From: Clayton, Cheryl

Sent: 5/1/2013 12:10:38 PM

To: TTAB EFiling

CC:

Subject: U.S. TRADEMARK APPLICATION NO. 85489392 - GOURMET NUTRITION - PREC.0005 - Request for Reconsideration Denied - Return to TTAB - Message 2 of 5

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Attachment Information:

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Files: Evid1-3.jpg, Evid1-4.jpg, Evid1-5.jpg

5 star 17
4 star 3
3 star 2
2 star 2
1 star 1

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" Nutritional breakdown of protein, carbs, fats, fiber, sugar, that is easy to understand and duplicate in the recipes. "
Infinite Mind | 10 reviewers made a similar statement

" So if you're looking to stay healthy and enjoy good food you have to try this book. "
J. Martinez | 7 reviewers made a similar statement

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16 of 16 people found the following review helpful
★★★★★ **Fantastic** October 2, 2009
By Corban's Sister
Format: Paperback

This cookbook is definitely a staple & great tool for achieving a fabulous body!

Here are the things I love about it,

The meals...
-are incredibly healthy
-contain easy to find ingredients
-DON'T contain long lists of ingredients
-taste great
are meant for mostly 1-2 servings (great for people like me that are cooking for one & don't want to eat the same thing for 4 days)

The book...
-pictures of every recipe
-contains nutritional breakdown for each male (large) & female (small) portions
-offers suggestions for side dishes (I love when cookbooks do this, it makes planning meals so much easier)
-offers suggestions for substitutions that don't radically change the nutrition content
-separates meals into "Anytime" & "Post-workout"

The higher carb meals are the PW meals. Following the suggestion to eat them only after working out is great for losing and maintaining fat loss. I really like that there is no tracking calories or carbs or any kind of tracking/calculating at all! If you eat the AT meals anytime & the PW meals post-workout you won't eat too many carbs or calories, you won't eat too few grams of protein (for muscle maintenance) or calories. So much better than every other cookbook I've ever had where you have to calculate & pick & choose what meals you can eat together on the same day without eating too many calories, carbs or too few calories.

Some minor problems with the book
-typos (the protein content on a couple recipes is the calorie count repeated. But that's easily remedied by subtracting the fat grams * 9 & the carb grams * 4, from the total calorie count)

Comment | **Was this review helpful to you?** Yes No

16 of 16 people found the following review helpful
★★★★★ **Amazing book about cooking** March 12, 2009
By Piotr Lopusiewicz
Format: Paperback

This books is the best thing which has ever happened to food lovers. EVERY meal presented in it is super healthy and meets the highest standards of healthy nutrition. You will find meals meeting low carb requirements and the ones with high carbs. All the meals are complete, high in essential healthy fats, good lean source of protein and full of microelements (vitamins etc). The meals are composed from the healthiest things on earth but it doesn't mean they are boring and not tasty, quite the contrary, you will learn that cooking and eating healthy, natural foods is much more pleasant taste experience than traditional "gourmet" meals loaded with things which shouldnt ever find the way to human body.

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★★☆☆☆ **Where's the "gourmet"?**
I agree with other reviews that this book includes beautiful photos of every recipe. And I also agree that the recipes it contains are full of healthy and nutritious ingredients. Read more
Published 20 hours ago by tim1224

★★★★★ **Great for those who want to eat well without sacrificing taste.**
The book is beautifully detailed and organized in an easy to read manner. The directions are straight forward but do leave some vagueness in regards to timing (I imagine due to...
Read more
Published 1 month ago by Jamon Coulter

★★★★★ **Cookbook**
This is a great recipe book. If you are into health and nutrition. Need some new ideas on how to make new meals for yourself. Read more
Published 3 months ago by Pauline Robertson

★☆☆☆☆ **Disappointed**
While pictures and displays were nicely done,

Highly recommended and real pity that Amazon doesn't ship those for now.

1 Comment | Was this review helpful to you? Yes No

10 of 10 people found the following review helpful

★★★★★ **ABSOLUTELY THE BEST Cookbook for Fitness Enthusiasts and Everyone** October 27, 2009

By Infinite Mind VINE™ VOICE

Format: Paperback | Amazon Verified Purchase

I cannot say enough positive things about this book. I have bought a few cookbooks that are geared for athletes and fitness warriors but they always fell short. This book was well thought out and planned and delivered on all points. The book is very easy to use, yet flexible and powerful enough to allow you to achieve whatever physique goals you may have, whether just simply looking to get in shape, drop body fat, put on muscle, prepare for bodybuilding or other athletic competition. This book is written by individuals that understand athletes, performers, and everyday folks, realizing that no two people are alike and how its important to experiment with your nutritional breakdown to determine what's right for you.

Here is what you get, many of which I have yet o find in other books.

PROS

* Large and small servings ideal for men or women and can be adjusted if cooking for more than one person.
* Post-workout and anytime meals. I don't recall seeing this feature elsewhere, but this helps me out tremendously, knowing which meals have that extra carb content
* Main and side dish pairings, so you can have your protein and decide which side dishes u want to use for your carbs, whether low carb or more complex.
* Meal templates to use if u wish according to whatever time of day you work out.
* Section of food preparation tips for those that need it and those who want more efficient ways of cooking.
* Tools and equipment so you know what to have in your kitchen and cabinets. Its not complicated because most people have these utensils already.
* Breakfast, Shakes & Smoothies, Meats (include game meat like venison and bison), Poultry, Seafood, sides, snacks, salad dressing.
* Nutritional breakdown of protein, carbs, fats, fiber, sugar, that is easy to understand and duplicate in the recipes.
* Recipes that are simple and do not require a large amount of ingredients.
* Variations and Options which is perfect for those that are either lactose intolerant or want to eliminate or keep their dairy consumption to a minimum.
* Color photos of every recipe.
* Preparation, Marinade and Cooking times are provided, and most food is done within 30 minutes.
* Suggestions on how to make a meal be post-workout (more carbs) or take away the carbs. Its all healthy carbs so its not a low carb diet just the best carbs which is highly important for athletes and those fitness enthusiast.
*

CON

The only thing I wish was better was the spine if the book. while most recipes you are able to lie the book open and flat I wish there was a spiral binder which would make the book even better. Maybe that's something the writers and publishers should consider for next time.

ALL IN ALL I LOVE THIS BOOK AND CANT' PRAISE IT ENOUGH. It is money well spent and my waistline and heart thank me very very much!

Comment | Was this review helpful to you? Yes No

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the specific directions were incomplete leaving the 'chef' to improvise. Read more

Published 5 months ago by Elizabeth Williams

★★★★☆ **Easy to follow, tasty recipes**

I was a bit hesitant to purchase this book because I don't eat meat or chicken. All my cookbooks are vegetarian, minus one with fish recipes. Read more

Published 6 months ago by djnada

★★★★★ **Game Changer**

My trainer told me that changing my nutrition as suggested in this book would be a game changer, and it has been. Read more

Published 7 months ago by Michael Avery

★★★★★ **Best cook book EVER!**

Gourmet Nutrition: The Cookbook for the Fit Food Lover

What makes this cook book so different than ANYTHING else? Read more

Published 9 months ago by brotherA

★★☆☆☆ **disappointed**

I was so excited to get this book. However, the recipe instructions are too vague, the prep times are WAY off, and the seasoning needs to be adjusted. Read more

Published 10 months ago by Salad Gal 3030

★★★★☆ **Good Recipes, Horrible Index**

The recipes and photographs in this book are great. The book teaches you how to create meals based on whether you are on a training day or not. The recipes are simple and yummy. Read more

Published 10 months ago by MS Reviews

★★★☆☆ **beautiful book but recipes so far are blah**

This is an absolutely beautiful book. Each recipe has its own picture, the recipes are easy to follow and are definitely healthy. However, I find the taste of the food lacking. Read more

Published 14 months ago by Heather G.

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