

**eat like a woman<sup>®</sup>**  
and never diet again!  
*by Stacey Jonckas*  
**newsletter**



June 2014

*Letter from  
the editor*

**A DELICIOUS GIVEAWAY**



flavors), and a copy of Eat Like A Woman. Ladies, it's time to give your body the nutrients it needs!

Enter to win a yummy giveaway that includes delicious VROU water, a box of the new Eat Like A Woman nutrition bars (assorted

**ENTER TO WIN**

**Delicious, doctor-designed meals delivered to your door! [Special Discount](#)**



Give these meals a try.

While it may be fun to whip up a fancy recipe at home, most of us don't have time to do that every day.

How about a gourmet meal that is also designed for women AND healthy at a discount?

**10 protein snacks to try this week [Fat Blasters!](#)**

Skipping high-protein foods may lead to overeating and is often one of the biggest causes of excess weight gain.

Mid-morning, mid-afternoon or 1 hour before bedtime is the perfect time to enjoy high-protein snacks.

Have you tried these yet?

Happy June!

It has been a busy two months with the launch of "Eat Like a Woman." I had a blast appearing on [Access Hollywood](#), [Fox & Friends](#), [FOX NY](#) and other local [TV shows](#) sharing the latest women's health science and how to apply it to food.

Thanks to leading experts like co-author, [Dr. Marjorie Jenkins](#) at the [Laura W. Bush Institute of Women's Health](#), we are determined to bring awareness to the surprising fact that women have been excluded in medical research, including nutrition!

Taking off my crusader cape, I am thrilled to share my new FAV water product designed for women, VROU, in our June Giveaway. You will love VROU because it has all your daily nutrients in one bottle without extra calories, sugar or fake stuff.

Women ask me all the time how I can eat so much without gaining weight.

Tip #1: Eat yummy high-protein snacks!! I have listed my top choices, so you can add them to your daily snack pack. They help keep you feeling full longer and kickstart your metabolism.

Tip #2: If you are like me, busy all the time, you will love my Eat Like a Woman approved gourmet food delivery service. The food is great. It's better than I could

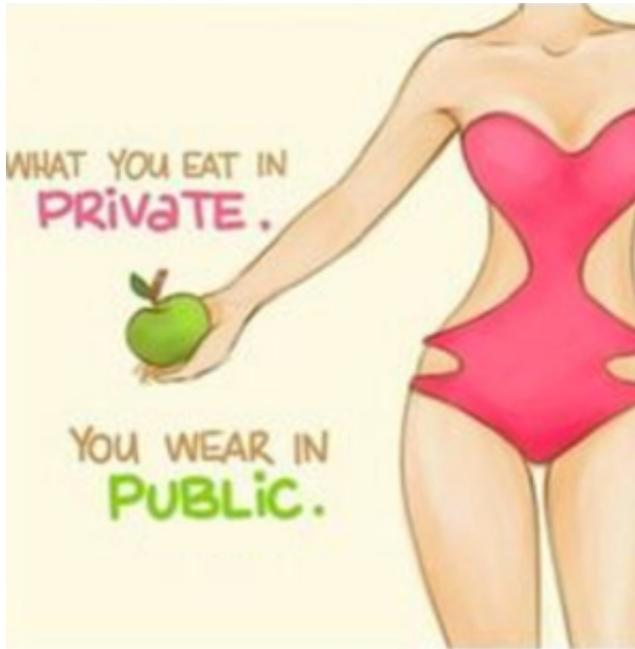


prepare myself and cheaper per meal than buying the groceries at the store. I have a special discount for our community. YAY!

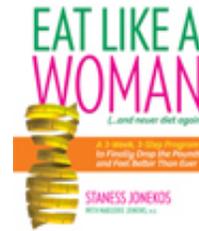
Be WELL, and eat like a woman every day!

*Stanness Jonekos*

**Inspiration: Take Control Today**



**BUY THE BOOK**  
*Eat Like a Woman*



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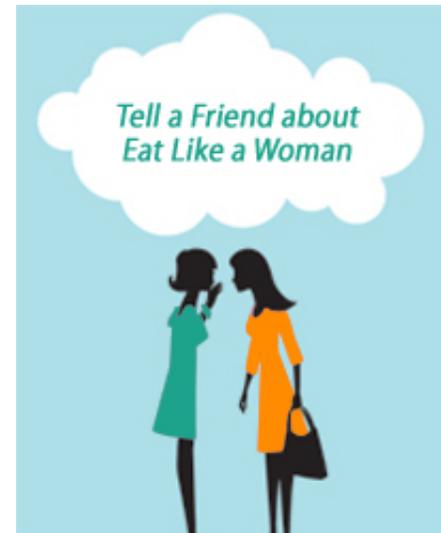
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