

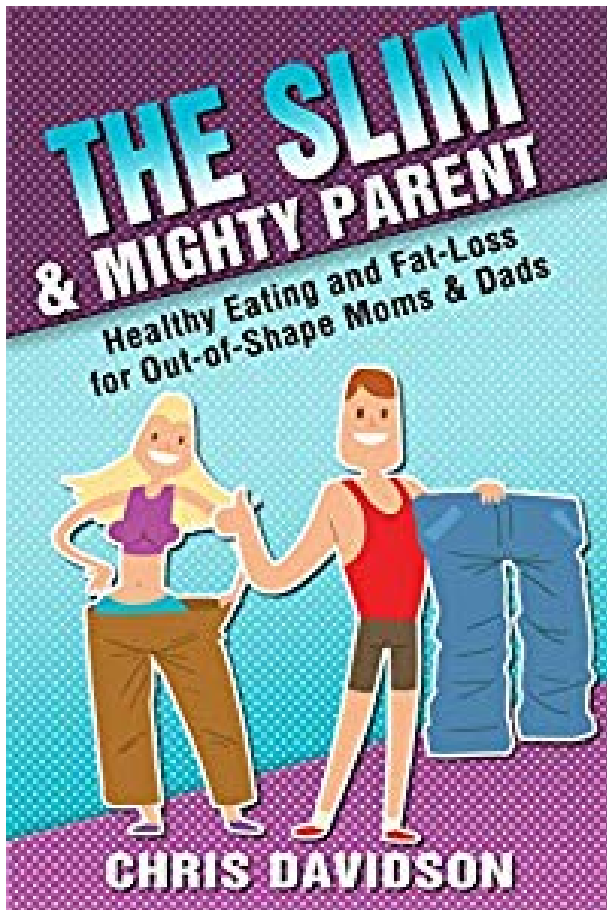
The Slim & Mighty Parent: Healthy Eating & Fat Loss for out-of-shape Moms & Dads (The Mighty Parent Book 2)

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[The Slim & Mighty Parent: Healthy Eating & Fat Loss for out-of-shape Moms & Dads \(The Mighty Parent Book 2\).pdf](#)

[The Slim & Mighty Parent: Healthy Eating & Fat Loss for out-of-shape Moms & Dads \(The Mighty Parent Book 2\).epub](#)

How can overloaded, out of shape parents finally start shifting some body fat, when we've so many other things to do? You see the difficulty as a busy parent trying to control our weight or lose some body fat is simply the effort required. We need realistic ways of losing weight, while eating healthily, and still juggling all the things we have to do for our family, home and job. Standard diets with fancy names will never work for us - the time and energy needed to prepare separate 'healthy diet meals' alongside our standard family favorite meals is just unsustainable. So we fail to lose weight, and then blame ourselves for not having enough discipline. It's not our fault though, the plan was flawed for tired, overloaded parents like us to begin with. The Slim & Healthy Parent is an effective yet realistic approach for parents looking to slim down by: balancing the healthy foods we need for optimal health with our need for some junk and booze sometimes focusing more on meal timing and portion control than weird superfoods and gimmicks learning to roll with the punches each day, not being derailed by the odd off-plan meal here and there fitting in healthier eating around your crazy-busy home, work and family life aiming for gradual fat-loss which you can sustain, rather than a gung-ho six week blast of fat loss that you gain back in no time because it felt like a prison sentence. By the end of the book you will have a clear understanding of how you can tweak your current meals and ways of eating just enough to trigger fat-loss, while gaining energy and health, all without turning life upside down!