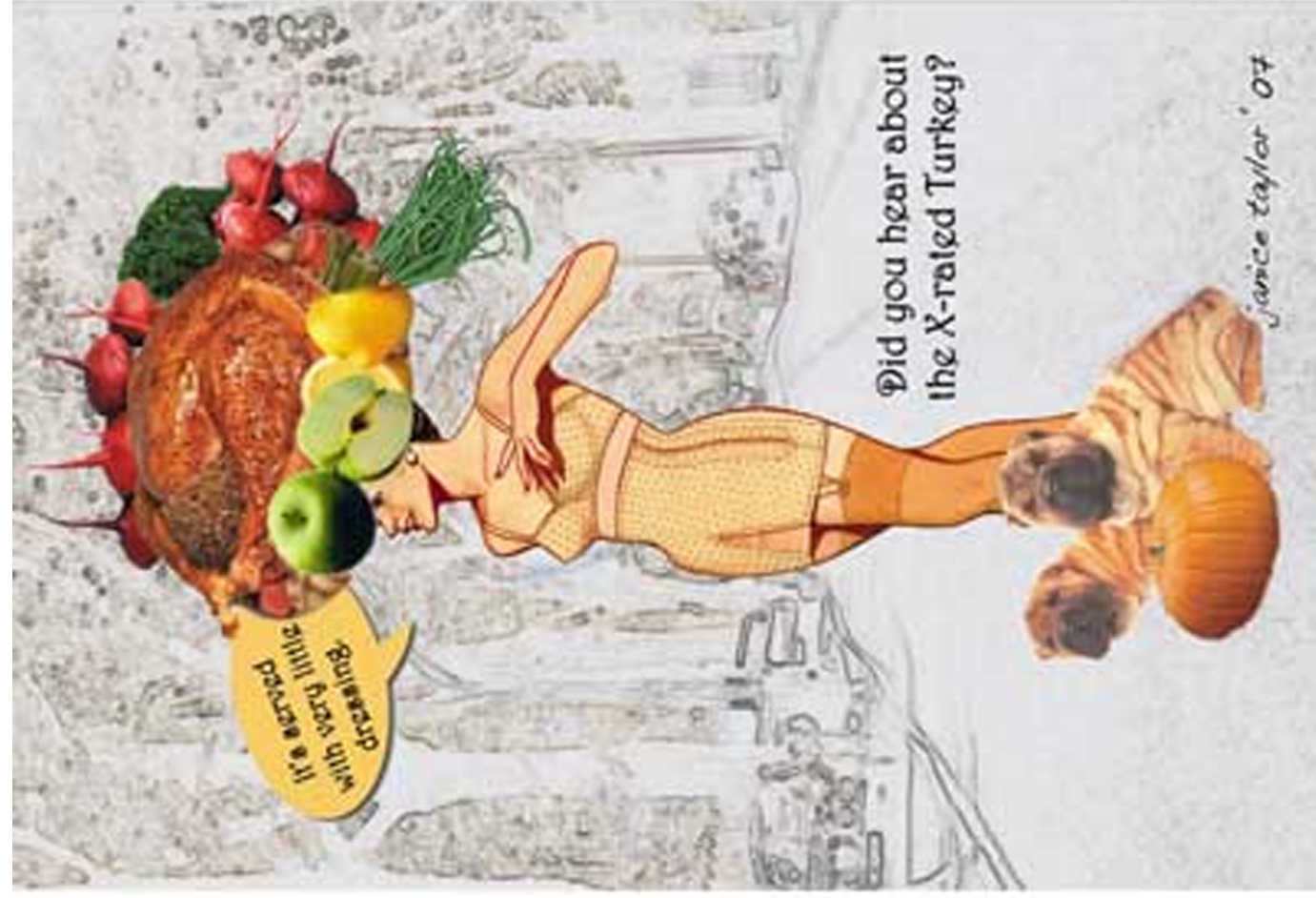


KICK IN THE TUSH CLUB * KICK IN THE TUSH CLUB



A Sinfully Satisfying "Tasting" Guide to Thanksgiving

Food / Approximate calorie count

Eggnog, 1 cup / 343 calories

Candied Sweet Potatoes, 1/2 cup / 150 calories

Turkey, 6 ozs. (dark & white meat) / 340 calories

Stuffing, 1/2 cup / 180 calories

Cranberry Sauce, 1/2 cup / 190 calories

Gravy, 1/2 cup / 150 Calories

Green Bean Casserole, 1/2 cup / 250 calories

Dinner Roll, one / 110 calories

Pecan Pie, 1 slice (1/8 of 9-in pie) / 480 calories

Apple Pie, 1 slice (1/8 of 9-in pie) / 410 calories

Pumpkin Pie, 1 slice (1/8 of 9-in pie) / 340 calories

from Janice Taylor, Weight Loss Coach,
author of *Our Lady of Weight Loss*

and *All Is Forgiven, Move On* ... (new book this spring)

www.OurLadyofWeightLoss.com

Home of the Kick in the Tush Club

"kooky genius . . ." *O, The Oprah Magazine*