

# 99 Calorie Myth and SANE Certified Main Dish Recipes Volume 4: Lose Weight, Increase Energy, Improve Your Mood, Fix Digestion, and Sleep Soundly With ... (Calorie Myth and SANE Certified Recipes)

Jonathan Bailor



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IT'S TIME FOR DINNER! In this highly anticipated sequel, you will 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*<sup>™</sup> 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.

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