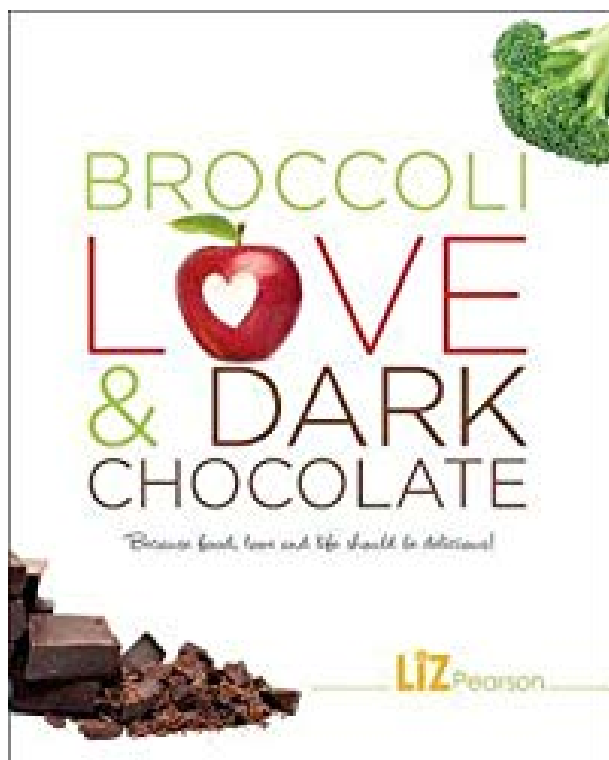


# Broccoli, Love & Dark Chocolate: Because Food, Love, and Life Should Be Delicious!



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Liz Pearson, author of several upbeat and inspirational cookbooks, including the bestselling *Ultimate Foods for Ultimate Health* and *The Ultimate Healthy Eating Plan* is back, with a new book featuring her signature mix of delicious, extra-healthy recipes and detailed yet accessible nutrition information. Liz says, How is this book different? The goal of my last three books was to get you healthy. The goal of this book is to get you healthy and happy. How wonderful is that! Liz wants every one of her readers-and their families-to live the best life possible-a life full of laughter, love, good health and good food. As with her other books, Liz has included bite-size, reader-friendly, science-backed nutrition advice along with totally tasty and stress-free recipes made with superfood ingredients. Another fresh and exciting highlight of the book is the life ons-one with every recipe-about love, friendship, gratitude, honesty, courage, and forgiveness, just to name a few.

Liz's enthusiastic writing style rounds the whole book off, making it a must-have for anyone who wants to kick-start their health and happiness goals.