

**marlene's
meal makeovers**
COOK ONCE, PRODUCE TWICE!



In 2008, you would have been more likely to find Marlene MacPherson behind her desk than in the kitchen. As a hurried Vice President in the banking community Marlene barely found the time to spend with her then three year old daughter Dakota and her self-employed husband Rick.

In July of that year Marlene was faced with news that forced her to push back from her desk and re-evaluate her priorities... that news was stage three breast Cancer. Now like most people Marlene was unsure about what challenges she would have to face, but instead of consuming herself in her diagnosis she decided to look at it as a challenge and a way to change her life for the better.

Now in 2010 Marlene is two years post treatment with a new body and spirit intact. She has shifted her focus to healthy eating and disease prevention through her new show Marlene's Meal Makeovers. Marlene hopes that through the show she can teach families to "Cook Once and Produce Twice" in order for busy families to cook more wholesome meals for their families and reduce their time in the kitchen.

Marlene cooks every recipe in the Marlene's Meal Makeovers test kitchen in order to ensure that they meet the needs of this generation of families. Families have more control over disease prevention than they think. Marlene hopes to teach families to reunite in the kitchen so that they can own this power and use it to their advantage.



Visit Marlene's website and watch the joint webisode with Nature's Emporium at
www.marlenesmealmakeovers.com