

# FRESH & FIT KITCHEN WITH JANEL

## CARDIAC/KIDNEY DIET COMBO



Janel Hills' cooking style is rooted in creating flavorful, healthy meals that cater to dietary restrictions without sacrificing taste. Driven by her personal journey with heart and kidney health, she blends creativity with nutrition, crafting dishes that are both convenient and exciting. Through Hills Kitchen, she aims to make healthy food enjoyable for everyone, emphasizing fresh ingredients, beautiful presentation, and a personal touch in every dish. Her approach shows that food can fuel the body and bring people together with love and passion.

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BY  
JANEL HILL