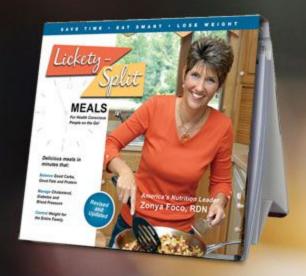
The Fastest Way to HEALTHY!



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
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- 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! Physical Page 1999 Physical P
- "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! ""

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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.