

What do you like to eat right now?

That's the starting point of the Tailoring Your Tastes Journey. You don't have to change anything to begin. Just pack your open mind. Slide smoothly, don't jump into healthier eating.



Need a break from the doldrums of cooking?

Learn how to

- train your tastebuds to prefer healthier foods
- analyze recipes for healthier substitutions
- eat and drink for energy
- cook for improved nutrition by adapting your own recipes
- handle diet sensitive health concerns such as cholesterol, hypertension, diabetes and cancer
- remove weight issues from the meal table
- experiment with new foods and preparation techniques at your own level

Your tour package includes...

- a Journey Log Book to record your trip
- a 176 page concept cookbook with full color illustrations to assist you with charting your personal taste training course
- taste sampling stops

How to buy your ticket....
Call

Stop feeling guilty because you want to eat cake!!!!

Find out how you can *change what you want to eat* for improved nutrition.

Your improved Nutrition Profile

Fat ▼

Salt ▼

Sugar ▼

Fiber ▲

...because you prefer the taste!

Get your ticket today
Sign up for the
Tailoring Your Tastes Tour
Travel to the
taste of your choice