



How to Eat Like a Hot Chick

Jodi Lipper & Cerina Vincent

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Chocolate cake for breakfast and a pound of spinach for dinner? Looking and feeling your best has never been so easy, so guiltless or so much fun! Let's be honest, ladies, are you totally confused about what to eat? Do you want to feel sexy and fabulous as you slide into your magic jeans, but are too overwhelmed by complicated diet plans and sick of hearing about the eating habits of airbrushed celebrities? Well, here is the antidote to all of that nonsense! These are the tricks of two real-life Hot Chicks who have learned exactly what it takes to make them look and feel their best without surgery, a medical degree or a trust fund, and their tips will steer you clearly through every food obstacle you will ever encounter! Unlike every other fad diet book on the planet, How to Eat Like a Hot Chick will teach you exactly how a Hot Chick should really eat, from which cocktails will keep you light on your feet well past midnight to exactly what you should (and shouldn't) eat on a date or on a plane if you want to still feel sexy when you're going down. It's time to quit the vicious dieting cycle once and for all with this straightforward and hilarious guide to enjoying your food, embracing your body and celebrating your heyday like only a true Hot Chick can.

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