**Max La Manna**

Max La Manna is zero waste chef, author and environmental activist who is here to turn the tide on rubbish and breathe new energy into the leftovers that are typically destined for landfill. His work encourages more awareness around the food we put on our plate, where it comes from and what happens when we waste it. His recipes and tips invite us to waste less and help create a more regenerative planet.

Max's awareness and education around food waste and plastic pollution has been featured in numerous publications, from BuzzFeed Food, NowThis News and EcoAge to Vogue. Through sharing his low-impact, conscious lifestyle, Max has inspired thousands of people across the world to wake up to the devastation caused by plastic and in his first cookbook he invites readers to join him on his journey to consuming food more mindfully and creating less waste, for the health of our planet.