

FOOD CONNECTS US



Magazine of the
Members' Club

OUR TEAM

LUCIA MARECAK



A food photographer and creator of FOODlight (formerly Healthy Goodies by Lucia) - an interactive platform for food photographers worldwide.

Lucia is a Slovak-born, Italy-based food photographer. She creates food photography for companies, helps photographers to grow their knowledge and skills, and coaches small business owners to transform their physical business into an online space.

TATIANA TOR



A food photographer that can never sit still and always wants to create.

Tatiana specializes in graphic design, creative production, and social media.

Tatiana is France-born and Spain-based. She is a creator of an online shop where she sells backdrops and props to food photographers.

OUR BLOGGERS

Birgit Mayled	Luisa Rodriguez
Daniela Lambova	Olga Veiga
Deborah Lee	Tatiana Tor
Honey Yehia	Zsuzsa Bálint
Johncie Correia	Valérie Boehlen
Kasia C. Faber	Wambugi Rispah
Corina Blum	
Linda Hermans	

MEMBER'S CLUB

Learn more about our Members' Club [HERE](#), and become a member, if you want to grow amazing food photography skills, start your own photography business, or be featured in the next issue of our magazine.



In this photo from the left: Valérie Boehlen & Kasia C. Faber.
Photo taken by Lucia Marecak



Members' Club Magazine - Issue #3

Director: Lucia Marecak

Editing & Creative Direction: Tatiana Tor

We are a community of creatives driven by a passion for food and photography. Our members do everything you see in these magazines, creating the recipes, the photography, and all the content and layout. We are proud of what we do and excited to show our work, knowledge, and talents.

Here, you can see the list of all creatives who have contributed to this issue with their recipes, food styling, photography, copywriting, or any other way. You can download our previous issues of FOOD CONNECTS US here below through the links.

OUR WEBSITE

Visit www.healthygoodiesbylucia.com (soon www.foodlight.io) to learn more about us.

OUR PREVIOUS ISSUES

You can download this and previous issues - Issue n.1 [CLICK HERE](#) & Issue n.2 [CLICK HERE](#). No email or subscription is required, simply download the magazines and enjoy reading & cooking :)



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2020



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& HAPPY HOUR

11 & 30

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Veiga



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Tor

Linda
Hermans



Kasia C.
Faber



Daniela
Lambava





WELCOME TO OUR SUMMER ISSUE!

Born as a simple idea, we are excited and proud to introduce the third issue of our magazine, FOOD CONNECTS US.

The members of our Members' Club prepare the magazine. It happens during the tournament; we team up, collaborate while having fun, and create the best content for you.

The Members' Club is an interactive learning community for food photographers. We all come from different countries and have other traditions, and seasons are different for many of us. However, what connects us all is our passion and love for food that we proudly share with you.

And because we come from different parts of the globe, we bring you the best of what this time of the year offers in this third issue. And as well we share with you our favourite places and restaurants you can visit in our countries.

Whether you love cooking or are just looking for inspiration for your next photoshoot, you will find amazing recipes combined with beautiful photography here.

If you love this magazine, we will be very grateful if you support us and help us spread the world about our magazine with your friends and family or on your Instagram.

I want to thank you from my heart for being here with us and for your support.

with love,

Lucia Marecak

Founder FOODlight, the Members' Club





WHAT IS OUR MEMBERS' CLUB ABOUT?

***We are the most interactive learning community
in the world.***

The Members' Club is the most interactive community for food photographers. It's a place where you learn about food photography, where you can progress and constantly grow as a creative and as a person. And always having someone to guide you in this process while being part of a unique, interactive, and supportive community of like-minded creatives worldwide.

Inside the club, you will find food photography courses and other resources to help you achieve your photography and business goals, as well as community, support, inspiration, and constructive feedback on your work.



Photography: Birgit Mayled

PRIVATE COMMUNITY

Private forum for our members, where you can post your images for feedback, share your questions or share and celebrate your wins



WORKBOOKS FROM FEATURED EXPERTS

You have the exclusive opportunity to learn from so many featured experts in our Club, and download their workbooks for the lessons



COMPLEX MONTHLY WORKBOOK

Every month, you get a new workbook that helps you follow all activities in the Club for the following month. In addition, it includes notes from the course lessons & space for your notes for every monthly activity.



PHOTOGRAPHY COURSES EVERY MONTH

Every month a new course is dedicated to a specific topic. This course will help you learn new skills regularly, step by step.

MONTHLY MASTERCLASS

Every month, I create a new masterclass for you- a virtual photography workshop - showing you detailed behind-the-scenes of creating images from the beginning till the end.



VIRTUAL TEAM WORK PROJECTS

Where you learn how to work in a virtual team on a specific photography assignment.



REGULAR LIVE CALLS

Regular live coffee networking & Q&A calls to help you through your daily struggles, where I answer your questions and chat with other members about food photography.

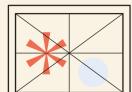


IMAGE CRITIQUES

You have the opportunity to submit two images for an image critique session, where I give you feedback on the composition, editing, or anything you struggle with

Visit www.healthygoodiesbylucia.com/members-club
to learn more and become our member!

MEET THIS ISSUE'S BLOGGERS



LINDA HERMANS

A London-based food and drinks photographer, Linda shoots in natural light. However, she has recently discovered a love for hard light (when the British weather allows!). She also professes a love for photographing cocktails and creating authentic and natural scenes. Her clients are food and drink brands, restaurants, and cafes. On the side, Linda also runs food photography workshops.

 [@lindahermansphotography](https://www.instagram.com/lindahermansphotography)



OLGA VEIGA

Olga is a Spanish-based hobbyist food photographer. She currently works as a Secondary and Bachelor Music Teacher. Cooking her recipes has always been a pleasure for her; Olga enjoys trying new traditional recipes or baking her sourdough bread. She loves to focus on simplicity, natural light, minimal composition, and props and always supports local businesses.

 [@throughholgaslens](https://www.instagram.com/throughholgaslens)



LUISA RODRIGUEZ

Besides food photography, Luisa, a Dominican-Spanish born, is also a recipe developer and ardent lover of lemons. While working as a health coach, she discovered her passion for shooting food as an art form. Luisa's favorite moments to capture are the moments of sharing, cooking, and feeding our souls throughout the slow movement of creating natural, spiritual, and healthy foods.

 [@luisa_food_photography](https://www.instagram.com/@luisa_food_photography)



WAMBUGI RISPAH

Wambugi is a plant-based food photographer who loves sharing her passionate creations that evoke beautiful emotions with her clients and audience. With an eye for diverse, cultural ways of preparing food, she tells this and more stories through her beautiful, bold pictures. Currently switching bases between two capital cities, Nairobi and Cairo, Wambugi enjoys diversifying her work by taking images of cultural foods, hobbies, sports, and art.

 [@wambugirispah](https://www.instagram.com/@wambugirispah)



KASIA C. FABER

Kasia is a mum of a wonderful teenage daughter, an IT architect, and a food, drink, and nature photographer based in the UK. She is a member of the nature photographers association in Poland, where she originates. This also applies to food photography, where she loves to support 'zero waste' brands and companies leading us to the future. Her photography connects nature, love of food, culture, and passion for sustainable living.

 [@kasia.c.faber](https://www.instagram.com/@kasia.c.faber)



DANIELA LAMBOVA

Daniela hails from Sofia, Bulgaria. She possesses an infinite passion for baking. In 2012, she started her blog 'Dani's Cookin- gs' as a side hobby while building her corporate career. Seven years later, she self-published her first cookbook named "Healthy Desserts". Daniela discovered her calling in 2020 and left her management job to pursue photography and to blog full-time.

 [@daniscookings](https://www.instagram.com/@daniscookings)



HONEY YEHIA

Honey is an Egyptian food photographer who has a passion for home-made food and baking. She likes styling food in a way that evokes beauty and storytelling to make her images look mouthwatering. Honey pays attention to details in her photos and uses flowers, layering and different textures, combined with a love of artificial and natural lighting. Other than that, she loves travelling and has visited more than 30 cities.

 [@thebakingboutique1](https://www.instagram.com/thebakingboutique1)



SUSI BÁLINT

Hungarian-born, Amsterdam-based food photographer, stylist, and writer. With ten years of experience in a high-pressure academic environment, the kitchen and the photo studio became her creative outlet. It also gave her a sense of solace in both the easy and hard times. She expresses love to her dearest and nearest through flavors, colors, and aromas. She loves organizing big feasts, cooking and baking delicious recipes, and capturing these memories in pictures and narratives.

 [@susi_gastrostudio](https://www.instagram.com/susi_gastrostudio)



BIRGIT MAYLED

Based in the UK, Birgit has been photographing food since 2020, after her interest in travel photography was curtailed by COVID. As a home cook and baker, she found it a natural progression to start photographing food, quickly discovering a passion for it. Birgit sees food as art and is never happier than behind a camera, creating beautiful scenes and telling food stories for herself and her clients. She was recently short-listed in Pink Lady Apple Food Photographer of The Year 2022.

 [@createaplatephotography](https://www.instagram.com/createaplatephotography)



TATIANA TOR

Spain based a passionate storyteller through images and texts, also known on Instagram as a baker and a busy bee. Tatiana loves to capture the soul of a dish and products and is an avid learner of new photography techniques. She has been building her own online business since 2022 and loves to work for Lucia Marecak as a Creative Producer and Social Manager! Tatiana loves writing, creating, designing, playing with programs, and managing social media. She walks with her dogs through the mountains of Murcia in her free time and loves to cook new recipes!

 [@casadelavida.nl](https://www.instagram.com/casadelavida.nl)



JOHNCIE CORREIA

Based in India, Johncie is a former TV professional who started learning food photography in 2020. Her love for cooking and food and her keen sense of visuals have helped her develop a unique storytelling style. While dark and moody is her comfort zone, she experiments with other genres creating a varied body of work. Recently she won Third place in the "On the Phone" category at the Pink Lady Food Photographer of the Year Awards 2022, and her image, along with other winners, will be exhibited at The Royal Photographic Society, Bristol, later this year.

 [@johnciecorreia.photography](https://www.instagram.com/johnciecorreia.photography)



DEBORAH LEE

Deborah is a food photographer and stylist based in Kuala Lumpur, Malaysia. Her background is in Communication and Publishing, having eight years of working experience in various top magazine publications in Malaysia. Her images evoke these three keywords: rustic, appetizing, and beauty. Deborah believes there's no right or wrong in making art; there's only being true to oneself, one's voice, style, and creative vision.

 [@saveurmalaisie](https://www.instagram.com/saveurmalaisie)



CORINA BLUM

Corina is a full-time food blogger based in the UK. Her blog is SearchingforSpice.com, and she loves creating dishes using spices inspired by recipes from around the world. Over the past year, Corina has focused on improving her food photography and loves taking light and bright images of the dishes she creates. She's also a mother of 2 children and encourages them to share her love of spices.

 [@searchingforspice](https://www.instagram.com/searchingforspice)



VALÉRIE BOEHLIN

Valérie is a Belgian-Swiss photographer who divides her time with her husband and 2 boys between these 2 countries. She is a legal assistant by training and has worked in the hotel business for several years. Passionate about art and beauty, she started studying photography in 2019. Her focus is on Nature, Architectural, and Business photography, but her passion lies in Food Photography. Her work can be described as: creative, feminine, and atmospheric.

 [@a_spoonful_of_light](https://www.instagram.com/a_spoonful_of_light)



Photography & Styling: Linda Hermans



Do you want to be featured in our magazine too?

Members of our Members' Club prepare this magazine twice a year. You can become part of our community and register for the Food Photo Tournament, where you will create content for our next issue with other virtual team members.

[CLICK HERE](#)

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Photography & Styling: Olga Veiga



Photography & Styling: Daniela Hambova



Photography & Styling: Kasia C. Faber

SUMMER *date night dinner*

By Kasia C. Faber, Daniela Lambova

There is nothing more romantic in the summer than a delicious dinner for two!

A perfect choice for a dinner date in the summer is a light starter, pasta bowl, and a decadent dessert.

There is no need to spend a long time in the kitchen with this simple menu: it will be ready in less than an hour to enjoy the beauty of a warm evening, sun, and tasty food with some chilled white wine.



Photography & Styling: Kasia C. Faber

First place -
Tournament
Winner

MENU

Starter

Pan-seared scallops on a bed of avocado, fresh herbs and lime

Main

Standing up rigatoni with grilled king prawn and calamari, roasted cherry tomatoes and piquillo pepper sauce

Dessert

Light and airy chocolate mousse

Wine

Sauvignon Blanc from Chile



Photography & Styling: Kasia C. Faber



Photography & Styling: Kasia C. Faber



Photography & Styling: Daniela Mazzoni

STARTER

Pan-seared Scallops On A Bed Of Avocado

Photography, Styling & Recipe:
Kasia C. Faber

INGREDIENTS

- 1 large avocado
- 6 scallops
- lime (zest and juice)
- herbs (parsley, thyme, chives)
- microgreens to garnish
- salt & pepper
- avocado or rapeseed oil

METHOD

In a medium bowl, mash avocado, lime zest, juice, and season with salt and pepper.

In a skillet, heat oil over medium-high. Pat the scallops dry and sear until browned for about 2 minutes. Turn and cook for about 1 minute. Divide avocado mixture among plates, top with scallops, and garnish with microgreens.

Scallops are one of the simplest kinds of seafood to cook. I promise! With a few tricks, you'll be cooking them like a pro in no time.



Photography & Styling: Kasia C. Faber

MAIN

Standing Up Seafood Rigatoni

Photography, Styling & Recipe: Kasia C. Faber

INGREDIENTS

- 150g rigatoni
- 150g mix of king prawns and calamari
- 1 small jar of roasted red pepper (ideally piquillo)
- 1 garlic clove
- 150g cherry tomatoes
- fresh basil and parsley
- 1 lemon
- olive oil, butter, salt, pepper

METHOD

Cook pasta until it is al dente, and while the pasta cooks, prepare the sauce.

Roast the cherry tomatoes for a few minutes in a skillet with a splash of olive oil. Add shallot, roast peppers, and garlic.

Blend up your sauce ingredients in a blender until very smooth and creamy, and season with salt and pepper.

Heat 1 tablespoon of oil on a frying pan. Add garlic, sizzle for a few seconds, then add prawns and calamari.

Toss them together over high heat for 2 minutes, add chopped parsley and squeeze a bit of lemon.

Divide a sauce between warmed pasta bowls, add prawns in the middle, place rigatoni around them and serve, scattered with a few small basil leaves.

Do not forget about the wine! We recommend Chilean Sauvignon Blanc to pair with seafood pasta.



DESSERT

Chocolate Mousse

Photography, Styling & Recipe:
Daniela Lambova

INGREDIENTS

- 100 g / 3,5 oz quality chocolate
- 3/4 cup / 180 ml water
- ice cubes (to cool the chocolate)
- optional: whipped cream and strawberries to garnish

METHOD

Melt the chocolate in a double boiler. Place it in a bowl together with the water.

Place the bowl in a second larger bowl with ice cubes on the bottom. Whisk the chocolate mixture continuously until it starts thickening.

Pour the chocolate mousse into one large or two small ramekins or glasses. Let cool for 2-3 hours in the fridge.

Garnish the chocolate mousse with whipped cream and raspberries before serving.

A delicious chocolate mousse for a date night with an intense chocolate flavor, subtle sweetness, and creaminess even without eggs.



15 MINUTES SUMMER RECIPES WITH HONEY

By Susi Bálint, Birgit Mayled, Johncie Correia

Nothing evokes summer like the buzzing of bees foraging for nectar amongst the flowers. And bees use the nectar to make the honey we love.

Honey has been used in baking and cooking for centuries, but it's just as delicious straight from the jar, drizzled over your cereal, or slathered on bread.

Rich in antioxidants, this natural gift works in savory and sweet food.

Here are some quick summer recipes to help you enjoy the goodness of honey without spending hours toiling in the kitchen.



Photography & Styling: Birgit Mayled





Honey Glazed Salmon With Soy Sauce, p.19

Photography & Styling: Birgit Mayled



Honey Glazed Salmon With Soy Sauce

Photography, Styling & Recipe: Birgit Mayled

INGREDIENTS

- 2 Salmon Fillets
- 200 g Fine Green Beans
- (Can be substituted with broccoli, leeks or any quick-cooking vegetable)
- 2 tbsp of Soy Sauce
- 2 tbsp Honey
- Juice of 1 Lime
- 2 tsp Sesame seeds
- 1/4 inch grated Ginger
- Sliced lemon or lime to garnish
- Salt to taste (only if required)

METHOD

Set oven to 180 degrees.

Prepare the glaze by combining honey, lime juice, soy, and ginger in a bowl. Place salmon fillets in an ovenproof dish, spoon half the glaze over the salmon, and cook in the oven for 10 minutes.

Meanwhile, boil some water. Add the beans into a pan, pour the boiling water over it and let it simmer for 7 minutes.

Toast the sesame seeds until slightly browned. Serve the salmon on the bed of vegetables. Add the remaining glaze.

Season to taste and sprinkle with toasted sesame seeds.



Photography & Styling: Birgit Mayled

No Bake Cheesecake Cup With Honey Flavoured Fresh Medlar Jam, p.21



Photography & Styling: Susi Bálint

METHOD

Cut the fruit into small pieces. Put into a saucepan, sweeten with the honey, and cook for about 10-12 minutes over medium heat while stirring frequently. In a separate bowl, mix the melted butter and the oat crackers. Layer this at the bottom of your serving cups to form the dessert's base.

Mix the yogurt, mascarpone, and lime zest. (To make it more creamy and a bit denser, you can add whipped cream). Fill the cup until 3/4 with the cream mix using a spoon or piping bag. Place the fresh jam over the top.

Serve with some finely chopped pistachios.



No Bake Cheesecake Cup With Honey Flavoured Fresh Medlar Jam

Photography, Styling & Recipe:
Susi Bálint

INGREDIENTS

- 300 g Medlar fruit (or any seasonal fruit)
- 2 tbsp Honey
- 250 g Oat Cracker Crumbs
- 100 g Melted Butter
- 500 ml Coconut Yoghurt (or Natural Yoghurt)
- 250 g Mascarpone Cheese
- 50 g Whipped Cream (Optional)
- Sugar/sweetener (Optional)
- 1 Lime zest
- Pistachios for topping



SWEET & HEALTHY SUMMER MANGO TREATS

By Honey Yehia, Deborah Lee



Photography & Styling: Deborah Lee

01 Mango Sponge Cake

We used the summer's most popular fruit, mango, to create this delicious mini cake that will impress your family and friends! Sponge cakes are leavened with baking powder.

It can also be made by adding egg yolks for more softness. As the cake is usually made without butter, its flavor is often enhanced with fillings and frostings like whipped cream, buttercream, and fresh fruits.



Photography & Styling: Honey Yehia



Photography & Styling: Deborah Lee

02 Mango Trifle

A traditional trifle is a dessert with multiple layers - each layer is special and adds a unique texture and flavor to the final dish.

We used the summer's most popular fruit, mango, combined with seasonal strawberries (in the form of jelly and fresh fruit). And Southeast Asian flavors like lemongrass, pandan, and ginger to create this light and refreshing tropical dessert that will impress your family and friends!

Mango Sponge Cake

Photography, Styling & Recipe: Honey Yehia

INGREDIENTS

- 4 large eggs, room temperature
- 100 g sugar
- 100 g flour, sifted
- 1/4 tbs baking powder
- 1 tbs vanilla

FOR THE FILLING TOPPING

- 240 ml heavy whipping cream
- sugar to sweeten the cream
- mango purée
- fresh mango to cut into cubes

METHOD

Preheat oven to 375F/190°C. Grease the pan with butter and dust with flour. Beat the eggs and sugar until the mixture increases in volume, thickens, and becomes creamy. Sift the flour & baking powder together and gently spoon half the flour into the egg mixture using a spatula, then add the second half. Pour in the trays and bake in the 375F/190°C preheated oven for 15 minutes. Then, reduce the heat to 350F/177°C and bake for another 10 minutes. Remove the cake from the oven and cool in the tray for 5 minutes. Spread a light coat of mango purée on one of the cakes, and add whipped cream and fresh mango cubes. Place the second cake on top, cover it with whipped cream, and then decorate it with mango cubes.

SEXY SUMMER SALADS

with mango

By Valérie Boehlen, Wambugi Rispah, Corina Blum

The arrival of summer brings the promise of warm sunshine, bountiful produce, and plenty of backyard BBQs and dinners on the beach.

However, in our humble opinion, the summer salad is the most overlooked contender. And no, we're not talking about a mayo-soaked coleslaw or a bland pile of greens.

We're talking about refreshing, show-stopping salads with rich ingredients and bold colors.

These 2 salads, one with chicken and the other vegan, have it all, and the mango makes them both extra sexy.



Jerk Chicken Salad

Photography, Styling & Recipe: Corina Blum

INGREDIENTS (4 PERSONS)

- Ingredients for the Jerk Chicken Marinade
 - 1 lime juiced
 - 4 garlic cloves
 - 1 scotch bonnet chili pepper
 - 1 tsp thyme leaves
 - ½ tsp cinnamon
 - ½ tsp allspice
 - 1 tbsp soft brown sugar
 - 1 tbsp soy sauce
 - 1 tbsp oil
 - 500g chicken breasts
- Ingredients for the salad
 - 100 g green asparagus
 - 100 g sugar snap peas
 - 100 g mixed green and purple salad leaves
 - 1/2 mango
- Ingredients for the mango vinaigrette
 - 1/3 mango diced
 - 2 tsp honey
 - 2 tbsp white wine vinegar
 - 6 tbsp extra virgin olive oil
 - pinch salt and pepper

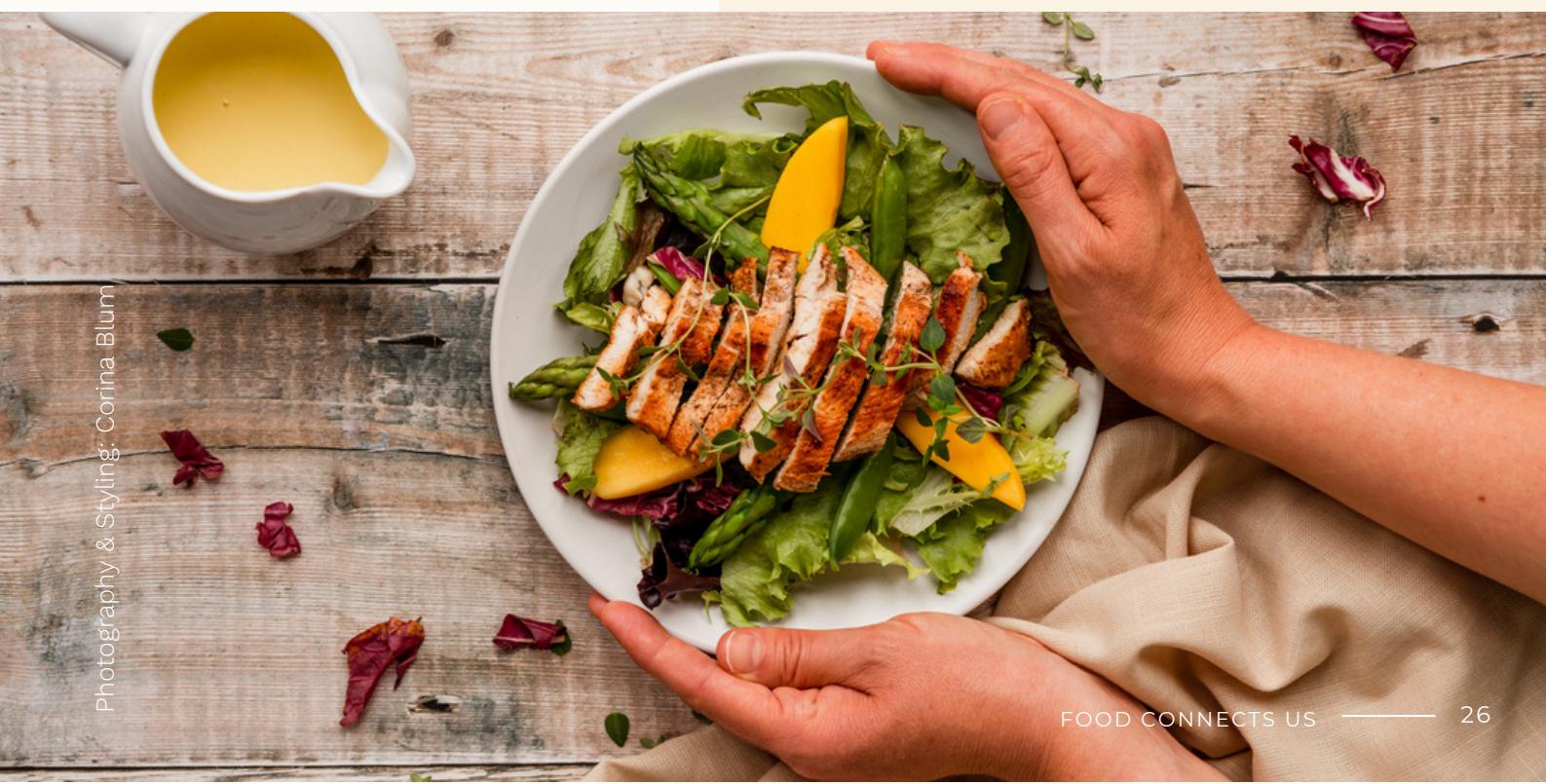
METHOD

Mix all the ingredients for the chicken marinade and blitz in a food processor. Butterfly the chicken breasts and coat them in the marinade. Put in the fridge for at least an hour but ideally overnight. Boil a pan of water and blanch the asparagus for about 2 minutes.

Put the chicken on a griddle pan brushed with oil, and cook for about 8 minutes on each side or until cooked through. You can also cook it on the bbq.

While cooking the chicken, make the salad dressing by putting all the ingredients in a small blender or food processor and blitzing. Taste and adjust the amounts of oil, vinegar, honey, or seasoning if necessary.

Arrange the salad leaves, asparagus and sugar snap peas on a plate. Top with the jerk chicken. Drizzle with the dressing.





Photography & Styling: Corina Blum

Photography & Styling: Valérie Boehlen



Peanut Chickpea Purple Cabbage Boats

Photography, Styling & Recipe: Wambugi Risbah

INGREDIENTS

- Peanut chickpea
- 1 can chickpea, rinsed and drained [about 1.5cups]
- 1.5 tbsp olive oil
- 2 green onions, both white & green parts chopped
- 2 garlic cloves, minced/ finely grated
- a handful of peanuts chopped [about 0.3 cups]
- 3 pile high tbsp of creamy peanut butter
- 1.5 tbsp coconut aminos/ soy sauce
- 1.3 tsp Spanish paprika
- Pink Himalayan salt to taste [regulate to the amount of coco/ soy used]
- Sweet-potatoes flowerets
- 1-2 medium sweet potatoes
- 1-2 tbsp olive oil
- pinch/ dash of turmeric powder
- flower shape cookie cutter [optional]
- Raw Salad mix
- small head lettuce, roughly shredded/ or not
- 3 green onions, chopped [green parts only]
- 0.3 cups chopped purple cabbage [optional]
- 1 yellow-green bell pepper, diced
- 1 cup half-sliced cucumber
- half a lemon juice drizzle [optional]
- salt and pepper to taste
- 2 medium-sized purple cabbage leaves
- herbs of choice for garnish. I used coriander.
- Dressing
- 3 tbsp maple/ agave syrup
- 1.5 tbsp full-grain mustard
- 2 tsp nutritional yeast [optional]



Photography & Styling: Wambugi Risbah



METHOD

Drain & rinse off 1 can of chickpea.
In a pan, add olive oil, green onions, and garlic & sauté on medium heat for 3 minutes.
Add the peanuts, peanut butter, coconut aminos, and paprika. Mix well to incorporate for about half a minute.
Then add the chickpeas, & coat them with the peanut mixture, taste, and add salt to your liking.
Reduce heat to low and cook for about 3-4 minutes.
Remove from heat and let cool as you prepare sweet potato flowerets.

Sweet potato flowerets

Boil 1-2 medium-sized sweet potatoes until well tender, and a fork passes through quickly.
Let cool slightly before peeling and slicing them into quarter-inch thick round shapes. Then, using a flower cookie cutter, cut several flower shapes.
Heat the oil in a nonstick pan till hot; place the cut sweet potatoes and pan-sear on both sides till slightly golden. Sprinkle turmeric on them and keep aside to serve.

Raw Salad mix

Combine all the ingredients except the 2 cabbage leaves in a bowl and drizzle lemon over them to keep them fresh. We will serve the entire salad inside the cabbage leaves [see instructions below]

Dressing

Mix the mustard and maple in a small bowl with a fork or tiny whisk. Add nutritional yeast if using, and mix well.

Serve your boat

Load/ layer your cabbage leaves with the peanut chickpea, sweet-potato flowerlettes & salad mix. Drizzle on the sauce dressing, garnish with the herb of your choice, and ENJOY!

HAPPY HOUR

By Tatiana Tor, Linda Hermans, Olga Veiga



Photography & Styling: Tatiana Tor

The Strawberry Mojito Mocktail

Photography, Styling & Recipe: Tatiana Tor

INGREDIENTS FOR 1 MOCKTAIL

- a handful frozen strawberries
- 1 tablespoon dark cane sugar
- 100 ml cold sparkling water
- Fresh squeezed lemon juice
- Mint leaves
- Ice cubes

METHOD

Blend a handful of frozen strawberries
Add some dark cane sugar to the bottom of a glass, some pinched mint leaves, and some freshly squeezed lemon juice.
Top it off with the strawberry mush, followed by a splash of the delicious mineral sparkling water!
Add a straw, stir and take a good sip.

UK Happy Hour

Photography, Styling & Recipe: Linda Hermans

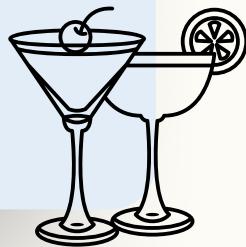
Happy Hour in the U.K. normally means two-for-one drinks offers in bars and pubs and can be anytime between 5-8 pm.

Students and office workers take this as an opportunity to hang out with friends after a long day at uni or work, along with some simple bar snacks like olives, crisps, or nuts.



Classic cocktails like a Cosmopolitan are popular during happy hour, and nowadays, "fancier" cocktails such as this Passion Fruit Martini are in high demand!

You might find the odd pub offering a Happy Hour deal earlier in the day, and no one will judge you if you take them up on it - it's 5 'o'clock somewhere, right?



Photography & Styling: Linda Hermans

Passion Fruit Martini

Photography, Styling & Recipe: Linda Hermans

INGREDIENTS

- 60 ml vodka
- 30 ml passion fruit juice
- 15 ml fresh lime juice
- 15 ml sugar syrup
- 2 fresh passion fruits

METHOD

Half-fill a cocktail shaker with ice and add the vodka, passion fruit juice, lime juice, and sugar syrup. Scoop out the flesh and seeds from one passionfruit and add to the shaker.

Shake vigorously for 15-20 seconds.

Strain into a martini glass and garnish with half a passion fruit.

De Tapas

Photography, Styling: Olga Veiga

“Ir de tapas” means snacking, which is the best way to hang out and drink with your friends in Spain.

We love to drink a cold beer on a terrace while eating a delicious variety of tapas that usually come free with drinks. Tapas include olives, Pan tumaca (toasted bread topped with tomatoes and EVOO), and Pimientos de Padrón (small fried peppers). Croquetas, or our famous Spanish omelet, Tortilla, is made with fried sliced potatoes, onion, and eggs.

A great way to share a Spanish summer meal outside!



Photography & Styling: Olga Veiga

The Murcian Happy Hour

Photography, Styling: Tatiana Tor

In Murcia, there is no typical 'Happy Hour' like we all know, with cheaper cocktails and finger food. No, here in Murcia, we enjoy the diversity of tapas with an ice-cold glass of beer! So for this special occasion, I decided to create a cocktail with Murcia's liquid gold, Licor 43.





Beer can be very refreshing to drink on hot days; can you imagine living in a country where the temperature can reach 47 degrees in July and August?

This is the reality in Murcia, but it doesn't stop us from enjoying good food with great company. Instead, we start drinking early. It is very common to 'day drink' in Spain, and nobody will judge

But when the UV degrees start to climb, and the clock strikes 14.30, it's time to go home and eat a delicious meal.

Afterward, we are known to enjoy a siesta, but not everybody can afford to sleep in the afternoon.

Once the sun starts to lose its intensity, around 19:00, it's time to go and meet up with friends again for a late-night dinner and drinks a la volonté. Here in Murcia, you could say 'it's always happy hour' during the day.



Did you know that Licor 43 originally comes from Cartagena?



Photography & Styling: Tatiana Tor

Fake Beer Cocktail

Photography, Styling & Recipe: Tatiana Tor

- Licor 43, cold
- Heavy cream, cold
- Lemon peel
- Crushed ice, optional

Pour into a small cold cocktail glass the Licor 43, carefully add the cream on top, garnish with a lemon peel and add crushed ice. Enjoy!

PICNIC BREAKFAST

By Luisa Rodriguez



Photography & Styling: Luisa Rodriguez



Breakfast As A Picnic

Photography, styling: Luisa Rodríguez

I love summer mornings when the weather is not so hot. I usually wake up around 7:30 am and meditate in my unique little space of peace and calm. I feel grateful for my family, my daughter, and my husband.

I feel lucky each time I open my eyes and enjoy nature's beauty, knowing that my family and I are always guided and protected. We are blessed with health, and that is all that really matters.

So this is when I start thinking about a special morning and healthy breakfast so we can nurture our bodies with love and healthy options.

In the South of Spain, where I live, we can have diverse options for fruits and veggies. So I usually get foods that are grown locally by farmers.

My daughter loves sweets, so I try to balance our intake into sweets and sour options. And most important, we love sharing special breakfasts made with a lot of love.

Almond Pancakes

Photography, styling & recipe: Luisa Rodríguez

INGREDIENTS

- 1 cup almond flour
- 1/2 tsp baking powder 1/4 tsp salt
- 2 eggs
- 1/4 cup almond milk
- 1 tsp coconut oil (melted and cooled)
- 1 tsp vanilla extract
- extra oil for the pan

METHOD

Mix the dry ingredients.

Mix the wet ingredients.

Pour the dry ingredients into the wet ingredients, and mix until combined.

Heat some oil on a large skillet on medium heat, and pour a ladle of the batter into the pan. Let cook for about 2-3 minutes until little bubbles start to form on top, then flip and let cook for another minute.

Serve with your favorite toppings like blueberries, yogurt, or maple syrup!

TOPPING OPTIONS

Whipped Cream or Yogurt (coconut yogurt)

Strawberries, blueberries, or any fruit

Maple Syrup or honey

Seeds (hemp, chia, sunflowers, etc.)





"You don't have to eat less. You just have to eat the right pancakes"

By Luisa Rodriguez

Photography & Styling: Luisa Rodríguez

MEET THE TOURNAMENT WINNERS

Olga
Veiga



Kasia C.
Faber



Linda
Hermans



Tatiana
Tor



Daniela
Lambova

We organize a Tournament in our Members' Club twice a year, where our teams compete to create the best content for you. Let me introduce the best team that won during the latest Tournament in each of these categories: Content, Photography, and Layout!

And this time is exceptional for us, as two teams have won first place! So let me now introduce you to our winning members and tell you more about them!



Photography & Styling: Daniela Lambova

WINNERS



Photography & Styling: Linda Hermans



Photography & Styling: Kasia C. Faber



GET TO KNOW OUR MEMBER

Daniela LAMBOVA

 [@daniscookings](https://www.instagram.com/daniscookings)

Creative, reliable, ambitious, always ready to learn something new.

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

I am a food and product photographer from Sofia, Bulgaria. I am also a blogger, cookbook author, and educator. My baking blog, Dani's Cookings exists since 2012. It contains over 300 recipes in English and Bulgarian. In 2022 I was nominated as one of 4 Bulgarian food content creators of the year.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

My photography is colorful, storytelling, moody, and often minimalist. I love shooting in different styles, so I am thrilled when a client asks me for a type of image I don't do very often: that sparks my creativity.



WHAT AND WHO INSPIRES YOU?

Since I became a photographer, I have kept noticing more and more small things that inspire me to create beautiful photos. Everything can be a source of inspiration: nature, the seasons, beautiful produce, a new prop, and the way the light falls through the window at a specific hour. Works of art and the work of other photographers inspire me as well: I get very impressed by color combinations or lighting styles. Last but not least, when I feel uninspired, shooting images of people and nature helps me come up with new ideas for still-life photos.

WHAT CAN I OFFER TO POTENTIAL CLIENTS?

I offer storytelling food and product photography for various brands: from pastry shops and restaurants to cosmetics and kids' supplies.

But being a photographer for me is much more than shooting and styling images. I offer creative ideas and support every client to find the best visual solution for their project. So if you don't have a vision of how your products should be presented to appeal to your ideal customer, I can help you!

WHAT PROJECTS DO YOU ENJOY WORKING ON?

My favorite projects are the ones that challenge me to find creative solutions. For example, last summer, I had the pleasure of shooting various images for a cookbook: not only recipes but also indoor and outdoor lifestyle scenes in 4 different locations. It was a lot of work in 6 days, and I loved every minute! Recently I have enjoyed making stop-motion videos: it is a bit more complicated than just photography, but it is entertaining, and the result is always impressive.



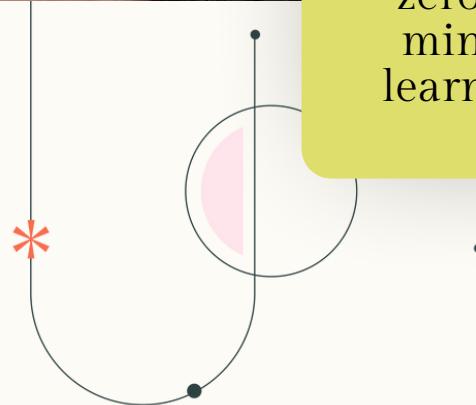
GET TO KNOW OUR MEMBER

Kasia FABER

 [@kasia.c.faber](https://www.instagram.com/@kasia.c.faber)

CAN YOU DESCRIBE WHO YOU
ARE AND WHAT YOU DO?

I'm Kasia - a mum of a
wonderful teenage daughter,
an IT architect, and a food,
drinks, and nature
photographer based in the UK.



Passionate about
winery, nature and
zero-waste. Open
minded, ready to
learn, not afraid to
fail.

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

For many years my photography has been inspired by nature and biodiversity. I'm a member of the nature photographers association in Poland, where I'm originally from. This also applies to food photography, where I love to support 'zero waste' brands and companies leading us to the future. My photography connects nature, my love of food and culture, and my passion for sustainable living.



WHAT AND WHO INSPIRES YOU?

What: I get creatively inspired by the changing seasons, the aesthetics of the seasons that I tune in to, and the energy.

Who: Everyday people, adults, and children: curious, open minds, ready to learn, not afraid to fail.

WHAT CAN YOU OFFER TO YOUR CLIENTS?

I help businesses create impactful visual content to tell their story, showcasing their work, products, or services. I also offer photography services for bloggers, chefs, food authors, magazines, and food/drink-related brands. I also run Personal Branding workshops for individuals who are starting their businesses. On top of that, I support clients willing to understand their audiences better and use data to drive growth.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I like working on campaigns where I'm given the overall brief and branding guidelines, but I am given the freedom to choose the mood and props. I also enjoy working with a team.



GET TO KNOW OUR MEMBER

Linda HERMANS

 [@lindahermansphotography](https://www.instagram.com/lindahermansphotography)

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

I am Linda, a full-time food, travel & lifestyle photographer based in the UK. I work with food and beverage brands, restaurants, and hotels to create visual content for their marketing materials. I also teach food photography to aspiring creatives through my blog and newsletter and through one-to-one coaching. My upcoming online course is aimed at beginner food photographers.



Lover of photography, an explorer of the world, and a crazy cat lady

HOW WOULD YOU DESCRIBE YOUR PHOTOGRAPHY?

I love to create elegant images that feel real and authentic as if the moment captured actually was happening. Storytelling plays a significant role in my work, so I always try to style my scenes in a way that invites my audience to imagine themselves participating in the photo. I usually work with natural light and enjoy using both hard and soft light to convey the time of year and time of day that the moment is happening. Then, I love to play with color to set the mood and take pleasure from working with soft, muted tones as much as bright and vibrant ones, depending on my story or brief.



WHAT AND WHO INSPIRES YOU?

Many things! My memories and daily experiences play a big part in the stories I tell in my personal work. I'm a very outdoorsy person and love to travel. Lately, I've felt myself gravitate more towards creating food stories outside my studio and feel inspired by the colors of nature and light. Many artists, too, inspire me with their work from food photographers like Rachel Korinek and Bea Lubas. Travel and landscape photographers, and even architecture. Looking to other niches and being exposed to other creative ideas is essential. Sometimes I don't know exactly where my inspiration comes from; I just know that it has come from the things I surround myself with.

WHAT CAN YOU OFFER TO YOUR CLIENTS?

I create visual content that tells authentic and engaging stories for my clients, whether they are food brands, restaurants, or a business in another niche, such as travel. The stories are connected to the brand's identity and messaging, from the colors, props, and composition choices, to the location where I shoot. I prepare for client projects with team calls, mood boards, and shot lists to reassure them that I will deliver what they need. I style and shoot all the images myself (and can bring in assistants where necessary) and take care of all the post-production work, such as editing and exporting to specific technical requirements. I also love to create GIFs and stop motions and can bring other creatives on board for video projects.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

Lately, my favorite client projects are restaurants and cafes. I love meeting my clients and shooting in an environment outside my studio - it's exciting and encourages me to shoot from different angles, with different props, and tell different stories.

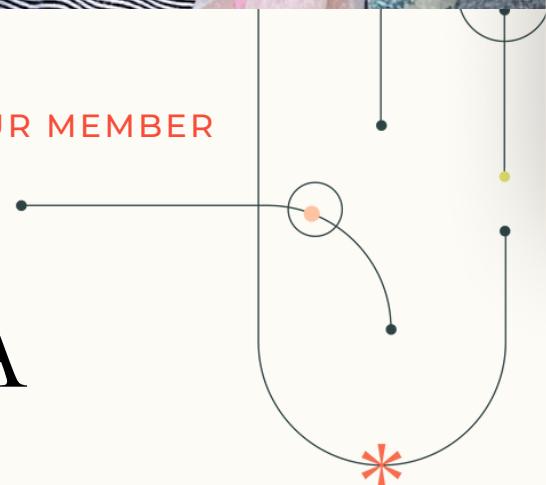
Regarding personal projects, I enjoy coming up with ideas for image series tied to my core values to broaden my portfolio. Finally, I'm also a co-founder of the Food Creatives Network, a thriving global community of food photographers.



GET TO KNOW OUR MEMBER

Olga VEIGA

 [@throughholgaslens](https://www.instagram.com/throughholgaslens)



A food enthusiast and photography student, with love and passion for music!

CAN YOU DESCRIBE WHO YOU ARE AND WHAT YOU DO?

I am a music lover and am so lucky to have turned it into my career and profession. I currently work as a Secondary and Bachelor Music Teacher. Cooking my own recipes has always been a pleasure for me; I enjoy trying new traditional recipes or baking my own sourdough bread. It is my preferred way to relieve stress while caring for my loved ones. I am also an Art lover, and I found during the pandemic isolation the perfect time to practice food photography, a hobby I genuinely enjoy!



WHAT AND WHO INSPIRES YOU?

I could not tell a single artist who inspires me; I find unique creations every day just by scrolling through social networks and paying attention to their details regarding lighting or compositions. I have always liked food photography, and when the pandemic started, the first Food Photography Summit, organized by Jena Carlin, was truly eye-opening. I discovered so many talented food photographers that offered incredibly valuable lessons to us, and I could not stop admiring them since then!

WHAT CAN I OFFER TO MY CLIENTS?

I never thought about food photography as a way of living, not at the moment, so it is a relief not to feel that pressure of getting clients, honestly. If I had to design my own portfolio, I would focus on simplicity, natural light, minimal composition and props, and always supporting local businesses.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I loved working in a team for Lucia's Food Magazine, it was challenging, but I learned a lot! I also love to join food photo or recipe challenges, sometimes organized by my IG Spanish friends, like Foodfictiondivision.



GET TO KNOW OUR MEMBER

Tatiana TOR

 [@casadelavida.nl](https://www.instagram.com/casadelavida.nl)

CAN YOU DESCRIBE WHO YOU ARE AND
WHAT YOU DO?

My name is Tatiana Tor, and I am a creative food photographer. But it doesn't end there; I am not satisfied with just photography. I love to learn everything that interests my brain, like building websites, social media strategies, creative writing, and more. And that is why I can never sit and be quiet. If I am silent, it's because I am in an uncomfortable situation or I want to learn what is being said. I mean, life is too short to sit and shut up. So I am setting up a backdrop webshop called Deli.pics.

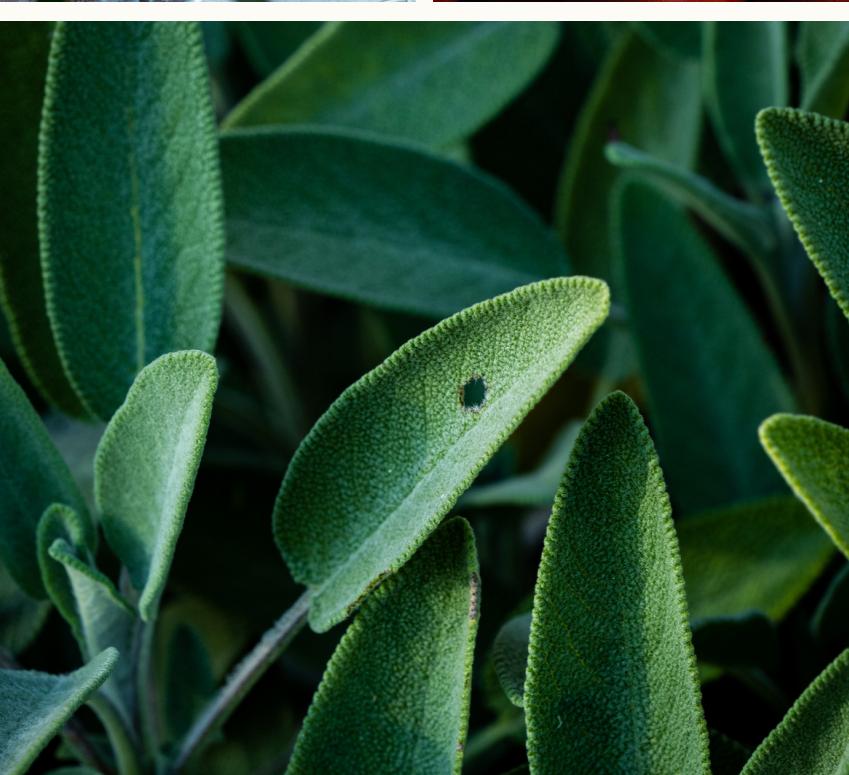
A creative mind,
and a story teller
through images
and captions



It's exciting having a webshop, capturing surfaces, and creating new ones with simply wood, paint, and my hands.

HOW WOULD YOU DESCRIBE YOUR
PHOTOGRAPHY?

Playful, creative, colorful, and honest. But finding my own style has been something I have been trying to achieve for the last year. And I cannot say I succeeded or failed at this moment, as I am still learning and searching. But Lucia's masterclasses, courses, and the Membersclub truly helped me discover tethering and more options that facilitate my food photography journey.



WHAT AND WHO INSPIRES YOU?

My father; taught me photography since I was a kid. He was a product and fashion photographer and introduced me to the most creative souls on this planet. The colorful & depressed reality of Van Gogh, the absurdness of Dali, and the food travels of Anthony Bourdain have always inspired me. And since I started my food photography journey, the talented and sweet Lucia Marecak has taught me so much, for which I am very grateful. And every day brings me new things that inspire ,y work and my brain.

WHAT CAN I OFFER TO POTENTIAL CLIENTS?

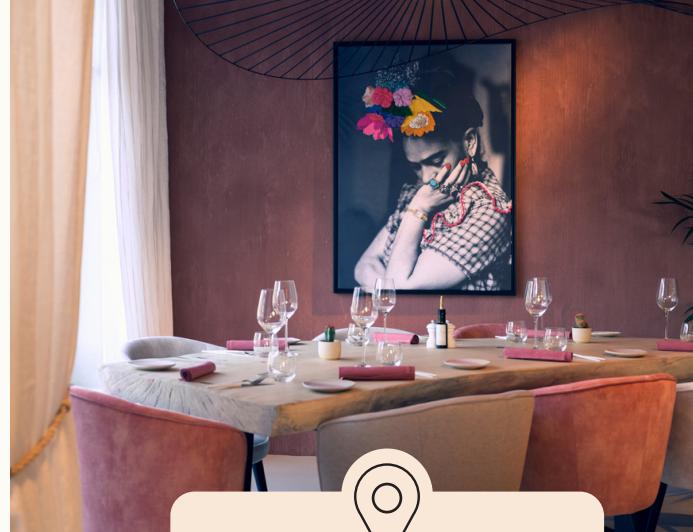
Creativity is the one thing I do not lack, like words or ideas, so this is what I can offer to potential clients. And times, attention to detail, engagement, and communication. Of course, creating the perfect stuff for clients, brands, and business owners takes work. But every challenge for me is a new opportunity to learn and grow and help others to do the same. I enjoy working with social media channels, thinking of strategies, and following trends. I love creating designs for cookbooks, magazines, and logos, but I also build websites and manage them! My goal is to take the client's stress away so they can keep their focus on the things that matter the most to them. And gently push them in the right direction.

WHAT PROJECTS DO YOU ENJOY WORKING ON?

I love working for Lucia Marecak and being part of her team, growing the Membersclub. Finally, I have a place in a creative world where I can unleash my ideas! Building my webshop has been a long journey; finding suitable materials took a lot of work, hair-pulling moments, and tears. But I am a shark, and I don't let go when I have an idea. I am someone that can do so many things that I love to do everything! Some might call me very passionate about achieving everything. But honestly, I want to open my photography studio, restaurant, and bakery in the future. And another goal that no one knows about yet? Be a documentary food photographer for a person like Anthony Bourdain. That would spark my creativity in a new unknown way.

PLACES TO VISIT

Must visit places and restaurants in the world chosen by our members



Blanco

By Valérie Boehlen



Keith Haringplein 7,
Knokke-Heist 8300
Belgium



MEET BLANCO, IN KNOKKE-HEIST

Blanco lets you discover the other side of Mexico. They match authentic flavors with Mediterranean influences for a surprising taste experience. The fancy Tulum vibes are the ideal setting to imagine yourself on a trip to a place where you feel entirely at home.

The people behind Blanco are the power couple, David and Céline.

Chef David and creative Céline share their love for good food, travel, and their kids Marcel and Rachelle. For the restaurant, they opted for a warm, organic interior with rounded corners and covered with Mortex in soft pink and light blue tones.

The whole is a beautiful blend of natural materials and handmade pieces that exude a cozy but, at the same time, 'fancy' Tulum vibe. "We want people to feel at home here while traveling simultaneously," says Céline Buysse. "Much work has gone into the interior. I was working on it day and night together with interior architect Anthony Boelaert for months on end."

Even before Céline and David received their first guests, they had already been nominated for 'Best Restaurant Design' by VENUEZ, Hospitality Awards for their interior.

A great honor for the couple, who were born and raised in Knokke-Heist!



Murcia
Spain



Medieval fair in Murcia

By Tatiana Tor



MEET A SPECIAL YEARLY EVENT

Murcia is a hidden city in southeastern Spain. Not only it's an ancient city with many treasures like gastronomy and delicious fresh-grown produce, but Murcia also has beautiful old architecture and buildings.

It is considered to be the seventh large city in Spain, with one of the hottest climates, which is why most events are held before or after the summer, as the temperatures can hit 49 degrees.

Murcia hosts yearly famous events like the Burial of the Sardine, and Bando de la Huerta, a farm party in the city where the farmlands are honored. Food and traditions are essential for the Murcian folk; I only saw the real Murcia after covid happened and everything was allowed again. Traditions and events were put on hold for two years, but during the pandemic, I could visit many places and restaurants where I could taste the real Murcian food.

Some of the villages in Murcia are perfect for holding special events. For example, this year, I was delighted to finally visit the Medieval Fair in Monteguado, where they roasted pigs and had terrific and delicious craft beer from @cervezabandolera and @cervezalasagra. They also had fantastic entertainment, fighting knights, animals, and acrobats entertaining the people.

Murcia holds the key to gastronomy and special events. Like every year during Easter, they have a week-long 'Processions' where the Holy Spirits sculptures are taken out of the churches and paraded through the city by strong men on their shoulders for hours. They are followed by the families and believers of the processions clubs, where candy is handed to the spectators. Remember that events are always followed by big parties with drinks and traditional food afterward. Spanish people enjoy their fiestas!



32-34 Monmouth St,
London WC2H 9HA,
United Kingdom



Apple Butter Cafe

By Linda Hermans

Apple Butter Cafe is a regular client of mine whom I love to shoot for. It's a fantastic brunch spot in central London's Covent Garden, and they're well known for their delicious pancake stacks and variety of coffees!





Photography & Styling: Kasia C. Faber



Photography & Styling: Daniela Lambova



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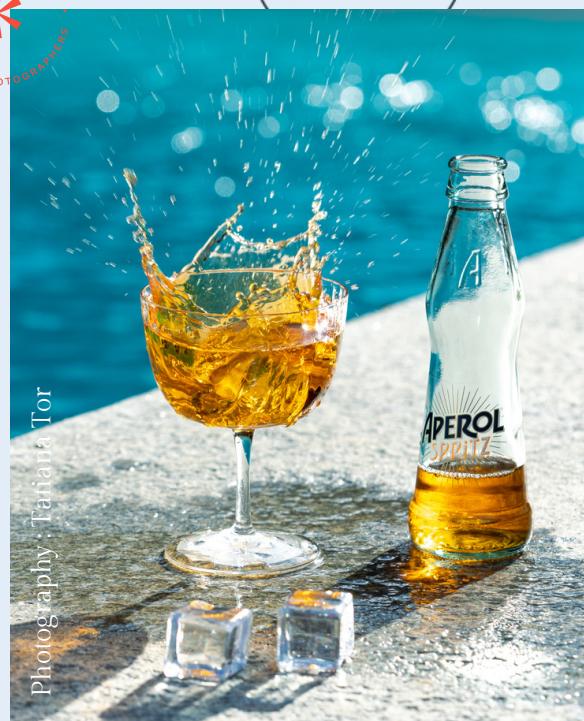
We are food photographers from all over the world, and this magazine arrives to others, passionate about food photography, cooking, and baking.

Whether your product can be used in our recipes or we can create photographs using your ceramics, backdrops, or other tools, this is an excellent opportunity to increase your brand's visibility across the globe.

Moreover, your brand will be promoted on our @foodlight.io Instagram account, and FOODlight website and shared on the contributor's social media profiles too!



Contact us at lucia@foodlight.io to talk about ways of our future collaboration



[@foodlight.io](https://www.instagram.com/foodlight.io)



www.healthygoodiesbylucia.com
www.foodlight.io (coming soon)



Big thanks to our partners & experts sharing their knowledge in our Members' Club

I want to thank all experts, for sharing their knowledge and expertise with our members:

- Christina Greve
- Tyson Sadlo
- Emanuele Marietti
- Elisa Cangialosi - Naka Studio
- Fannette Ricket - French.ly Photography
- Anja Burgar
- Murielle Banackissa
- Lucie Beck
- Federica Giacomazzi - Sparrow & Snow Studio
- Betul @turkuazkitchen
- Mojca Klepec
- Kimberly Espinel
- Pavol Lichvar
- Monique Sourinho
- Roberta Dall'Alba
- Julia Konovalova
- Daniela Lambova
- Haniyeh Nikoo
- Alessia Ronco
- Fedi Gioia
- Tatiana Tor

WE ARE LOOKING FOR
FEATURED EXPERTS FOR
2023:

Have something to say and want to share your knowledge with us in the Club?

We are looking for speakers, sharing knowledge on different topics regarding food photography, business & marketing. If interested, please, contact Lucia at lucia@foodlight.io or via her IG profile [@foodlight.io](https://www.instagram.com/foodlight.io)





FOOD CONNECTS US *

MAGAZINE OF THE
MEMBERS' CLUB

ISSUE #3
SUMMER 2022

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Requests to the Authors should be addressed to Lucia Marecak at the email: lucia@foodlight.io or to each Author directly.

WANT TO COLLABORATE?

For any requests about collaboration with the Authors in this publication, please address the Author directly. Alternatively, contact Lucia Marecak at lucia@foodlight.io.

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www.healthygoodiesbylucia.com
[www.foodlight.io \(coming soon\)](http://www.foodlight.io)

WANT TO IMPROVE YOUR FOOD PHOTOGRAPHY AND JOIN OUR COMMUNITY?

Become part of our Members' Club and benefit from our amazing and inspiring community. More info at www.healthygoodiesbylucia.com/members-club

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light

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