



ANTI-INFLAMMATORY RECIPE GUIDE

 **Homemade Method™**
www.homemademethod.com

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our Members and Community. I hope you enjoy it!

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,

Anna Rakoczy

Founder, Homemade Method

Your Chief Cheerleader

WELCOME!

LADIES OVER 50, LISTEN UP...

You want to lose weight and reduce high blood sugars, pressure and cholesterol? Maybe even get off meds?

But diets don't work. Any weight you lose, you just gain it back. I know this because I tried every diet under the sun.

While searching for my own solution, I stumbled upon this simple system. I perfected it while studying a Masters Degree at Stanford University and working with a Team of Doctors, Nutritionists and Holistic Chefs. I've lost over 30lbs and kept it off. Today, I've shared it with over 18,000 Ladies, and now I'm grateful to share it with you, so you can **achieve the healthy, energetic body you desire and deserve.**

xo, *Anna*





OVER 300,000 LADIES KNOW THE SECRET

Since 2013, over 300,000 Ladies in their 50s, 60s and 70s have taken our Workshops and Programs. **Our Members have lost weight - from 10lbs to over 140lbs -** and reversed high blood numbers. Stanford Hospitals and 7 Medical Clinics have partnered with us.

RESET RESPONSE PLAN



1. COOK YOUR OWN FOOD

Cook your own food so you know what goes into it. If you already cook most of your food, move on to step 2! If you don't like cooking, just add one extra homemade meal per week and build up from there. Baby steps!



2. EAT WHOLE NATURAL FOODS, MOSTLY PLANTS

Eating the RIGHT foods helps you reset your body's hunger and satiety controls so you feel satisfied and don't overeat. This is the antidote to dieting!



3. LISTEN TO YOUR BODY

Listening to your body is the KEY to letting go of excess weight. Sadly, everything the dieting industry teaches us is WRONG. Luckily, you can relearn this at any age, because your body is designed for healing.

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METRIC CONVERSIONS

COMMON COOKING CONVERSIONS

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C



READY?
LET'S GO!



SALMON OVER STEAMED GREENS WITH LEMON BUTTER SAUCE AND CAULIFLOWER MASH

Packed with Omega 3s and lean protein, this baked fish is a perfect meal to help your body reduce inflammation. The key here is that the ratio of fatty acids Omega 3 to Omega 6 has been perfected in nature and is built to help your body reset it's pain points, particularly in your joints! Studies show baking the fish best preserves these fatty acids and combining the fish with olive oil also add extra protection to the omega-3 fats.

The addition of fresh herbs and sauteed greens will not only up the fiber but also provide essential phytonutrients. Parsley in particular is known to help stabilize blood sugar and provides vitamin K for heart and bone health.

The lean protein is perfect to ensure you are getting the nutrients you need to help you feel full but not weighed down by a big meal.

Serves: 2

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

Fresh fish (salmon or tuna)
Olive or Avocado oil
Lemon
Salt
Fresh herbs (parsley, dill, cilantro, chives)
Capers (optional)

Tin foil or parchment paper
Garlic
Butter
Spinach (or swiss chard)
Cauliflower florets

QTY

4-5 oz fillet per person
1 tbsp per fillet + more for mash
1 slice per fillet
1 pinch per fillet
2 tsp (1 per fillet + 1 tsp for mash)
1 Tbs

Enough to wrap fillet
2 cloves sliced
1 tsp
3-4 cups chopped
2 cups

INSTRUCTIONS

- Preheat oven to 400 degrees.
- Wrap 4-5 oz fish fillet per person or per serve in aluminum or parchment paper, together with 1 Tbsp oil (per serve), spices, herbs, and salt. (try: Lemon wedges, salt, parsley, butter, and capers). If using foil, grease the foil to prevent the fish from sticking.
- For fish with thinner ends tuck the ends under.
- Cook for 15-20 mins (depending on oven speed and fillet thickness). Test for doneness with a fork: when fish begins to flake and turns opaque it's done! 5. Put cauliflower florets on parchment paper and drizzle with olive oil. Roast alongside fish for 15 minutes or until the bottom is browned.
- While fish and cauliflower are cooking, heat up a pan over medium. Add butter and once the butter melts, add ½ the garlic. Saute spinach (or swiss chard) in a pan until it starts to wilt, then turn heat to low and cover for 2-3 minutes.
- Open parchment paper with fish carefully (hot steam may escape) and let rest while you place cauliflower and other ½ of the garlic in the food processor to blend for 30 seconds. Or put in some elbow grease and chop the florets up with a chef's knife! Once you have desired consistency, you can top it with fresh herbs and salt to taste.
- Enjoy your succulent salmon over the sauteed greens and cauliflower mash!

RECIPE NOTES



Fish can be baked ahead of time and hold up in the refrigerator for up to two days, covered. This can also be cooked on the grill in the same way if you are BBQ-ing on a nice day! Adding capers adds a nice salty flavor to the fish but do not add as much salt if you chose this pickled berry. Squeeze a slice of lemon over sauteed greens as well to add a punch of acidity. Adding a side of brown rice is a great way to add more fiber and sustenance to your meal if cauliflower mash does not appeal to you.



ANTI-INFLAMMATORY TROPICAL OASIS SMOOTHIE

A luscious, nourishing snack that tastes like a true indulgence! Turmeric is an anti-inflammatory powerhouse and has been used for centuries to help aid achy joints and boost the immune system - it's so strong that it will stain the skin and clothes so be careful!

Chia seeds are a true superfood as they contain all the essential amino acids needed by the body (aka a perfect protein source) - and they are loaded with fiber and healthy omega 3 and 6 fatty acids. Mangoes are amazing because they help lower bad cholesterol levels, help normalize insulin levels in the blood and improve digestion. And did we mention they taste amazing?!

This is the perfect on-the-go breakfast or snack for anyone who needs to reduce inflammation without the fuss of prepping and cooking a big meal

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

Mango (freeze flesh without peel or stone)	1 each
Shredded coconut	1 tbsp
Turmeric	½ tsp dried or 1 tbsp fresh grated
Pineapple (frozen)	½ cup
Chia seeds	1 tbsp
Coconut water	½ cup - 1 cup
Ice	To taste
Spinach (optional)	½ cup
Bee pollen (optional)	1 tsp

INSTRUCTIONS

- Pour coconut water, chia seeds, and spinach (if using) into a blender. Blend for 10-15 seconds until mixed.
- Add mango, shredded coconut, turmeric, pineapple and ice and blend until smooth (30-60 seconds).
- Pour into glass and top with bee pollen (optional). Enjoy!

RECIPE NOTES



If you enjoy a spicier smoothie, you can also add some freshly grated ginger to the mix. Ginger is a known anti-inflammatory spice that also aids in digestion. Bee pollen can also have essential amino acids, vitamins A and E, and minerals depending on the source of the bees who produced the pollen



CHOCOLATE CHIA PUDDING WITH WALNUTS AND ALMONDS

Chia seeds are a **fantastic source of antioxidants**, fiber, iron, calcium, and omega 3's. Omega 3's are essential for good health as they directly affect your body's ability to inflame and **anti-inflame** areas that need healing.

Raw cacao powder has also been **reducing inflammation** and helping to heal for centuries. It is the **purest form of chocolate** you can eat and has been touted to have the highest source of magnesium in its natural state. Walnuts and almonds are also an excellent sources of Omega 3 fatty acids and directly help **reduce blood pressure** and lose weight because they help you feel satiated.

With our bodies not being able to make omega 3's it is necessary to obtain them from what we eat. They are the good type of fat that may lead to **reducing the risk of arthritis**, dementia, depression and heart disease.

Serves: 4

Prep time: 10 minutes

Set time: 4 hours

INGREDIENTS

QTY

Coconut milk	3 cups
Raw cacao powder	1/3 cup
Maple syrup	1/3 cup
Vanilla extract	1 tsp
Almond butter	2 tbsp
Chia seeds	1/2 cup
Walnuts	1/8 cup
Slivered almonds	1/8 cup
Cacao nibs	2 tbsp

INSTRUCTIONS

- Place coconut milk in a large mixing bowl and sift the cacao powder over the milk. Stir to combine.
- Add the maple syrup, vanilla extract, and almond butter, mix well. 3. Add the chia seeds and mix ensuring the chia seeds do not clump and the mixture is well combined. Let stand for 5 minutes, stirring occasionally.
- Divide the mixture between 4 glass jars and secure the lid. Place in fridge for at least 4 hours or overnight.
- When ready to serve top with walnuts and cacao nibs.

RECIPE NOTES

For those that may have either a nut intolerance or allergy don't sweat it because this recipe is really adaptable. Simply swap the almond butter for coconut butter and instead of serving with walnuts on top use either some sunflower seeds, fresh berries or sliced bananas (or any favorite fruit you have on hand).



MINTY MELON FETA SALAD

HYDRATING your body is one of the most important things you can do to reduce inflammation and this refreshing snack will do just that! The watermelon will not only help ease the aches in your joints, but it will also offer a great antioxidant punch in unison with the healing mint. Watermelon rind has even been used to help treat diabetes and high blood pressure as well (small amounts, such as 1 oz, 2-3 times per day!) as it helps kidney function.

The feta cheese, sesame seeds, and olive oil all contribute to the satisfaction level, as well as to the taste factor and satiety factor, making this a snack that will help lift you out of an energy slump.

Serves: 2

Prep time: 5-10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

Watermelon, cut into chunks	3 cups
Feta cheese, crumbled	1 oz
Mint, rough chop	1/3 bunch
Sesame seeds (use black sesame seeds if you can get them!)	2 tbsp
Olive Oil	3 tbsp
Lime, juiced	1 ea
Salt	1/4 tsp
Pepper	1/4 tsp
Optional: Pomegranate seeds	2 Tbs

INSTRUCTIONS

- Add cut watermelon into a bowl. Layer feta cheese, mint, and sesame seeds.
- In a small bowl, whisk together the following: Olive oil, lime juice, salt, and pepper.
- Pour olive oil mixture over watermelon mixture.
- Serve as is, or top with pomegranate seeds,

RECIPE NOTES

Try subbing out different melons, fruit, cheese, fresh herbs, or seeds for variety. Sunflower seeds (unsalted) are a great addition to this salad if you are feeling on the hungrier side!





ROASTED BEET, HAZELNUT, AND GOAT CHEESE DIP WITH CRUDITES

Beets are one of the best foods to decrease inflammation and other risk factors for chronic diseases like high blood pressure and diabetes.

They are nutrient-dense and rich in vitamins and minerals such as manganese, which is important for bone health and plays a role in blood sugar regulation. They also offer powerful antioxidants, help reduce inflammation and improve digestion and gut health.

Hazelnuts and goat cheese offer satisfying healthy fats and protein that help repair the body.

The crudités offer more fiber and nutrients that are crucial for blood sugar regulation and losing weight.

Serves: 2

Prep time: 5 minutes

Cook time: 30-40 minutes

INGREDIENTS

QTY

Red beet, medium	1 each
Garlic	1 clove
Red chili flake	¼ tsp
Hazelnuts, toasted	1 tsp
Yogurt	¼ cup
Kosher salt	to taste
Goat Cheese	1 oz
Chives, minced	1 tsp
Carrot, celery, bell peppers, jicama, cucumbers, cherry tomatoes, radishes - cut into slices or sticks	½ - 1 cup

INSTRUCTIONS

- Preheat the oven to 400°F.
- Slice the beets into ½" cubes and wrap in foil drizzled with 1 Tbl olive oil and a little salt. Roast for 30 - 40 minutes and set aside to cool.
- Place the beets, garlic, chile flake, hazelnuts and yogurt in a food processor or blender and blend to a smooth paste. Add salt to taste. Remove from the processor into a bowl, and then gently stir in goat cheese and minced chives by hand.
- Serve with vegetable sticks, crostini, pita bread, or anything you can think of!



RAW BLUEBERRY ENERGY BITES

The key to making an energy bite is to pack a big nutritional punch into a small morsel of food. This recipe does exactly that by using nuts, dates, and blueberries to create a delicious and nourishing snack. Nuts are full of healthy fats and are calorically dense so a little goes a long way!

The omega 3 fatty acids they provide are crucial to reducing inflammation associated with painful joints, high cholesterol, and high blood sugars that leads to Type 2 diabetes. They also help you feel satisfied so you don't feel deprived!

Blueberries are one of the most anthocyanin-rich foods on the planet! This is a potent antioxidant that helps your body heal from oxidative stress induced by eating inflammatory foods. Blueberries also contain vitamin K which is important for blood health, vitamin C which is critical to a healthy immune system, and manganese that improves your metabolism! Dates add to the natural sweetness here and are low glycemic so they won't spike your blood sugars.

Serves: 24 balls

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

Nuts, (cashews, walnuts, or almonds work great)	2 cups
Dates, packed (pits removed)	1 cup
Dried or fresh or frozen blueberries, loose	1 cup
Vanilla extract	2 tsp
Lemon, zested	1 ea
Lemon, juiced	½ ea
Sea salt	pinch

INSTRUCTIONS

- Add nuts to the food processor. Process until nuts are pea-sized.
- Combine nuts with dates and blueberries and process until all ingredients have broken down and are a bit sticky.
- Add in lemon zest and lemon juice, and vanilla extract.
- Process until all ingredients come together to form 1 large sticky ball.
- Roll into small balls and store in the fridge for up to 1 week or in the freezer. You can then roll in seeds such as sesame seeds, sunflower seeds, linseeds, or pumpkin seeds.
- Enjoy as a snack or after-dinner delight.



TURMERIC 'COCOA'

If you're looking to boost your immunity, lower your blood numbers, stabilize your blood sugars and reduce inflammation then you need to ensure you are having turmeric.

Turmeric is known for its ability to fight against inflammation and support immunity. It contains a powerful plant compound called curcumin that is anti-inflammatory, antioxidative, antimicrobial, and antiviral, making turmeric one of the ultimate health-boosting spices.

In addition to supporting inflammation and immunity, the curcumin in turmeric also helps to regulate stress hormones, supporting mental health, blood cholesterol, blood sugars, and blood pressure levels.

Turmeric can be added to many dishes such as curries, stir-fries, freshly grated turmeric is also lovely in a salad dressing. Our favorite way though to enjoy turmeric and all its benefits are with a hot mug of Turmeric Cocoa. Enjoy a Turmeric latte each morning to get your day off and running.

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

Milk of choice	2 cups
Ground Turmeric	½ tsp
Ground Cinnamon	1 tsp
Ground black pepper	1 grind
Honey	1- 2 tbsp
Coconut Oil	1 tbsp

INSTRUCTIONS

- Add all the ingredients to a small saucepan over medium heat, bring to a simmer.
- Gently stir continuously until heated through until hot.
- Add the milk mixture to a blender and carefully blitz on high speed for 30 seconds. Take care when opening the lid of any steam that may escape.
- Serve immediately, adjusting the honey to taste if you wish.



WANT MORE?

VISIT OUR WEBSITE AND CLICK ANY ORANGE BUTTON TO BEGIN YOUR HEALTHY TRANSFORMATION TODAY!

[GET STARTED](#)

WWW.HOMEMADEMETHOD.COM

MEET THE COACHES



ANNA RAKOCZY

FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008 and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author and a cooking instructor. She Founded the Homemade Method, and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food

Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

ASK ME ABOUT:

- Our COOK, EAT, LISTEN system to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugars, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



MADDY KUHN

FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugars, weight loss and inflammation.
- How to make your meals more plant based (but still easy & yummy) to help you improve your cholesterol.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal

planning and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family and personal finance.

ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



IRENE MOLINA

CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where she received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health - she wanted to share it with the world. In her spare time, she enjoys traveling with her husband and spending time with family & friends.

ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



LIZZIE STEWART

REGISTERED DIETITIAN & PROFESSIONAL CHEF

Originally from Halifax, Nova Scotia, Lizzie is a Registered Dietitian with over a decade of experience as a certified professional Chef. Holding a Bachelor of Science in Applied Human Nutrition and a Culinary Arts diploma, Lizzie believes everyone deserves a sustainable and joyful relationship with food and strives to help you live deliciously. As a Chef, Lizzie is able to provide practical tips and ideas allowing you to easily incorporate healthy practices into your busy daily life. Due to her culinary

background, Lizzie approaches food not only scientifically – as nutrients for the body – but also as a source of pleasure and entertainment. When she's not cooking or eating, Lizzie can be found at the local library. She is a compulsive reader of novels, recipes, and the latest nutrition research. Lizzie is also a devoted cat-mom and art enthusiast who loves sharp knives, butchery, and the smell of rosemary.

ASK ME ABOUT:

- How to substitute ingredients, master cooking techniques, and tweak recipes.
- Inspiration and ideas for quick healthy meals using what you have at home.
- Any and all nutrition questions - especially around weight loss, gut health, and digestive issues.



STEPHANIE RODI-FRANTZ

REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long term care management and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one

counseling and group nutrition coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends and biking.

ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol and blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects and how to navigate what you can eat with your specific situation.



MERYLL HELDEROP

CERTIFIED NUTRITIONIST

Meryll is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Meryll taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating and is currently working on a ME certificate program. She's dealt first hand with weight gain, chronic heartburn, inflammation & all over body pain

and she decided to heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices. In her spare time she enjoys chasing after her two small boys and breaking bread with friends.

ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist who graduated with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life and was determined to

help others do the same. She is passionate about using the most up-to-date nutrition research to help women reduce inflammation, heal their bodies and feel their best. In her spare time she enjoys camping with her husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come.
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

MEMBER LOVE

BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





MESSAGE FROM OUR FOUNDER

Losing weight over 50 and lowering your high blood sugars, pressure and cholesterol is doable. With just a few simple switches and tiny tweaks you can see big results.

I know this because our we've helped thousands of women over 50 do this. And I've lost and maintained over 30 lbs myself.

Don't waste another second of your life sitting on the sidelines or worrying about your future. Or worse still, putting your hopes into fads and diets that don't work.

Are you ready to get a healthy, energetic body - WITHOUT dieting?
It's your time.

xo Anna



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YOU CAN GET A
HEALTHY,
ENERGETIC BODY
OVER 50 AND IT'S
EASIER THAN YOU
MIGHT THINK...

YOU JUST NEED
THE RIGHT
SYSTEM!

ANNA RAKOCZY, FOUNDER
OF HOMEMADE METHOD

NOTES

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