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Guilt Free Fat Fighters

<http://www.homeschoolfitnesscoach.com/blog/guilt-free-fat-fighters/>

Since tomorrow is Valentine's Day, I'll make this short and sweet. Here are two Guilt Free Fat Fighters (and a BIG reminder) to enjoy tomorrow: 1) Celebration Sorbet Put a scoop of raspberry (or whatever your favorite flavor is) sorbet in a martini glass and sprinkle with fresh berries. Drizzle with champagne or sparkling apple cider. 2) Strawberry Dippers Dip whole strawberries in low-fat French vanilla, lemon chiffon or chocolate yogurt. Easy, huh? Guilt free AND delicious! My buddies at Prograde Nutrition are having a "Chocolate is for Lovers" sale for Valentine's Day. Read below to find out how to save 14% on all purchases of their AMAZING organic dark chocolate Prograde Cravers. Seriously, they are the BEST tasting healthy snack bar on the planet. Happy Valentine's Day! PS - Here are all the details on Prograde Nutrition's 14% off Prograde Cravers sale. Organic Dark Chocolate Prograde Cravers have no preservatives, only 180 calories and they come in three delicious flavors: peanut butter, almond butter and spirulina. The even better news is they are on sale all this week for Valentine's Day. Here's everything you need to know: - Again, because it's Valentine's Day, the sale is 14% off all purchases of Prograde Cravers - When you checkout you will enter this coupon code to save the 14%: `VA0909` - Shipping will take 3-5 days, so while I HIGHLY recommend you jump all over this sale, don't purchase these as a gift expecting them to be their for Valentine's Day itself. Buy them as a healthy gift for yourself or others. - Sorry, Prograde Cravers are not available overseas - The offer cannot be combined with others from Prograde and it ends this Saturday, February 14th at 11:59pm EST. - Prograde Cravers are NOT available in stores anywhere. You can only find them online here: Prograde Cravers (hyperlink to <http://inspirationfitness.getprograde.com/cravers>) Post from: Homeschool Fitness Coach

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