



99 Calorie Myth and SANE Certified Main Dish Recipes Volume 1: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly With The Delicious New Science of SANE Eating

Jonathan Bailor

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IT'S TIME FOR DINNER! Get ready to enjoy 99 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™* main dish 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 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 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!"

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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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Frances Small:

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Garth McDonald:

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