



### [The Hot Mommy Next Door \(Book\)](#)



This book by Alison M. Fadoul chronicles her post-natal weight loss journey, sharing with readers how she quickly transformed into the “hot mommy next door” after giving birth to her second child without resorting to a fad diet. *The Hot Mommy Next Door* helps to motivate new mothers to get back into shape and lose the excess weight after pregnancy, and provides a sensible meal plan for reaching these goals. The five principles of the Smart Choices Eating Guidelines include: 1) Eat five small, well-balanced meals a day; 2) Eat two and a half to three and a half hours apart; 3) Eat “clean” meals consisting of lean protein, healthy fat, complex carbs, low sodium, and low to no sugar; 4) Drink eight to ten 8-ounce glasses of water a day; and, 5) Enjoy one “cheat meal” a week. Plenty of tasty recipes and shopping lists are included! Visit [www.thehmd.com](http://www.thehmd.com) to learn more about *The Hot Mommy Next Door* and sign up for Alison Fadoul’s weekly ezine “Tips from the Hot Mommy Next Door.”