



Cooking the RealAge (R) Way

Michael F. Roizen, John La Puma M.d.

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The #1 *New York Times* bestselling author of *RealAge*® and coauthor of *You: The Owner's Manual* shows you how to cook your way to a younger you.

In his RealAge® books, Dr. Michael F. Roizen proved that incorporating simple changes to your lifestyle can take years off your biological age and leave you looking and feeling younger. In *Cooking the RealAge® Way*, he and nutritionist and professional chef Dr. John La Puma show you how you can create RealAge-smart and energy-rich meals that are as delicious as they are healthy.

Cooking the RealAge® Way includes more than 80 savory recipes, from asparagus frittata with smoked salmon to a chocolate strawberry sundae, as well as tricks and techniques to help you maintain your RealAge lifestyle, from stocking your pantry to tips on eating out and preparing time-friendly meals. It's the ultimate guide to eating and feeling younger—without sacrificing great taste.

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