



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 Spices Up Irving's Cinco de Mayo Multicultural Festival

Author Tania N. Boughton sponsors the health and educational fair with south-of-the border flair.

DALLAS, TX – [Eating Light, Done Right](#), the groundbreaking self-help cookbook from author Tania N. Boughton, is proud to participate in Irving, Texas's Cinco de Mayo Festival on May 5.

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 busy mom and families everywhere how to "cook with common sense" and maintain a healthy lifestyle.

Putting a healthy spin on Mexican dishes, recipes such as Simply Sinless™ Spicy Scramble, Three C's Quesa D's, and Lunchtime Taco Salad Casserole is sure to please discerning food lovers attending the festival in search of bold flavors. Thrilled with the opportunity to connect with people across all demographics and cultures, Tania is passionate about teaching anyone how to eat right in today's hectic world.

This day long, fun-filled [Cinco De Mayo event](#) is designed to promote education, healthy lifestyles and alternative resources for the family. Along with traditional cultural arts, crafts and food vendors, there will be kid's activities and free screenings for blood pressure, glucose and cholesterol. Entertainment includes music and a vast array of dancers to celebrate diversity and gain awareness of the historical and cultural treasures in Irving.

Tania will be available for book signings during the day and looks forward to being a part of contributing to a great cause. Event will be held at 900 S. Senter Rd, Irving, TX 75061 and the book can be purchased at the event or by visiting www.eatinglightdoneright.com/.

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