



# The Sustainable Table - Take Back Your Plate (Volume 1)

*Mrs Tracey Allen*

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## **The Sustainable Table - Take Back Your Plate (Volume 1)** Mrs Tracey Allen

This book was written to give a starting point for people looking to simplify and save while being mindful of the environment. Life can be cluttered and by simplifying we can take back our plate from the world of processed foods and feel more in touch with our local food supply. The added benefit to all this is a more stress free living style. Healthy food, and pride in knowing that we made it ourselves.

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