



Eat, Drink and Shrink: Over 120 Delicious, Fat-Burning Recipes with Only FIVE Ingredients or Less!

Danette May

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Danette May is a certified personal trainer, nutritionist, author, fitness model and Mom of 3. Her book teaches secrets to weight loss with no gym, no calorie counting and no crazy fad dieting. Over 120 delicious, fat-burning recipes with only FIVE ingredients or less. The tips she'll share with you were also the key to getting Danette through the most challenging times of her life when she was severely depressed and completely out of shape. And this exact plan later became Danette's Blueprint for achieving the body of a magazine fitness model after having 3 kids! The recipes are Gluten free, Diabetic friendly and Vegans will love it too! The Right Nutrition Can Heal Your Body, Fight Aging and Disease, and Dramatically Boost Your Mood! All recipes are specifically designed with the right proteins, fats, and carbs to build lean muscle and kill stomach fat. AND...they are so delicious the kids will love them too!

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