

Today's

July/August 2008
\$4.95

Diet & Nutrition

HEALTH • NUTRITION • FITNESS • LIFESTYLE • BEAUTY • CUISINE

Grilling Essentials

Sweet Surrender!
Fruity Frozen Treats
page 94

Sweet Feet

You can't hide your feet all summer. Get rid of unsightly and uncomfortable calluses and get your feet back into strappy sandals with the new Microplane Foot File XL-Pro. Then slather on some Microplane Foot Cream, available in two fragrances, to cool and moisturize. Then keep your feet in great shape with the Microplane Foot Buffer.

www.microplane.com



**Bulk
Bett**

**Eat L
Olyr**

Swe

the Mod ivex vway



COOKIN' WITH COFFEE

