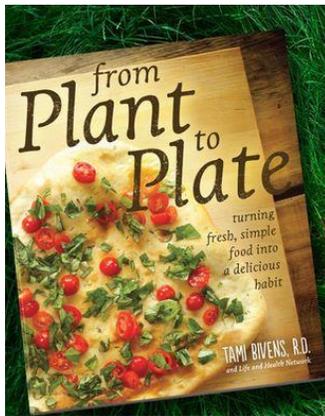


Irresistible Meals

Irresistible Meals

Do you like to watch shows on the Food Network?

Does it help you in planning meals to watch cooking methods on TV?



Well, you will enjoy watching these free videos illustrating how Tami Bivens prepares her delicious and healthy recipes on [LifeandHealthNetwork!](#) Her book is entitled, "From Plant to Plate" and you may find it in any bookstore. But you can download her recipes from this site also.

If you have wondered how to prepare tasty vegetarian, and even vegan, meals, watch these and be amazed at the results!

Life and Health Network's Mission

Life and Health Network is a 501(c)(3) non-profit organization dedicated to developing, creating and obtaining compelling, evidence-based life and health media. We believe we were designed to have the physical, emotional, and spiritual domains of our life in balance. Our goal is to inspire and engage the global community to achieve that balance, to live healthier and to live life more abundantly.