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## The #1 fat-burning recipe you requested

1 message

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Hey it's Danette, and here it is...

My #1 Favorite Fat-Burning recipe:

### **Chocolate Peanut Butter Bites**

3 cups slow cooked oats (uncooked) - or use almond flour

1 cup all natural peanut butter (or almond butter)

3 Tbsp chocolate protein

1/4 cup honey

1/3 cup water

\*Add 1/2 cup dark chocolate chips, cocoa nibs, or coconut flakes for extra texture

Mix everything together and then roll into 1-inch balls. You can eat them right away or put them in the freezer for your on-the-go tasty energy treat!

I've shared this delicious recipe and dozens of others with my clients over the years to help them lose stubborn fat and keep it off!

As a single mom with a career and busy travel schedule, I had to come up with recipes that were quick, healthy and delicious. I wanted meals that would burn off body fat and also taste good enough for my whole family to enjoy.

So I got really good (OK, I got GREAT) at creating fat-burning recipes with only a handful of ingredients. I needed to save time in the kitchen (plus I was on a budget) so I kept all ingredients to a minimum...without sacrificing flavor!

I put together over 150 of my favorite fat-burning, mouth-watering breakfast, lunch, dinner, and dessert recipes here...

### **[150 quick and delicious fat-burning recipes](#)**

This removes the guesswork on what, when and how much to eat for fat loss.

Yours in health and happiness,

Danette May

*Daily Affirmation: "I am loved unconditionally. And I love unconditionally."*

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And of course if you no longer want to receive my newsletters with important information on health, fitness, and fat loss, I will be sad to see you go, but you can [unsubscribe here](#).