



# **The Jennifer Nicole Lee Fun Fit Foodie Cookbook: JNL's Secret Super Fitness Model Fat Blasting & Muscle Fueling Recipes**

*Jennifer Nicole Lee*

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## **The Jennifer Nicole Lee Fun Fit Foodie Cookbook: JNL's Secret Super Fitness Model Fat Blasting & Muscle Fueling Recipes** Jennifer Nicole Lee

If you think a healthy weight-loss program means choking down dry chicken breasts and “blah” broccoli – think again! In the Fun, Fit Foodie Cookbook, bestselling author, international wellness expert and super fitness model™ Jennifer Nicole Lee™ reveals her fat blasting and muscle fueling recipes that your tastebuds and your body will love.

Working with your body, not against it, JNL’s Fun, Fit Foodie recipes bring on the flavor! Hearty, delicious breakfasts, lunches, dinners, and snacks will keep your taste buds happy, and amp up your metabolism to burn fat faster than ever. Get smart and get fit the JNL way with The Jennifer Nicole Lee Fun, Fit Foodie™ Cookbook.

You’ll learn:

- How eating more, not less, will help you to shed those stubborn pounds.
- How your metabolism controls your weight – and how to fuel it into “burn” mode.
- Why red wine and dark chocolate belong on a fun, fit foodie’s menu.
- How to spice up your menus and your life, with exotic flavors from around the world.
- How to turn out easy, heart-healthy meals your whole family will love.

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