



# Shai Gourmet

*Ibrahim Zainal*

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This journey to healthy life style was not just about creating recipes on the go. Each single recipe is studied in the process of making to ensure that the final result is providing you with high level of protein and maximum nutrition while maintaining a low carb ratio.

I personally used to think of healthy food as bad tasting food and I wouldn't blame you if you had that fear towards it too. However, consider this, the creator of these recipes comes from a diverse background. In other words, I am the result of the east meeting the west and therefore I do have a unique taste for spices and food. I always say: one third of your salary is spent on food, so chose what you eat wisely.

In the process of making this book I considered ingredients that are common and easy to find in your local grocery store. So, how you want to live your life is your choice and if you decide to couple these recipes with your workout routine and goals, you would simply maintain your weight, lose it, gain muscle or get fit while enjoying awesome tasty food.

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