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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, Mario Lopez, and Tyler Perry, offers readers nourishment for their faith as well as their bodies in this simple yet powerful health and weight-loss program.

Harness your faith to transform your life.

Jimmy Peña, one of the nation's most sought-after fitness experts, has been trusted by the most prominent names in the entertainment industry, including Tyler Perry, Mario Lopez, and LL Cool J, 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 offers 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 thirty-three percent macronutrient 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 a plan to shed weight fast and the motivation to keep it off for a lifetime.

In *The PrayFit Diet*, Peña shows us how faith is the most powerful tool we have to conquer all of life's obstacles, and that includes our 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* will give you all the tools you need to live a life that will both inspire you and honor the Lord.

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