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Zonya Foco, Official Lickety-Split Meals for Health Conscious People on the Go; Lickety-Split Meals: For Health Conscious People on the Go! 2007

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Lickety-Split Meals for Health Conscious People on the Go! Zonya Foco, RD, 1998, 4th printing 2000, ZHI Publishing, spiral bound softcover, 196pp.

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Zonya Foco, RD, CHFI, CSP, is an and Certified Health and Fitness Instructor Her experiences led her to write Lickety-Split Meals for Health Conscious People

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