

Cooking & Recipe Resources

Recipe Blogs

- [Kara Lydon](#)
- [Rachael Hartley](#)
- [Smitten Kitchen](#)
- [Streetsmart Nutrition](#)
- [Chrissy Teigen](#)
- [Sprouted Kitchen](#)
- [Budget Bites](#)

Cookbooks

- *Gentle Nutrition*
by Rachael Hartley
- *Ottolenghi Simple*
by Yotam Ottolenghi
- *Salt, Fat, Acid, Heat*
by Samin Nosrat
- *How to Cook Vegetables*
by Kim Hoban



Hi, I'm Amie!

I'm Amie Guice, MAEd, RD, LD, CEDRD, owner of Guice Nutrition Counseling, a virtual private practice based in Birmingham, Alabama, USA.

I'm passionate about helping my clients find peace with food and their bodies and take care of themselves well, and I'm passionate about helping dietitians and other healthcare professionals learn to navigate the world of eating disorder treatment and weight-inclusive care.

To learn more about my practice and the services I offer, visit www.guicenutritioncounseling.com.

