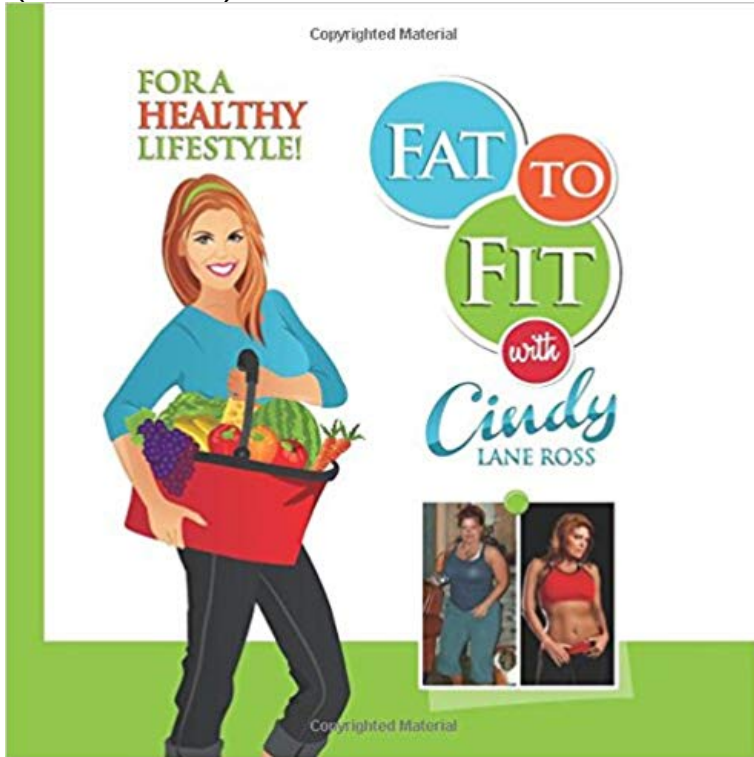


# Fat to Fit with Cindy Lane Ross: Your Kitchen Reference Guide (Volume 1)



Nutrition and healthy eating can be intimidating and overwhelming. When writing this book, I wanted to help people make an easy transition for a healthier lifestyle change. Lots of healthy recipes and nutrition tips for the whole family! This book is volume one of the series Fat to Fit. I break it down very simple with easy to follow recipes. This book is about the battle of the bulge, after fighting my own weight issues and dealing with Rheumatoid Arthritis, I feel its necessary to eat the right foods for a good quality of life!

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