Promo 7

SUBJECT: Tired of counting calories for your family?

Maybe you’ve been counting calories for your family for a long time. Are you tired of it?

Counting calories can take a lot of your time—and can cause stress, too.

There’s a better way I want to tell you about today—a way you can still cook healthy food for your family that tastes great. But there’s no calorie counting involved!

I’d like to introduce you to [Flavilicious Cooking,](http://www.flaviliciouscooking.com/) a cookbook geared toward healthy family meals.

Written by Flavia Del Monte, a registered nurse and certified nutritionist, [Flavilicious Cooking](http://www.flaviliciouscooking.com/) focuses on healthy, tasty, filling meals that you can make at home. But the best part is that these meals will help you lose weight simply because you’re eating better foods!

Flavia blasts four typical cookbook mistakes with her method and recipes—no longer will you be held captive to counting calories or eating tasteless “diet food!”

She’s also offering several free gifts right now, including a video showing you how to make 15 GREAT MEALS in only 50 minutes! You’ll also get her 3-Step Skinny Solution Quick Start Guide—and much more.

[Head over now](http://www.flaviliciouscooking.com/) to take a look at how you can stop counting calories forever!

Onward to better parenting,

ADD NAME