



# Eating Light Done Right

TANIA N. BOUGHTON



SIMPLY SINLESS™ RECIPES FROM THE SINGLE MOM NEXT DOOR

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

## PRESS RELEASE

FOR IMMEDIATE RELEASE  
May 15, 2012

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### **Eating Light, Done Right Featured on WFAA Channel 8 for “Cooking With a Conscience”**

Author and single mom Tania N. Boughton is passionate about setting a healthy example for kids.

DALLAS, TX – Busy mom Tania N. Boughton knows a thing or two about how hard it is to prepare easy, healthy meals for her kids, let alone getting them to eat it. A reformed emotional eater, the once significantly overweight author was determined to set a good example for her two young boys, but struggled with finding easy-to-prepare meals that were healthy and yummy enough for discriminating little taste buds.

Unsatisfied with cookbooks that required numerous ingredients and time-consuming preparation or were loaded with fat and calories, Boughton decided to take action in her very own kitchen. Countless hours of trial and error later, she transformed hundreds of favorite recipes from “fat bombs” into easy, light meals. With a focus on replacing sugar, high fat and carb ingredients for healthier options, Tania’s debut cookbook [Eating Light, Done Right](#), features nutritious meals that are 10 ingredients or less and can be prepared in under 30 minutes.

Jokingly referring to herself as the “High Heeled Contessa”, Tania juggles a men’s custom clothing career with J. Hilburn, PTA meetings, her kids’ sports schedules, running from one event to the next and is most often in the kitchen in her heels. But her biggest mission is to help keep moms, dads, and especially their kids, healthy. “I call it ‘cooking with a conscience’ because we’re setting the example for our children,” Boughton says. “If I can do it, anyone can.”

Local ABC affiliate WFAA Channel 8 featured a [segment](#) on Tania and the cookbook as part of their Health News.

The book can be purchased by visiting [www.eatinglightdoneright.com](http://www.eatinglightdoneright.com).

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