

# 15 Healthy Snacks for Weight Loss: Quick and Easy Snacks that Taste Great for Busy Women on the Go



If you are interested in delicious foods to snack on... that will also help you lose weight, slow down your aging and make you BUZZ with energy all day, then this new book by bestselling diet author Jennifer Jolan will show you how. The book is called: 15 Healthy Snacks for Weight Loss: Quick and Easy Snacks that Taste Great for Busy Women on the Go. This short, easy-to-read book shows you 15 of the most delicious, nutrient-packed snacks ever discovered for filling you with energy, burning fat and making you FEEL great all day long. Here's just a TASTE of what's inside:

- \* A candy like snack eaten by ancient Greeks that believed to help keep your body younger as you age into your 40s, 50s and beyond. (This sweet snack is one reason ancient Greeks were in such ridiculously good health -- now you can, too.)
- \* The little-known (great-tasting) snack that most people foolishly think is unhealthy... but that the Harvard School of Public Health has found is GREAT for weight control and lowering cholesterol.
- \* A healthy road trip snack (found even in gas stations in the middle of nowhere) that's great for your waistline, energy levels, and appetite control.
- \* 2 sweet-tasting snacks (found in most grocery stores) that can not only fill you up after eating them... but may also help to fight cancer!
- \* A special kind of cheese that fills your body with nutrients it craves... and tastes so good even your kids will think it's a desert!
- \* The best way to keep your blood sugar levels healthy (and why this will help you feel good and energetic all day long).
- \* A secret snack (found at Target and Walmart) that is quite possibly the world's most PERFECT snack food. (Not only does it taste like candy, but it gives you a great pick-me-up... and is so convenient you can eat it anywhere -- including work, at the movies, and even while driving).
- \* The one kind of popcorn that is not only full of fiber and protein... but can help you lose weight. (Warning:

Most popcorn is terrible for you and is almost like poison -- but THIS kind is healthy, and makes an excellent snack for busy women on the go.) \* A healthy shake that's as delicious as a chocolate malt, delivers ALL the nutrition you need, and makes a perfect substitute for soda, fruit juice or other sugary beverages. \* A special kind of milk that's FAR healthier than regular milk or soy milk (with about 1/3 the calories) and is packed with Vitamins E, D and A. (Plus, it also contains magnesium which experts say is one of the single most important nutrients for optimal health.) \* What bodybuilders and other professional athletes snack on to keep their fat levels down. (Don't worry, this won't make you bulk up if you're a woman -- it will only help you slim down!) \* The best snack you can have if you have strong SALT cravings. (Forget that greasy bag of chips, just reach for this snack and get your salt fix for the day, while also keeping your figure looking sexy and thin.) \* And much, much more...Bottom line? If you want to lose weight, look younger and thinner, and do it all while eating snacks that taste as good as the junk food you now enjoy, then this book will show you how. Download it today...(NOTE: As a special bonus for getting this book today, you can also receive Jennifer Jolans best-selling book How to Lose Weight Spinning in a Circle Like Kids. 120,000 people have already read it and it sells for \$19.95 on Amazon, but you can get it FREE with the purchase of this book today...)

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Try these healthy snacks to keep **100+ Healthy Pregnancy Recipes on Pinterest Healthy pregnancy** 21 Best Recipes for Weight Loss - Skinny Ms. Our Greek Lentil Soup is a tasty and healthy way to incorporate lentils into your diet and Chia Yogurt Parfait is great as a high-protein breakfast, but also makes a handy snack on-the-go. This recipe is vegetarian, paleo, and gluten free, plus its only 124 calories per serving. **17 Best images about Healthy Snacks for Busy Teachers on Food** Pre and Post-Workout Snacks // Free Eating Plan optimised for weight loss / . MealsPre Workout Meal. 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