



**118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes)**

*Jonathan Bailor*

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IT'S TIME TO EAT! Get ready to enjoy 118 delicious, full-color dishes that **burn fat, reduce cravings, heal your digestion, balance your hormones, and give you all-day-energy!** Formulated by New York Times Best-selling Author and Natural Weight-Loss Expert Jonathan Bailor, your *SANE Certified™* recipes are radically different from the hormone damaging fare you will find at most restaurant, most "healthy" cookbooks, and even many of the "clean" recipes on the internet.

>>Get Your Free 6-Step Weight-Loss Blueprint At: [SANESolution.com/Blueprint](http://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 chef's to taste unbelievable - you won't ever call this "diet food."
- **Easy Meals The Entire Family Will Love:** Perfectly balanced between convenience, variety, and affordability so you get great tasting meals 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!"

>>Get Your Free 6-Step Weight-Loss Blueprint At: [SANESolution.com/Blueprint](http://SANESolution.com/Blueprint)

If you want to boost health and burn fat long term, then we respectfully ask you to ignore EVERYTHING you've been told about weight loss. Like counting calories. Exercising every day. And avoiding fatty food. These "rules," it turns out, are COMPLETELY in REVERSE. They're mistakes. And that's not hype ...it's SCIENCE.

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!

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## 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. It's NOT the calories ... it's NOT the carbs ... it's 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 heart's 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: It's your HDL (good) cholesterol level that's 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.

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**From reader reviews:**

**Janet Speer:**

The book 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes) can give more knowledge and information about everything you want. Exactly why must we leave a good thing like a book 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes)? Wide variety you have a different opinion about e-book. But one aim that will book can give many facts for us. It is absolutely appropriate. Right now, try to closer together with your book. Knowledge or info that you take for that, it is possible to give for each other; you can share all of these. Book 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes) has simple shape nevertheless, you know: it has great and massive function for you. You can search the enormous world by wide open and read a e-book. So it is very wonderful.

**Gary Gonzales:**

The book untitled 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes) is the publication that recommended to you you just read. You can see the quality of the guide content that will be shown to you. The language that author use to explained their ideas are easily to understand. The article author was did a lot of analysis when write the book, so the information that they share to you is absolutely accurate. You also can get the e-book of 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes) from the publisher to make you far more enjoy free time.

**Brian Pena:**

People live in this new day time of lifestyle always attempt to and must have the time or they will get large amount of stress from both lifestyle and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we request again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is actually 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes).

**Amanda Young:**

The book untitled 118 Calorie Myth and SANE Certified Lunch, Side, and Snack Recipes: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly ... (Calorie Myth and SANE Certified Recipes) contain a lot of information on the idea. The writer explains the girl idea with easy means. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read that. The book was published by famous author. The author provides you in the new era of literary works. You can read this book because you can continue reading your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice read.

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