



LAND OF NUTRITION

FOOD IS MY RELIGION

A HEALTHY GUIDE TO
WORSHIPING FOOD

By Lara J McKenna

**DISCOVER HOW EATING WELL CAN
NOURISH BODY, MIND, AND SOUL**

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For Immediate Release

Transform Your Meals into Moments of Joy and Gratitude

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*Certified Integrative Nutrition Health Coach Lara McKenna invites readers to explore a fresh perspective on eating with her new book, **Food Is My Religion**. Blending memoir, wellness guidance, and delicious recipes, McKenna shows how food can be a source of joy, connection, and mindful self-care.*

*In **Food Is My Religion**, McKenna encourages readers to see the kitchen as a sacred space, the table as a place of love, and every meal as an opportunity to nourish both body and soul. Through personal stories, mindful rituals, and practical nutrition advice, she transforms healthy eating into an act of gratitude, not restriction.*

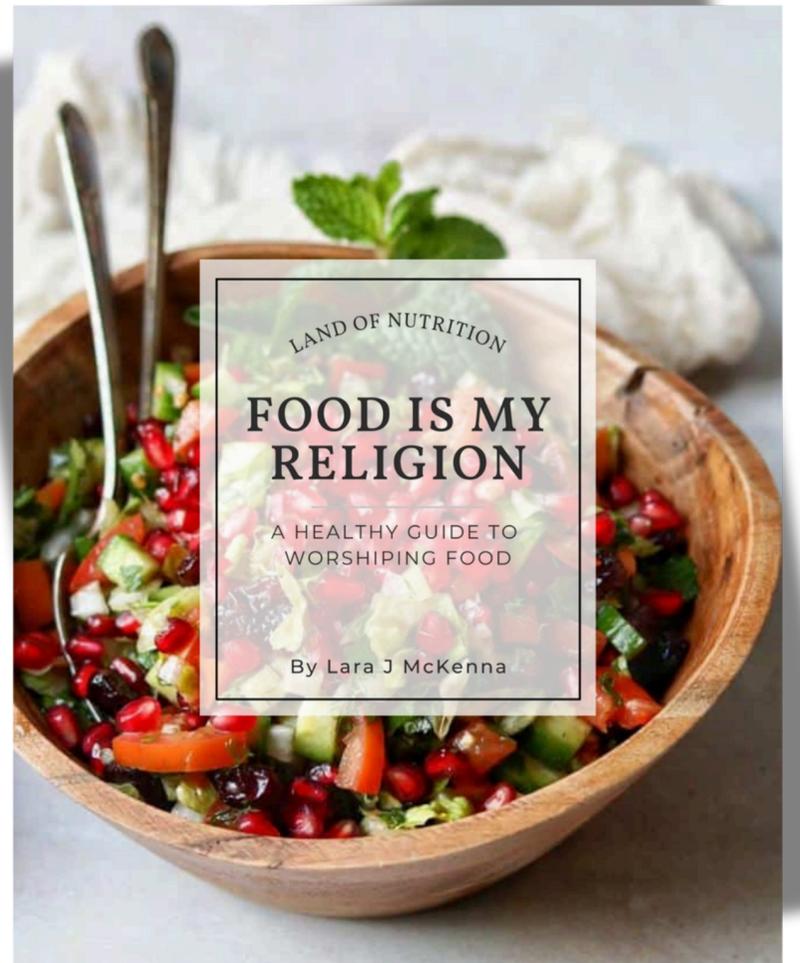
Drawing inspiration from her own multifaith family table, McKenna offers “yes” and “foods to avoid” lists that are practical and easy to follow, along with rituals and recipes designed to make healthy living both enjoyable and deeply satisfying.

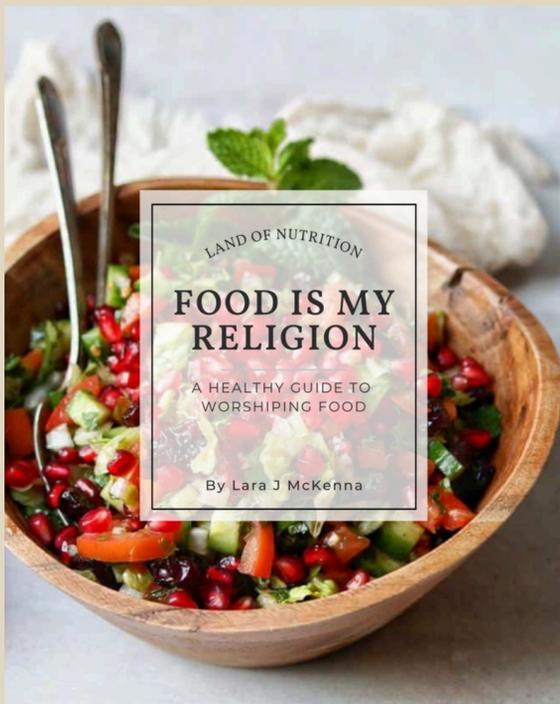
“Food is not just fuel,” McKenna says. “It’s a way to connect—with ourselves, our loved ones, and the world around us. This book is about reclaiming that connection and finding joy in every bite.”

***Food Is My Religion** is perfect for anyone looking to transform their relationship with food, make mindful choices, and bring more celebration, gratitude, and wellness to their everyday meals.*

To purchase the book, go to:

<https://shopbooksdirect.com/product/food-is-my-religion-by-lara-mckenna/>





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by Lara J. McKenna

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*Discover a fresh, joyful, and deeply mindful approach to eating with **Food Is My Religion** by certified Integrative Nutrition Health Coach Lara McKenna. This one-of-a-kind blend of memoir, wellness guide, and cookbook shows that food is far more than fuel—it is a source of connection, celebration, and self-care, capable of nourishing both body and soul.*

Through warm and relatable personal stories, McKenna invites readers into her multifaith family table, where traditions, culture, and love converge over shared meals. She shows how food can connect us to ourselves, to others, and to the wider world around us. With humor, insight, and practical guidance, she transforms healthy eating into an act of gratitude, mindfulness, and joy, replacing guilt and restriction with intention and delight.

In this book, readers will find thoughtful “yes” foods to embrace, mindful strategies for limiting foods that don’t serve us, and rituals designed to make each meal a meaningful experience. McKenna’s guidance is approachable and flexible, perfect for anyone looking to create a healthier, happier, and more connected relationship with food.

The book also features a curated collection of recipes that exemplify her philosophy—meals that are flavorful, nourishing, and celebratory. Each recipe is designed to be approachable for cooks of all levels while inspiring creativity and enjoyment in the kitchen. From simple everyday meals to dishes worthy of special occasions, McKenna shows that eating well can be as joyful as it is nourishing.

*Part memoir, part wellness guide, and part cookbook, **Food Is My Religion** is an invitation to transform the way you approach food, the way you sit at your table, and the way you experience life. It reminds readers that the kitchen can be a sanctuary, the table a place of love and connection, and every meal an opportunity to honor yourself and the world around you.*



*“A joyful guide to
mindful,
nourishing, and
celebratory
eating.”*

ABOUT

THE AUTHOR

Lara McKenna is an Integrative Nutrition Health Coach and the author of *Food is My Religion, A Healthy Guide to Worshiping Food*. She is guided by her mission to get to the root of what truly nourishes you—body, mind, and spirit—helping people of all ages create joyful, sustainable habits for vibrant health. In addition to 1:1 coaching, Lara offers cooking classes and customized wellness workshops. As a devoted wife and mother, she brings deep compassion and real-life understanding, empowering clients to build lives that feel balanced, energized, and deeply well.



**Thank You For Your Interest In
“Food Is My Religion”**

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