



Dr. McDougall Was Fired from Speaking at the Obesity Medicine Conference

The Obesity Medicine Conference will be held on April 6 to 10, 2016 at the Hyatt Regency in San Francisco. On the morning of April 7 a discussion of various treatments of obesity by three experts with three very different viewpoints on diet was scheduled: the low-fat, high carbohydrate, starch-based diet (John McDougall, MD), the Mediterranean Diet (Michael Ozner, MD), and the low-carb Atkins Diet (Eric Westman, MD). The so-called "Mediterranean Diet" is a multibillion-dollar global brand and in the distant past was healthier than the usual Western diet, because it was once abundant in starches, vegetables, and fruits. The diet was healthy in spite of the olive oil and nuts that are now promoted as the miracle components of the diet. Currently, [children](#) and adults living around the Mediterranean Sea are among the most obese in the world. Low-carb diets are based on meat, poultry, cheese, eggs, fish, and vegetable oils, foods that are the polar opposite to my beliefs for achieving good health.

Page 2

Featured Recipes

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Say goodbye to eating the same meals day after day or arguing about what to cook that everyone will like, only to give up, go out, and be disappointed by how much you spent and how crummy the food made you feel afterwards. No more sacrificing our health in the name of convenience or to avoid confrontation with our families over what they "should" eat and what they "want" to eat. Instead of being divided when it comes to nourishing our bodies, *The Foodie Bar™ Way* is about bringing friends and family together around the table to enjoy one meal, with lots of options, so that everyone's happy!

- SCRAMBLED TACOS
- SOUTHWESTERN STUFFED SWEET POTATOES
- THIN CRUST KALE PIZZA
- T'S DREAMY CHOCOLATE SAUCE

Page 6

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BTW, I invited both, Michael Ozner, MD and Eric Westman, MD, to speak at the next [McDougall Advanced Study Weekend](#), September 16 to 18, 2016, in Santa Rosa, California. Dr. Ozner has already accepted, but Dr. Westman's response is still pending. I also plan to show the slide presentation I built for the Obesity Medicine Conference at this September's Advanced Study Weekend – don't miss it.

Unfortunately, the conference organizers and I had different agendas. They requested that each of us present scientific research to support our positions. This meant my two [published observational studies](#) and one unpublished randomized trial would have been pitted against hundreds of multimillion-dollar, industry-funded studies designed to demonize the low-fat diet. My guess is the audience would have been overwhelmed by the fact that my opponents' extensive research, published in the "big five medical journals," was far more convincing. (Although my friendly personality may have won them over—joke.)

Lower the heat if needed to allow the liquids to simmer slowly with the rice and the vegetables for just a few minutes, until mostly, but not entirely absorbed.

My Presentation Was Intended to Confront the Obesity Problem Seriously

Since the low-carb diet is the antithesis of my beliefs, I decided to address the undeniable fundamental troubles with promotions of this approach to the public:

- 1) The published research is really advertisements for various industries.
- 2) Low-carb speakers and their research fail to address the deadly side effects.
- 3) The low-carb (livestock)-based approach is causing destruction of planet Earth.
- 4) The foods recommended require killing billions of animals (BTW, rendered cruelly).
- 5) Basic science published before 1980, before industry took control, condemns low-carb.
- 6) Diet gurus condemning high-carbohydrate diets usually appear overweight.
- 7) The low-carb teachings contradict human history; people have been starch-eaters.

Classic Examples of Industry's Influence on the Science of Diet:

The Mediterranean Diet: [In 2013](#) *The New England Journal of Medicine* published the article, "Primary prevention of cardiovascular disease with a Mediterranean diet," funded by two olive oil and two nut companies. It compared diets that were 39% fat and 37% fat (the low-fat diet*). This publication has led to 179 more publications to date (Search PREDIMED at www.pubmed.gov).

Low-carb Diet: [In 2004](#) *The Annals of Internal Medicine* published the article, "Low-carb: A low-carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: a randomized, controlled trial," funded by the Robert C. Atkins Foundation. The "low-fat diet" was really not low in fat (29% of the calories were from fat). [The Atkins Foundation](#) has funded, in full or part, with \$29 million, 42 research programs, eight university endowed chairs and 13 projects and awards related to its mission.

*A low-fat diet, as Pritikin, Ornish, Barnard, Esselstyn, Novick, and I have recommended for decades, is made up of about 10% of calories from fat. This diet has never been honestly compared to either the Mediterranean or low-carb diets, or any other currently popular diets. The reason is that there is no profit to be made by scientifically demonstrating that a truly low-fat diet, created from inexpensive corn, potatoes, and rice, would best them in every measure of fat-loss, and more importantly, health.

A big agenda to accomplish in one hour! I put together an impressive slide presentation, which was reviewed by the conference organizers a month before the conference date. They demanded major changes. (I do understand why my style was unacceptable to them. In order to avoid disruption of the conference I offered to instead give an oral presentation without slides that included my famous glass bottle stomach demonstration backed by scientific references for my claims. I also offered to not criticize the other speakers viewpoints, as they had requested. (Unfortunately, I believe they needed slides.)

My Two Politically Incorrect Videos Were Unacceptable

The main stumbling block we have (had) is that I wanted to show two classic videos I produced (along with Jeff Nelson of VegSource) that provide undeniable contrasts between my approach and the low-carb (bacon, butter, and Brie) approach. I need to be unhesitant and bold in this battle because high-carbohydrate diets (starch-based diets) have been universally vilified, especially over the past 20 years. The full forces of the food industries, including the Atkins group, has been behind this. Ask any of your friends whether or not pasta, potatoes, and / or rice are fattening. If they say yes, clearly they have been brainwashed. The real life consequences to failing to spread the truth are, at least, sickness for hundreds of millions of people worldwide. Reversing this misinformation is, in my opinion, worth offending a few people.

A candid look at those gurus promoting low-carbohydrate diets shows that most of them are overweight and often they appear to be ill. Is this observation meaningful? Should your teachers practice what they preach? Assuming they do, as the saying goes, "a picture is worth a thousand words." Watch unacceptable video #1.

[Watch Video #1](#)

Yes, this is "fat shaming." But, because these are not everyday people I am pointing a guilty finger at, I feel it is okay; they are experts offering you life and death advice about what to eat. My guess is that nearly 70% of the speakers invited to The Obesity Medicine Conference are overweight (based on the fact that this is the national statistic for Americans and others from Western countries). Alleged experts worthy of the podium should look the part in order to lead us out of darkness. Allowing visibly unqualified speakers to offer nutritional advice based on the obvious fact that they cannot save themselves, makes as much sense as speakers for a Lung Cancer Medicine Conference puffing cigarettes while on stage, or speakers for an Alcoholism Medicine Conference stumbling drunk while delivering their solutions for sobriety.

My second video is a powerful attempt to fulfill the title of [Nathan Pritikin's 1976 brilliant scientific paper](#), "High Carbohydrate Diets: Maligned and Misunderstood." Lying about traditional starch-based diets, those followed by billions of people for all of recordable history, must be countered forcefully. As said so well in the 1977 [McGovern Report](#) on the Dietary Goals of the United States, "We cannot afford to temporize. We have an obligation to inform the public of the current state of knowledge and to assist the public in making the correct food choices. To do less is to avoid our responsibility."

Thus, in this video I took the biggest rock I could find and threw it at the biggest picture window in town: A direct attack on the two top national-best-selling diet books of the past decade, [Wheat Belly and Grain Brain](#)," both knockoffs of the ketosis-producing diets made famous by Robert Atkins in the 1970s and again in the 1990s. Watch unacceptable video #2.

[Watch Video #2](#)

Doesn't this universal truth that you have witnessed over the past two minutes settle it for all time about the contrarians' viewpoints? Starches (beans, barley, corn, potatoes, rice, and wheat) have provided the bulk of calories for all large civilizations for thousands of years, and longer (scientific documentation of plant-eating humanoids goes back to [2.6 million years](#) ago). How can otherwise intelligent people, educated in world history and geography, believe otherwise? There are many reasons, but I cannot go into them now; however, [understanding that people are starch-eaters](#), sets you free: free from hunger, obesity, and sickness, and the risk of bankruptcy resulting from a diet that causes catastrophic illnesses, like heart disease, type-2 diabetes, and common cancers (breast, colon, and prostate).

A Disclaimer for Low-carbohydrate Diet Presentations Should be Law

In my opinion, a disclaimer should precede all conference presentations or research papers that encourage the use of low-carb diets; a disclaimer stating: "these diets increase your risk of death and disease." Over the past five years there have been four large published reviews about the dangers of low-carbohydrate diets (in major medical journals). Note that there are no similar scientific reviews condemning high-carbohydrate diets. This is because the diet I recommend is the natural way humans should eat, and thus, prevents diseases caused by "[food poisoning](#)" from eating animal foods and vegetable oils. Most importantly, once these unhealthy foods are stopped, the body heals.

Four Reviews: Low-Carb Diets Sicken and Kill People

(Read the entire papers by clicking the links.)

- 1) The 2010 *Annals of Internal Medicine* published [the article](#), "Low-Carbohydrate Diets and All-Cause and Cause-Specific Mortality." Their conclusion: The animal low-carbohydrate score was associated with higher all-cause mortality.
- 2) The 2012 *British Medical Journal* carried [a review article](#), "Low-Carbohydrate, High-Protein Diet and Incidence of Cardiovascular Diseases in Swedish Women: Prospective Cohort Study," warning, Low-carbohydrate, high-protein diets used on a regular basis... are associated with increased risk of cardiovascular disease.
- 3) 3) The highly respected *PLOS One* journal published [the article](#), "Low-Carbohydrate Diets and All-Cause Mortality: A Systematic Review and Meta-Analysis of Observational Studies," and reported in 2013, Low-carbohydrate diets were associated with a significantly higher risk of all-cause mortality...
- 4) 4) In 2014 the *Journal of the American Heart Association* published [the article](#), "Low Carbohydrate Diet From Plant or Animal Sources and Mortality Among Myocardial Infarction (MI) Survivors," and found, Greater adherence to an LCD (low-carbohydrate diet) high in animal sources of fat and protein was associated with higher all-cause and cardiovascular mortality post-MI.

I Dare to Speak the Unspeakable: Animal Cruelty and Environmental Catastrophe

I recently witnessed a [debate](#) between a proponent of the low-carbohydrate diet, Nina Teicholz, the author of *The Big Fat Surprise*, and John Mackey, co-founder of Whole Foods Markets and a promoter of vegan diets. I was told that one of the rules for the debate was that issues of factory farming and environmental damage caused by eating low-carb diets were not to be discussed. Is that fair? Regardless, in my presentation that was to be given to an audience for the Obesity Medicine Conference on April 7, 2016, I included both subjects. Even the most hard-core carnivore must be moved by videos recording the miserable lives of food-animals.

Extensive science has come to the conclusion that more than [half of greenhouse gas production](#) is caused by eating animals and their byproducts. A glaring oversight is that this subject, that might save us from extinction in the very near future, receives too little attention at Global Warming Conferences held worldwide or in your local newspaper stories. However, as a result of pressure from environmentalists, [several counties](#), most recently the Netherlands, have requested their citizens dramatically reduce their intake of meat, and even fish. Unfortunately, the 2015 [US Dietary Guidelines](#) remain loyal to agribusiness, not its people.

This month, March 2016, [an article](#) in the *National Academy of Sciences*, concluded that the transition toward a plant-based diet could reduce global mortality by as much as 10%, greenhouse gas production by as much as 70%, and result in economic benefits reaching as high as \$31 trillion US dollars by 2050. My grandchildren will be in their thirties and forties by then. We must make the difference now at all costs.

Should I Have Acted More Politically Correct?

In retrospect, I have considered that I should have gone along with the "rules of the game" at the Obesity Medicine Conference. However, I believe that in the end, my refusal to be nice will cause more minds to be changed than I could have accomplished by attending this conference. I was raised as a "street-fighter" in the suburbs of Detroit, at nearly 70 years old I still cannot alter my brash behavior.

Featured Recipes

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Say goodbye to eating the same meals day after day or arguing about what to cook that everyone will like, only to give up, go out, and be disappointed by how much you spent and how crummy the food made you feel afterwards. No more sacrificing our health in the name of convenience or to avoid confrontation with our families over what they "should" eat and what they "want" to eat. Instead of being divided when it comes to nourishing our bodies, *The Foodie Bar™ Way* is about bringing friends and family together around the table to enjoy one meal, with lots of options, so that everyone's happy!

What is the secret? Setting up Foodie Bars™ and giving everyone an opportunity to "build-their-own!" Timaree has done the heavy lifting for you by putting together an array of ideas to customize familiar meals with ingredients that "love you back!" You just set out the options and everyone can assemble the combination that's just right for them. You'll see how foods that are the very best for us fill the table and the disease-promoting choices are crowded out!

With great information like how to set yourself up for success in the kitchen and keeping produce lasting longer, and featuring 32 Foodie Bars™ and 94 recipes, including a Loaded Potato Bar, Mediterranean Fajita Bar, 'Dilla Bar, Pasta Bar and even a Dessert Nacho Bar, this book will meet everyone where they are. Whether you are a first time cook or professional chef, the simplicity and diversity of *The Foodie Bar™ Way* will draw you in and you'll never run out of options to make food delicious, fun, flavorful and personalized! Not only is there a color picture for each recipe, but all are OIL FREE, and do not use any refined flour or sweeteners!



Think *Forks Over Knives* meets *Chipotle* with a sprinkle of *The Flavor Bible*... [all McDougall-style!](#)

Special note for parents and grandparents - ***The Foodie Bar™ Way*** is also excellent for simultaneously encouraging autonomy and fostering teamwork in the kitchen and around the table, while providing a "safe" way to branch out to trying new ingredients and flavors, while starting in a comfortable place with familiar favorites.

Recipes:

Scrambled Tacos (featured combination from the *Scramble Foodie Bar™*)

Not only are these super tasty, they are also extremely economical and once made, will last in the fridge for several days and be enough to fill 20 tacos! Then, a satisfying meal can be ready in less than 5 minutes, any time of day! If you are a more traditional breakfast eater, make a batch of the filling and enjoy these at lunch or dinner.

Ingredients

¾ c red onion, thinly sliced or finely diced
 1 T garlic, minced or pressed
 1 large carrot, finely grated
 10 ounces kale*, fresh or frozen, finely chopped
 15 ounces organic tofu, extra firm – water packed – not silken*
 ½ t turmeric powder
 ½ teaspoon black pepper, ground
 ½ t sea salt, optional
 2 T nutritional yeast flakes, optional
 12 ounce jar of salsa
 1 ½ c black beans, cooked (or 15 ounce can of black beans, rinsed)
 Optional, but wonderful toppings: avocado, cilantro, purple cabbage (finely sliced), hot sauce, salsa, pico de gallo, squeeze of fresh lime juice



Directions

- Drain tofu from package, wrap in a clean dish towel or paper towels, and press out extra water. Transfer to a medium sized bowl, mash with a fork until crumbly, mix in turmeric, salt, pepper and nutritional yeast.
- Heat pan over medium high and add the red onion, cooking until softened and lightly brown, 3-5 minutes. Add garlic and carrot, cook for 1-2 minutes, add chopped kale and cook for another 3-5 minutes.
- Add tofu mixture, salsa, and black beans to veggies and cook for a few minutes until heated through and any extra liquid in pan has evaporated.

The Nutrition Professor's Shop Smart, Cook Smart, Eat Smart Tips

- Buy refrigerated tofu either packed in water in a plastic tub or vacuum sealed. Do not use tofu labeled "silken" for this recipe, which is most often sold in a shelf stable aseptic carton/box, (think juice box).
- Use a variety of chopped leafy greens: kale, collard greens, spinach, mustard greens or chard. Frozen chopped greens (unthawed) can be pulsed in the food processor without turning into a liquid.

Serve on crisp romaine lettuce leaves for an alternative to tortillas.

Southwestern Stuffed Sweet Potatoes (featured combination from the *Loaded Potato Foodie Bar™*)

This meal is very easy to prepare and super satisfying! Once I explain to my students how to make it, they try it once, and then it becomes a "go-to meal" for busy nights. Tracy and Scott (our cameraman extraordinaire) loved it so much, that they stopped on the way home from shooting the California Bountiful TV segment to pick up the ingredients!

Ingredients

Sweet potatoes, light colored flesh, rinsed, but NOT peeled

Toppings (amount for one potato)

½ c (or more) of chopped fresh greens*

½ c (or more) cooked beans- my favorites for this dish are chili beans or black beans

¼- ½ c red/purple cabbage, thinly slice/shaved

2 T (or more) salsa

Avocado, several slices diced

2 T fresh cilantro, chopped

2 T scallions, chopped small

Lime (for squeezing)



Directions

- Place rinsed sweet potatoes* directly on oven rack (do not wrap in foil) and place a large piece of foil on the rack below to catch any drips. Roast at 350-375F until tender, approx. 30-40 mins.
- Slice steaming hot sweet potato open and fill with chopped greens, then beans (warm up if cold), cabbage, salsa, cilantro, scallions, avocado and a squeeze of lime juice.

The Nutrition Professor's Shop Smart, Cook Smart, Eat Smart Tips

- When choosing sweet potatoes, be sure that they are heavy for their size, firm (no soft spots or wrinkled ends), and of similar size, so that they will roast in about the same time.
- Be sure to roast enough sweet potatoes to use for the rest of the week, so they will be at your fingertips when you come home hungry!

Any fresh greens will work, including baby spinach, kale or chard.

Thin-crust Kale Pizza (featured combination from the *Pizza Foodie Bar™*)

This delicious recipe is super quick to put together, so it works well for a weeknight dinner or if you are feeding more than just a few, it can be a fun way to get everyone involved in the preparation! You might hesitate when you see kale on the ingredient list, but go ahead and MAKE IT! You will love it and be amazed that you are eating kale! The amounts are approximates, as everyone likes their pizza a little different when it comes to how much of each topping. You may also want to add other toppings, like finely chopped steamed broccoli, very thinly sliced zucchini, garlicky mushrooms, or bell peppers.

Ingredients

3 c raw kale (any variety)*, cleaned and finely chopped (confetti-sized



pieces)*

2-4 T sun-dried tomatoes, chopped into strips

4 T artichoke hearts, diced small

2 T olives, diced small

2-4 T red onion, sliced thin or Pickled Red Onions (FBW pg238)

½ c Quick Tomato Sauce (FBW pg256) or your favorite recipe or brand

Whole wheat Lavash Bread, large piece ~12 in x 8 in

Directions

- Clean and dry the kale (see tips), then chop it finely, to about the size of confetti.
- Cut the Lavash Bread in half to make 2 "pizzas" and toast in 400°F oven for a few minutes on a pizza screen, until crisp.
- Spread a layer of sauce on the toasted Lavash bread (must toast without toppings first), then sprinkle on some sun-dried tomatoes, then add a GENEROUS layer of kale (don't be scared!), followed by the chopped olives, artichoke hearts and onions.
- Put the pizzas back in the oven for 5-8 minutes, just to heat the toppings and begin to wilt the kale.
- Slice each pizza into six pieces with a chef's knife to make it a bit easier to eat, and start munching as soon as it is cool enough to pick up!

The Nutrition Professor's Shop Smart, Cook Smart, Eat Smart Tips

- Any variety of kale can be used for this recipe (green curly kale, lacinato or dinosaur kale and red/ purple kale). Rinse the kale under cool running water, rip bite sized pieces of the leaves off of the stems and let them soak in a large bowl of ice water for 5-10 minutes (or up to several hours if you are busy with other tasks). Reserve the stems for later use.
- Dry the kale with a salad spinner or by wrapping in paper towel.

I finely chop the kale stems and add them to our weekly salad mix or mirepoix (carrot, celery and onion) when making soup or I throw them into stir-fries.

T's Dreamy Chocolate Sauce (featured in the *Dessert Nacho, Breakwich and Fruit Skewers Foodie Bars™*)

Developing this recipe was so exciting, as it was "love at first bite" for my kids! Their smiles grew bigger as they considered all of the possibilities! This chocolate sauce is truly "dreamy" for many reasons! Not only is it crazy delicious, but it is a cinch to whip up with just a handful of ingredients that you probably already have on hand, but never realized worked so well together and were energy boosters! While this stellar sauce would last the in fridge for a few days, my guess is that it will vanish pretty quickly! Try it as a topping for homemade pancakes or waffles, drizzle it into a whole grain tortilla or crepe filled with fresh fruit, add it to oatmeal with sliced banana and walnuts or make Dessert Nachos (FBW pg200).

Ingredients

5 Medjool dates (pits* removed, soaked in ¾ c water)

1 T cashews (can soak with dates)

2 T unsweetened cocoa/cacao powder



½ c cooked black beans*

¼ t cinnamon

½ t vanilla

Extra water on hand to add to during blending

Directions

- In a high-powered blender, combine all of the ingredients, including the soaking water for the dates, and blend until silky smooth.
- Add extra water, a tablespoon or so at a time, (up to ~5 T total), to achieve the right consistency, (a semi-thick sauce rather than a stiff dip).
- Store in a squeeze bottle, in the back of the fridge.

The Nutrition Professor's Shop Smart, Cook Smart, Eat Smart Tips

- Be sure to double check that you have removed the pit from each of the dates. If you miss one, it will definitely ruin your sauce, and maybe even your blender!
- While any cooked bean will work, black beans are best due to their color.

About Timaree:

As a major foodie, college nutrition professor, registered dietitian, and former omnivore, I transitioned ~5 years ago and have been raising my family (husband & 2 children: 9 & 12) on a nutrient-dense, whole food, plant-based diet ever since, while educating my college students, clients, colleagues and friends about the benefits and practicality of this amazing shift. I took my father through Dr. McDougall's 10 Day Program in August of 2012 and loved every minute of it! I have also inspired my parents, my sister, her husband and 4 kids, my dean and many other friends and colleagues, along with many, many students to adopt a whole food, plant-based, oil-free way to be!

In addition to my full-time teaching position, I do corporate wellness work, am on a worldwide wellness team for Apple, write a monthly column for my local newspaper, recently shot my 30th segment for California Bountiful TV, manage www.thenutritionprofessor.com, have spoken at several VegFests and have made some big progress in the plant-based direction at Cosumnes River College. In Oct 2013, I was proud and honored to bring Dr. McDougall to speak on campus to a packed recital hall and overflow room! I have since created a chartered student club called Thrive On Plants (TOP). TOP's mission: To support greater wellness through whole food plant-based choices, joyful movement, lifelong learning and mindful practices, and to fulfill our potential while celebrating life. We are thrilled to launch our Plant-Based Nutrition and Sustainable Agriculture Certificate Program starting fall 2017. This program brings the whole food, plant-based approach full circle, with courses in the science of plant-based nutrition, plant-based cooking and hands-on sustainable agriculture (taught by our horticulture faculty).

Self-publishing my first cook book has been a dream come true! Staring up at hundreds of different cook-books lining high shelves in my kitchen, I have to pinch myself when I look over and see mine on the cook-book stand! My nine year old made me smile the other day when she said, "I can't believe that we are actually cooking from your book! I know that you have been working so hard on it, but it just hit me that it is actually done and here!" I feel the same way and get goosebumps each time someone tells me about how much

fun they are having with the book! Ebook and print copies of ***The Foodie Bar™ Way: One meal. Lots of Options. Everyone's happy.*** currently available at www.FoodieBars.com and Amazon.com.