



The Mexican Food Diet: Healthy Eating That Feels Like Cheating (Paperback)

By Maru Davila

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Maru is determined to inspire and empower people to get healthy, lose weight and improve their mood with delicious Mexican food. No hunger or deprivation allowed in the Mexican Food Diet(TM). After struggling with her weight for 30 years and destroying her health, Maru went on a mission to create a new way of eating to lose weight, feel great and to stay that way, without deprivation, hunger, boredom with bland foods, or excessive exercising. The Secret: Healthy Eating that Feels Like Cheating(TM)! In this book, she shares this powerful secret that helped her lose 60 lb. and keep it off while recovering her health and getting in the best shape of her life physically, mentally and emotionally. She demonstrates that Mexican Food, when chosen right, is the ideal food for losing weight and getting healthier. It is delicious, nutritious and satisfying. It is also extremely effective for reducing toxicity and inflammation, two of the leading causes for most diseases and weight loss struggles. Her recipes are strategically developed using S.M.A.R.T. ingredients: Support health and weight loss] Minimize toxicity + Affect...



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