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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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Zonya Foco is a master Zonya reaches millions of people each year as author of the best-selling cookbook, Lickety-Split Meals for Health Conscious People on

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Salmon marsala - speaking of women s health

Recipe from Zonya Foco, R.D., Author of Lickety-Split Meals for Health Conscious People on the Go!
Ingredients. 1 tablespoon olive oil; 1 onion, cut into wedges;

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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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