



The PrayFit Diet: The Revolutionary, Faith-Based Plan to Balance Your Plate and Shed Weight

Jimmy Peña

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The exercise physiologist, speaker, and bestselling author, whose clients have included LL Cool J and Tyler Perry, offers nourishment for your faith and your body, with this “one-of-a-kind concept from the best in the business” (Mario Lopez).

Jimmy Peña, one of the nation’s most sought-after fitness experts, has been trusted by some of the most prominent names in the entertainment industry to help them look and feel their best. His highest calling, however, is transforming the bodies and souls of people all over the country through his powerful combination of faith and fitness called PrayFit.

In *The PrayFit Diet*, Peña outlines an easy, effective program—including shopping lists, daily menus, and simple, delicious recipes—to help you lose up to twenty pounds in thirty-three days. A healthy body, he explains, is not about restriction of either calories or food groups. Instead, it’s all about eating in equilibrium—a perfect 33% balance of carbs, protein, and fat every day, which will allow you to make dramatic changes to your health and your waistline. The balanced approach of *The PrayFit Diet* is not only inspired by biblical principles, but it’s also supported by today’s cutting-edge science, and Peña gives you both a plan to shed weight fast as well as the motivation to keep it off for a lifetime.

Peña explains how faith is the most powerful tool you have to conquer all of life’s obstacles, and that includes your health. More importantly, God wants you to be at your best, physically and spiritually. By combining perfectly proportioned meals with biblically based motivation, *The PrayFit Diet* gives you all the tools you need to live a life that will both inspire you and honor the Lord.

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