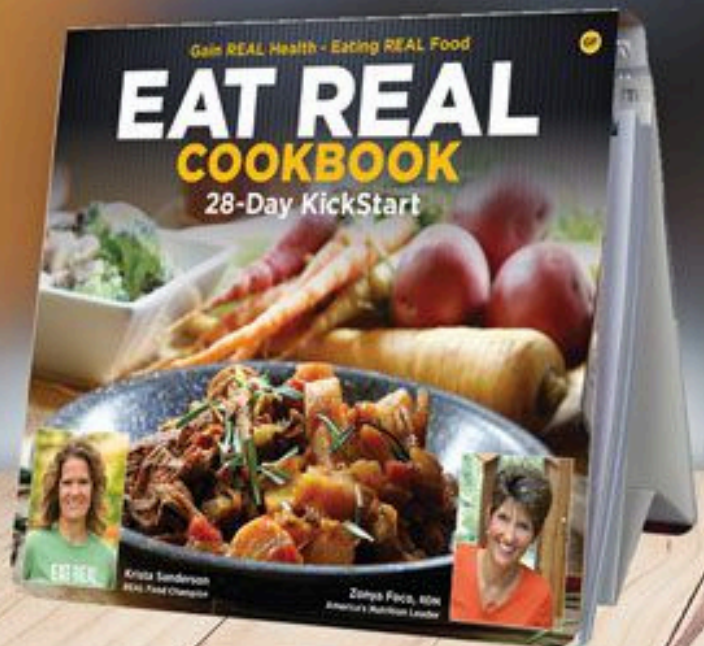


A new way of  
**cooking,**  
**eating** and  
**living**



## 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 \$29.95
Min. Qty		Unit Cost
3-5		\$25.95
6-10		\$23.95
11-40		\$22.95
41-100		\$21.95
101-300		\$20.95

Shipping & Handling Additional



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