

What no one tells you about Nutrition and this will Make Fit Stick

21 Days Cravin'Fit™ is a new nutrition book by author Velma D. Canaday that takes you beyond 21 Healthy Habit-Forming Days.

DALLAS - April 27, 2016 - [PRLog](#) -- At a time when there are a million things to consider when you need to get healthy. And all of them seem to conflict with the latest headline you read on nutrition. Well this book expertly reduces the frustration and ambiguity of where to start, what to do, what to eat and is this bad for me?

21 Days Cravin'Fit™ is broken into 3 parts. The 21 What's of Nutrition, the 21 How To's of Nutrition and Fitness. Then it is finished with recipes for Breakfast, Lunch, Dinner, Snacks and Desserts.

In the 1st part of the book, the 21 What's of Nutrition explains burning questions such as 'What are good/bad carbs?' 'What is grass-fed?' 'What is vegan?' 'What is organic?' The second part of the book, the 21 How-To's of Nutrition and Fitness, goes into detail about How much sugar to consume, how to meal prep, How much protein to include in your diet, and how to get more muscle without looking like a body builder.

This book is chocked full of recipes, over 100 to be exact. The yum yummy recipes are all identified by their strengths. For example, high protein, low carb, gluten-free, vegetarian, vegan, low sodium, low sugar and diabetic friendly.

21 Days Cravin'Fit™; Go Beyond 21 Days & Make Fit Stick is Self-Published

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Available online at: <http://www.VelmaCanaday.com/Author/21DaysCravinFit.html>

Velma Canaday is the co-author of Melt Into Your Kick-Ass Body Food Diary. She is also a Certified Nutritionist and does consulting work in the Dallas/FT. Worth area. Velma is also the proud owner of a fun activewear apparel company; **Tights Presented by Velma Canaday**. This business specializes in leggings, tights and yoga pants for working out or to enjoy outside an active lifestyle. For more information on visit <http://shop.velmacanaday.com/>

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Email	Click to contact author
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Country	United States
Industry	Health
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