

SAVE TIME • EAT SMART • LOSE WEIGHT

## The **Fastest** **Way** to **HEALTHY!**

1/4  
MILLION  
COPIES  
SOLD

Newly Revised in 2018



## Lickety-Split Meals

### for Health-Conscious People on the Go!

This 400-page kitchen “countertop coach” cookbook delivers delicious meals that:

- ✓ Balance Good Carbs, Good Fats and Protein
- ✓ Manage Cholesterol, Diabetes and Blood Pressure
- ✓ Control Weight for the Entire Family

- 175 nutritious versions of family favorites
- Meals made in 1, 5, 15 and 30 minutes
- Built-in easel for cooking-at-a-glance
- Easy step-by-step recipe layout
- Motivating educational tips throughout
- Nutrition information for every recipe
- Complete shopping list and menu planner

“No kitchen should be without this book. I recommend it to ALL my clients who even slightly cook.”

-Gail Posner, RDN, MS

“This book is much more than a cookbook. I lost 17 pounds in 8 weeks simply from reading the tips!”

-Alena Root

“This is the first time I can remember making 17 recipes out of a cookbook – and all of them coming out scrumptious. This book is a treasure!”

-Char Brooks

Quantity Pricing	Retail \$25.95
Min. Qty	Unit Cost
3	\$22.95
5	\$21.95
10	\$19.95
300	\$16.72
1000	\$16.47

Shipping & Handling Additional

Written by Professional Speaker and Nutritionist, Zonya Foco, RDN, all recipes meet the guidelines of the American Heart Association, American Diabetes Association and American Cancer Society.

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