

## Lickety-Split Meals: For Health Conscious People on the Go!



Lickety-Split Meals for Health Conscious People on the Go! by Americas Nutrition Leader Zonya Foco, RD, helps you save time, eat smart and lose weight. This 400-page cookbook comes on its own built-in easel and includes over 135 healthy recipes with step-by-step instructions for getting a complete meal on the table; over 175 time-saving, exercise and nutrition tips; and a complete grocery list with pantry-stocking tips to help save time and money.

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