

eat chocolate drink alcohol pdf

EAT CHOCOLATE, DRINK ALCOHOL AND BE LEAN & HEALTHY! Let's face it, we all want our cake and eat it too! No Pain, No Gain I came from a professional sporting background and an attitude of 'No Pain, No Gain' and give it 'All or Nothing'. In my world if you were serious about achieving anything, sacrifice was the only way to go!

EAT CHOCOLATE, DRINK ALCOHOL AND BE LEAN & HEALTHY!

"The title of this book, Eat Chocolate, Drink Alcohol and be Healthy, is not just to get you to buy the book! It reflects a way of life and the importance of balance with your eating and in all other areas. What I hope to achieve is to help you understand that getting in shape doesn't mean giving up all the foods you enjoy.

Eat Chocolate, Drink Alcohol and be Lean & Healthy

Help me out here. I'm having one of those days, just want to cuddle up with a bottle and drop out of my school of thought. But I have these chocolates with 4.2% alcohol content in them, and I wanted to know if its even worse eating the nasty little fuckers if I wanted to get more of a buzz on.

Can eating chocolate with alcohol while drinking help your

Never do this - the chocolate and the alcohol combine to form Chocahol-mono-Glycerpeptones in the lower intestines which can lead to Pleurococcy-clamidyitis and Endo-Parseinomitis of the Adriatic. I'm telling you, it isn't pretty.

Is it safe to eat chocolate while or after drinking alcohol?

Eat Chocolate, Drink Alcohol and be Lean and Healthy offers a sensible and moderate regime that focuses on long-term results. It breaks concepts down to easy steps and stresses the importance of individual difference and needs. Make Eat Chocolate, Drink Alcohol and be Lean and Healthy your guide to being ...

NOW AVAILABLE €!.. Only \$25.00 EEat Chocolate,, Drink

Ingredients (serves 2): 1 cup skim milk 1 packet hot cocoa mix 2 marshmallows 3 oz. vodka 2 oz. chocolate liqueur (such as Godiva) 1 cup ice. Directions: Heat broiler.

16 Best Alcoholic Hot Chocolate Drinks - Recipes for

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Eat Chocolate, Drink Alcohol and be Lean & Healthy

Research studies from around the world, including one from Harvard University, have shown that both chocolate and beer can help reduce the risk of heart disease. This is due to various factors, one noteworthy factor being that consumption of both of these products help increase HDL, (the good kind of cholesterol) and decreases LDL (bad cholesterol).

5 Reasons You Should Be Drinking Beer & Eating Chocolate

How to Eat More Chocolate and Drink More Wine Every Day ... this won't work for everyone depending on schedules and workplace expectations. And, if alcohol is something that you tend to indulge too much in, then skip this tip (matter of fact, skip this post). ... say they're pasta, potatoes, and soda). For each day you avoid these three ...

How to Eat More Chocolate and Drink More Wine Every Day

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