many amazing culinary artists, that was eating as much as I did while in culinary school in London. But I noticed an amazing thing. Despite all this eating and enjoyment of food, my waist size actually went down! I started looking trimmer, slimmer and feeling healthier.

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