

Fat Mom Skinny Mom - Save time, save money, get skinny!

By Fat Mom Skinny Mom

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Smart, individual food servings that require no cooking, cleaning, grocery shopping, counseling, adding points or calories. Order online, delivered via Fedex for only \$9.99 per day for 3 meals + snacks. Over 80 items to choose from. Bistro in a bag!

Fat Mom Skinny Mom is a new meal program like no other. A husband observed his wife's struggle with weight loss and realized she could not lose weight because she was snacking on her kids food all day instead of taking the time to make herself healthy food. He made a deal with her. He began cooking meats, vegetables and breakfasts every Sunday night then freezing them in individual serving bags so that she could easily prepare & eat convenient healthy food in about 60-90 seconds by simply heating in the microwave. It worked! The wife lost 60lbs in 90 days simply because of the convenience (no cooking, no cleaning) and avoidance of refined carbohydrates (flour, sugar, etc.). People began asking if he would cook their food and that's how Fat Mom Skinny Mom began.

Women need convenient food prep without all the mess & stress of grocery store visits, timely meal preparation, cleanup and refined carbohydrates. Fat Mom Skinny Mom Food groups are based on the way we ate 50 years ago....meats, veggies, dairy, nuts yet in convenient individual bagged servings. Very little sugar or refined carbs. You can select from over 80 individually bagged items and we include our sugar free sweet veggie sauce which kids love!

Food convenience often hurts. Ours helps.

Check out our website videos at www.fatmomskinnymom.com which show you the food , what you get and some other interesting stuff.

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About Fat Mom Skinny Mom. Save time, save money, get skinny! Bistro in a bag for busy people. Check out our fun and informative videos at www.fatmomskinnymom.com

Category	Health, Fitness, Lifestyle
Tags	Weight Loss, Diet, nutrisystem, jenny craig, obesity, schwans, dieting, Fitness, weight watchers
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