This book is intended for those who wish to make a difference in their cooking practices. It is important for both breast cancer survivors and general public out there to understand that cooking healthy dishes is possible without jeopardizing the taste and quality of the dishes. Adopting healthy lifestyle is an important strategy to ensure each individual can minimize their chances from developing non-communicable diseases. Eating healthily and having varieties in the food intake is one of the important elements in disease prevention.

This book starts with the recipes for breakfast, main course dishes, dessert and some healthy tips at the end. It also provides the nutritional breakdown for each dish thus will help the users to understand more about the recipes/ nutrient content. The uniqueness of this book is the shared recipes by our breast cancer survivors and not just by the diet experts. The recipes were modified so that the dishes can be nutritious and tasty. This book will benefit the breast cancer survivors particularly and general public.