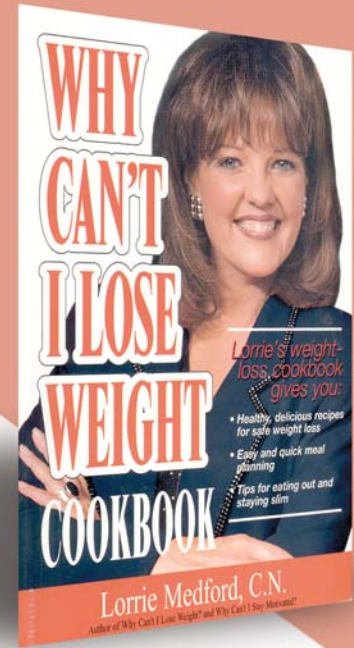


# Healthy Cooking for Weight Loss



In ***Why Can't I Lose Weight Cookbook***, you will discover:

- More than 170 recipes including beverages, salads, entrees, soups, desserts and more
- The truth about fats, proteins and carbohydrates for weight loss
- How to design your life for healthy meal planning
- Great information for people on the move
- A glossary of herbs, grains, beans and natural sweeteners

This cookbook, a companion to Lorrie's weight-loss book, *Why Can't I Lose Weight?*, is packed with recipes and tips on eating for safe weight loss. It tells you how to prepare easy, nutritious meals for people with a busy schedule. Lorrie has compiled recipes from her many years of experience teaching natural foods cooking classes.

*This book not only contains practical, satisfying and delicious recipes, but it's also an incredible wealth of information on nutrition, with lots of tips on the how-to's, whys, and benefits of eating wholesome foods for weight loss. I love the way the recipes are so balanced and no artificial sweeteners or flavorings are used.*

*Lorrie, you have not only given us your heart and years of research for wholesome foods, but also shown us that we can be healthy and lose weight safely, too!*

*From the foreword by Pat Harrison  
President, Faith Christian  
Fellowship International  
Tulsa, Oklahoma*

## Let Lorrie Show You How to Cook Healthy!



Lorrie Medford, CN is a licensed, Certified Nutritionist with a thriving practice in Tulsa, OK, called Life Design Nutrition. After solving her own weight and energy crisis, Lorrie has lost more than 35 pounds and has kept the weight off for the last eighteen years. She's studied nutrition, cooking, health, and fitness for 20 years and is also a Certified Personal Trainer. She's written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook*, *Why Can't I Stay Motivated?*, *Why Am I So Wacky?*, *Why Am I So Grumpy, Dopey and Sleepy?*, *Why Do I Feel So Lousy?*, *Why Do I Need Whole-Food Supplements?* and *Why Eat Like Jesus Ate?*

Retail price: \$17.95. Please ask for professional discounts. You may place your order for *Why Can't I Lose Weight Cookbook?* or any of Lorrie's other books, using any of the following options:

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Tulsa, OK 74146

**By calling:**

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