

# Elizabeth Yarnell



**Are you stuck in a recipe rut? Most people cook the same 10 meals over and over and crave something new and exciting.**

**Elizabeth says: Stop thinking you need to follow a recipe and listen to your intuition. Everyone can be an intuitive chef at a moment's notice with quick, easy and healthy one-pot meals.**

## INTUITIVE COOKING 101

1. Start with whole, unprocessed proteins, vegetables and grains.
2. Stock up with a variety of condiments for exciting flavors.
3. Assemble necessary utensils: knife, cutting board, cast iron Dutch oven.

### Picture this:

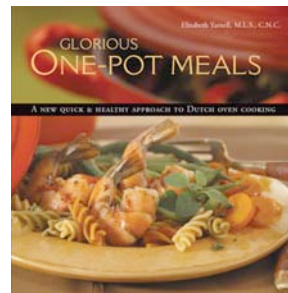
- ~ **Dinnertime solutions for the last-minute mom:** fill the freezer and the pantry for healthy meals without additives, preservatives, planning or thawing!
- ~ **10 must-have condiments** for easy meals Monday through Friday.
- ~ **Eliminate the drudgery of meal planning:** become an intuitive chef with a well-stocked freezer and pantry.
- ~ **5 foods you should know about** for fighting cancer/obesity/diabetes/ multiple sclerosis or almost any affliction.
- ~ **Intuitive Cooking 101:** Elizabeth makes a quick, easy and healthy one-pot meal out of common items in a viewer's home kitchen.
- ~ **Weapons against childhood obesity:** introduce unprocessed foods and sit down to a family dinner.
- ~ **Balance your food budget** with affordable whole foods and easy home cooking.
- ~ **A secret strategy for weight loss:** Whole foods and intuitive cooking.
- ~ **How to get kids to eat a healthy dinner:** One-pot meals with fun ingredients.
- ~ **F.E.A.S.T. on one-pot meals:** the **F**ast, **E**asy, **A**ffordable, **S**atisfyingly nutritious and **T**ruly delicious dinner solution.

### In-studio Ideas:

- ~ **Five weeknight dinners layered in five colorful enameled Dutch ovens.** Elizabeth explains intuitive cooking for each night and shows finished meals. A prop table features condiments and ingredients.
- ~ **Changing one condiment creates a whole new meal.** Elizabeth walks your audience through condiments and ingredients to reshape basic favorite meals.

## Bring Elizabeth's message to your audience!

- ~ **Learn more about Elizabeth,** visit [elizabethyarnell.com](http://elizabethyarnell.com).
- ~ **Learn about Glorious One-Pot Meals,** visit [GloriousOnePotMeals.com](http://GloriousOnePotMeals.com).
- ~ **Contact Elizabeth directly at 303-830-COOK (2665) or Elizabeth@GloriousOnePotMeals.com**



Glorious One-Pot Meals™  
A new quick & healthy approach to Dutch oven cooking

**Elizabeth Yarnell, M.L.S., C.N.C.,** believes it is time to steer our diets away from processed foods and return to the wholesome goodness and nutrition of real foods. As a cooking instructor, inventor, MS patient and author of the book, **Glorious One-Pot Meals: A new quick & healthy approach to Dutch oven cooking**, Elizabeth has taught thousands of people across the country how to use whole foods to become intuitive chefs in their own

kitchens. Her unique, patented technique for layering whole foods into a Dutch oven to create delicious and nutritious meals in about 20 minutes has kicked off a new revolution in healthy cooking and eating.