**Complementary blog post: Quick Healthy Home Cooked Meal Recipes**

**Subject:** New post – Check out these quick and healthy home cooked recipes

{Hi Firstname}

Ready to get started in your home cooking journey? There are literally thousands of great recipes you can try. However, the sheer choice available can make it difficult to know where to start.

In today’s post, I’ll show you some great quick and healthy recipes you can create. If you’re searching for inspiration before you start cooking, you’ll want to check out this blog.

LINK

You’ll discover some delicious yet healthy home cooked recipes such as honey and garlic glazed salmon. There’s even a tasty vegetarian recipe you can try.

Don’t miss this great post!

(Sign off)