

# everybody **COOKS**

**What's on your  
menu this fall?**

Great ideas!

**Weekly family meal plan**

**Lunchbox lunches  
for grown-ups**

**The chocolate chip  
cookie throw-down**

**EVERYBODY  
COOKS®**  
on TV Monday,  
September 5,  
7:30 p.m.  
KMOV-TV  
Channel 4



IT'S FRESH. IT'S FRIENDLY. IT'S DIERBERGS.®