



Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World

By Tara Stiles



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“You know that old saying If you can eat, you can cook? I truly believe that. I also believe that if you can imagine, you can create. That’s what making your own rules in the kitchen is about. That’s what this book is about. It’s about you. It’s about the food you eat. It’s about what you choose to put in your body on any given day. It’s about how easy it is to have a life in the kitchen that doesn’t take over your life elsewhere. It’s also about having fun. So, are you in or are you out?”

In Make Your Own Rules Cookbook, Strala Yoga founder, fashion designer, and entrepreneur Tara Stiles presents more than 100 mouthwatering recipes inspired by her international travels, her Midwestern roots, and her daily life in NYC. Offering up a delightful helping of plant-based meals, juices, smoothies, salads, sides, and desserts, she shares healthy spins on not-sohealthy classics, including such dishes as Spaghetti Uh-Ohs, Fit Elvis, and Twinkie Cake.

Tara prides herself on making healthy living easy and effortless for all people, and this cookbook holds the same philosophy. With full-color photos throughout, the Make Your Own Rules Cookbook takes you by the hand and shows you how fun it can be to make your own rules in the kitchen.



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Katie Duffy:

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Cassandra Giron:

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