



lose weight  
fast



## Smoothie Seduction

When hunger strikes and you're without a snack, the smoothie shop can seem pretty tempting. But before you sip, ask for the nutritional info—a small fresh fruit smoothie can contain 220 calories, 57 grams of carbs, lots of added sugar—and only 1 gram of protein to hold your hunger. One of my favorite snacks "in a pinch" is an 8-oz nonfat latte from the coffee shop, sweetened with Splenda®. With 66 fat-free calories, 6.5 grams of protein and only 10 carbs, it's a choice I can sip slowly—and always feel good about when I look at the scale the next morning.

Cynthia Stamper Graff  
President and CEO,  
Lindora Inc.

## Ask and You Shall Receive... Recipes!

Here are the recipes you've been asking for! *Lean for Life® All-Time Favorite Recipes*, our recipe collection for delicious entrees, snacks, beverages, side dishes and desserts, a \$24.95 value, is yours **FREE\*** with purchase of \$100 or more at the Lindora Online Store.



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