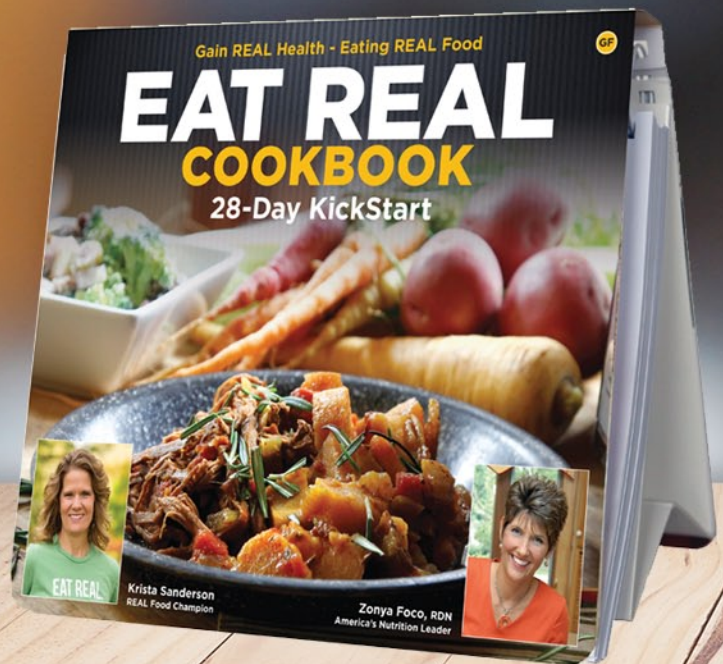


A new way of
cooking,
eating and
living



Read it Before You Eat It

Four weeks of dinner - plus breakfast, lunch, snack and dessert recipes - use foods with short ingredient lists, or no label at all!

Embrace Superfoods

Menus include nutritional superstars, with veggies in the spotlight, while meats and grains take supporting roles.

Activate Flavor

Herbs, spices, vinegars, citrus and mustards provide fine restaurant flavors that replace the addictive formulas of processed foods.

Listen to Your Gut Feelings

REAL food and its healthy fiber fill you up before filling you out, resulting in effective portion control and trimming of unwanted calories.

Eat REAL Cookbook 28-Day Kickstart

- Zonya Foco, RDN and Krista Sanderson

28 days of hearing the family say "WOW" night after night!

- Built-in easel and "cooking-at-a-glance" recipe layout
- Full-color photo of every recipe
- Weekly shopping lists - easy to hand off to a family member!
- Naturally gluten-free (or substitutes provided)
- Perfect for preventing and treating diabetes, high blood pressure & cholesterol

Quantity	Pricing	Retail \$27.95
Min. Qty		Unit Cost
3		\$21.95
5		\$19.95
10		\$17.95
300		\$16.21
1000		\$14.81

Shipping & Handling Additional.

