



Let's Cook! BetterChoices Healthy Lifestyle Cookbook: A Guide Inspired by our Love Affair with Food & our 300lb Weight Loss Journey.

Maleka J. Beal, Eric J. Beal Sr.

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"When we embarked on our weight loss journey 9 years ago, we knew one thing that would NOT change for us -- our love of food and passion for our New Orleans favorites! The truth is, we did not become two very obese individuals by eating wheat grass and drinking vegetable juice... ..WE LOVE TO EAT!!! Red Beans & rice, fried chicken, po-boys, crawfish etouffee, stuffed peppers, sweet potato pie, you name it! These were the foods we grew up on. These were the foods we loved and ate too much of and to be quite honest, these were the foods we knew we did not want to give up! We were certain in order for us to be successful on this new, healthier lifestyle journey, we had to discover new, healthier ways to prepare our foods. As a result, we not only lost a combined 300lbs, we created a framework that transformed every aspect of our thought process and our lives." -Eric & Maleka Beal Let's Cook! BetterChoices Healthy Lifestyle Cookbook, Eric and Maleka share with you over 50 of their favorite dishes! In addition, they have included healthy lifestyle tips, daily tools and information on how you can choose and prepare foods healthier, how to better understand nutrition, identify healthier food swaps and food facts, and so much more!

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Charles Towns:

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