



The
**HAND-ME-DOWN
COOKBOOK** *for
Clean Eaters*

Cleaning up and passing down family recipes for new cooks.



Learn tips & tricks to simplify traditional cooking
Preserve (or create!) your family's cooking heritage
Help your college student:
Avoid the Freshman 15
Navigate restaurants & the college cafeteria
Stock a healthy kitchen & eat clean on a budget
Survive college on the GAPS diet
Heal chronic ailments with healthy foods & natural remedies

by Taryn J. Smith

The Hand Me Down Cookbook

Rita Mock-Pike



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