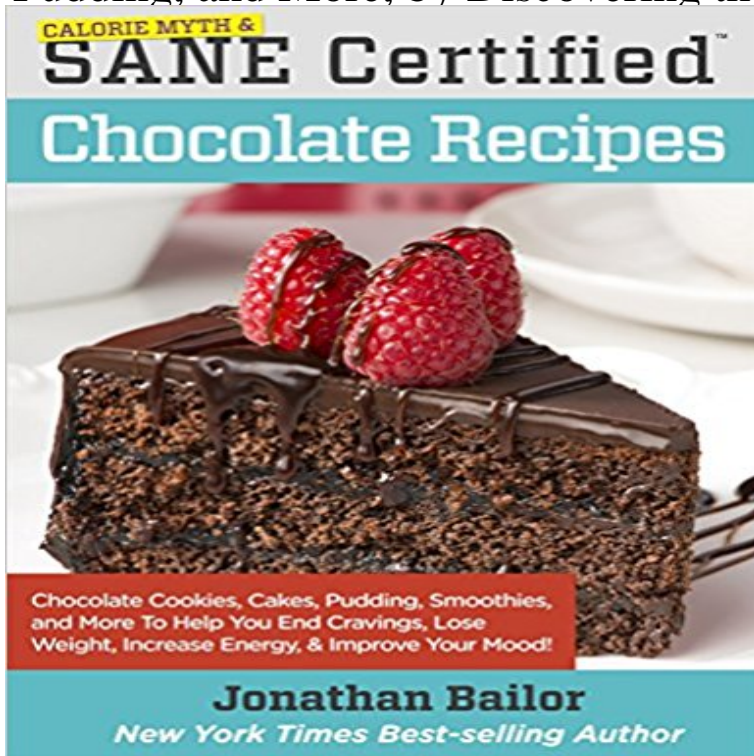


Calorie Myth & SANE Certified Chocolate Recipes: End Cravings, Lose Weight, Increase Energy, and Fix Digestion with Cookies, Cakes, Pudding, and More, by Discovering the New Science of SANE Eating



Like chocolate? Like burning fat while healing your hormones? Then you will love the decadent chocolate recipes inside this full-color book! Formulated by New York Times Best-selling Author Jonathan Bailor and the SANE team, your SANE Certified™ chocolate recipes are radically different from the fattening snacks you will find at the bakery or on grocery store shelves. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly. Most people don't realize that consuming high-quality heirloom chocolate can actually help you: Lose Weight Reverse aging Control diabetes Boost your concentration Reduce hunger Clear away cellulite Reduce risk of cancer Increase energy Curb cravings End overeating And so much more! >>Get Your Free 6-Step Weight-Loss Blueprint At: SANESolution.com/Blueprint WHAT MAKES A SANE CERTIFIED RECIPE DIFFERENT? Backed By Research: Scientifically proven to burn fat, boost energy levels, and improve your health. Always Great Tasting: Designed by top chefs to taste unbelievable - you won't ever call this diet food. Easy Dishes The Entire Family Will Love: Perfectly balanced between convenience, variety, and affordability so you get great tasting dishes without spending hours in the kitchen. NEW TO SANE LIVING AND EATING?

What if everything you thought you knew about weight loss was wrong? What if you could eat more, exercise less, and lose weight? What if the world's most advanced science proved it? Now you can join the millions who are breaking free from the calorie myth and Going SANE! Now, based on a mountain of scientific evidence, there's a stunningly effective science-backed plan that can help you achieve the greatest wellness success of

your life. Turn your body into a fat-burning machine at any age with these revolutionary recipes! >>Get Your Free 6-Step Weight-Loss Blueprint At: SANESolution.com/Blueprint STEP 1: STOP COUNTING CALORIES!

Starving yourself is absolutely pointless because your body has its own way to keep your body at a set weight, no matter how many calories you cut. Its NOT the calories its NOT the carbs its NOT the fat that matters. The secret to lasting weight loss lies in the QUALITY of the food you eat.

In your recipe book, you'll discover dozens of foods that actually help lower your set-point to that of a naturally THIN person. The result? Your hormones will become balanced so you can eat to your hearts content and still lose weight. STEP 2: EAT MORE FOOD! Researchers

have proved that people eating higher-quality foods lost a staggering 86.5% more body fat than typical dieters even though they ate the same number of calories. But what ARE these higher-quality foods? Good news: They include chocolate, cheese, and ice cream! STEP 3: EAT FATTY FOODS FOR A HEALTHIER HEART AND WAISTLINE

The science is clear on this: Foods containing fat do NOT make us fat!

When it comes to predicting heart health, leading heart, diabetes, and health organizations agree: Its your HDL (good) cholesterol level thats really important. You need to keep it nice and high! You'll discover dozens of recipes that are packed with health-boosting, fat-burning, flavorful FAT. >>Get Your Free 6-Step Weight-Loss Blueprint At: SANESolution.com/Blueprint

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