



Eating Light Done Right

TANIA N. BOUGHTON



SIMPLY SINLESS™ RECIPES FROM THE SINGLE MOM NEXT DOOR

| <http://www.eatinglightdoneright.com> |

PRESS RELEASE

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Eating Light, Done Right Teams Up with the Frisco Sunrise Rotary Paddy Dash Event

Author Tania N. Boughton sponsors the third annual Paddy Dash benefiting the Juvenile Diabetes Research Foundation.

DALLAS, TX – [Eating Light, Done Right](#), the sizzling new cookbook from debut author Tania N. Boughton, is proud to sponsor the Frisco Rotary Paddy Dash hosted by FC Dallas in Frisco, Texas on March 3. Tania is actively involved in numerous charities and is passionate about giving back to the community and making a difference in people's lives. The Paddy Dash not only supports the JDRF, but five additional charities benefiting children's causes. As the mother of two small boys, one which has Asperger's syndrome, Tania knows firsthand how valuable events such as the Paddy Dash can be for any child who needs special help and care.

Tired of being overweight and growing frustrated with unhealthy, unrealistic fad diets, [Tania](#) got to the heart of her weight issues and emotional overeating, and then dropped significant weight by transforming hundreds of favorite recipes from full fat, high calorie "fat bombs" into easy, light meals. She loves to show people how to "cook with common sense" and maintain a healthy lifestyle. Included in *Eating Light, Done Right* is a complete exercise program designed to fit into busy lives and individual schedules, while working at your own pace. Uncomplicated and easy to understand, each routine can be modified for beginners to advanced exercisers.

Tania has been an annual coordinator of the Paddy Dash event for the past three years, and is excited to bring on *Eating Light, Done Right* as a first-time sponsor. In addition to facilitating this event, Tania is actively involved with her most passionate charity, the Cystic Fibrosis Foundation. A portion of proceeds from every book sale goes toward this wonderful cause to help find a cure and aid in the fight against this disease.

Tania will be available for book signings at the Paddy Dash and looks forward to being a part of benefiting a great cause. The book is available by visiting www.eatinglightdoneright.com/.

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