

→→→ Livin' La Vida Low-Carb™

My mission here is to encourage and educate people about the healthy benefits of the low-carb lifestyle. After losing over 180 pounds in 2004 by following the Atkins diet, I released a book about my experience called "Livin' La Vida Low-Carb" in October 2005. This blog was birthed out of a desire to help people combat the daily lies that permeate throughout much of the media and from so-called "health experts" about low-carb and to provide encouragement to those who desire weight loss.

■ MONDAY, JANUARY 09, 2006

The Best-Tasting Low-Carb Chocolate Bars Ever

There's one word in the English dictionary that will make even the grumpiest person crack a smirk on their face -- CHOCOLATE! This delectable dark wonder food has been actually found to be good for you in recent studies.

But, unfortunately, most chocolate companies use sugar as their primary sweetener which can be detrimental to your health and waistline when you are overweight or obese. But, never fear, there's a new company that not only offers a sugar-free, low-carb version of God's greatest food, but they actually make the chocolate taste so unbelievably good you will never know you are eating something that is HEALTHY for you!



"I cannot stop raving about ChocoPerfection chocolate bars."

It's called [ChocoPerfection](#) and these outstanding sugar-free, low-carb chocolate bars are the brainchild of a woman named Mary Jo Kringas. I actually came across these [ChocoPerfection](#) bars during my visit to [Low-Carb Central](#) in Milwaukee, Wisconsin this past weekend. Store owner Michael Kirtley asked me to try one to see what I thought. Since I am a BIG FAN of chocolate, I quickly obliged.

Upon reviewing the ingredients used in the [ChocoPerfection](#) bars, my elation grew even more. You see, most chocolates that are labeled "sugar-free, low-carb" have a really nasty sugar alcohol in the call maltitol which in many people causes World War III to take place inside their stomach! I wrote about this very proof sugar substitute in my book and urged chocolate candy companies to find better sugar alternatives that will not have that negative effect on people.

Mary Jo was listening... Actually, she created the [ChocoPerfection](#) bars after she started her own low-carb diet program and found that most the so-called "low-carb" chocolate bars on the market were sabotaging her weight loss. She found that the maltitol scored high on the glycemic index, her insulin levels spiked, her weight loss stalled, and she was craving sugar more than ever.

About Me



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Can you believe I used to weigh an incredibly unhealthy 410 pounds?! But thanks to the low-carb lifestyle. I am down in the 220's now and as healthy as ever! That's what livin' la vida low-carb did for me and it can happen for you, too. I encourage you to do this for your health. I'm glad I did and I am here to help those who struggle with losing weight as I once did.

Yikes! Mary Jo KNEW she had to do something to help people like herself enjoy a great-tasting sugar-free, maltitol-free, low-carb chocolate bar that tasted like real European gourmet chocolate.

It took 18 months of trial and error, but the resulting product was [ChocoPerfection](#). Incredibly, Mary Jo lost an incredible 75 pounds by eating THREE of these chocolate bars per day! Did you hear that chocolate lovers? SHE ATE THREE CHOCOLATE BARS A DAY!!!

So what IS in [ChocoPerfection](#) that makes them taste so good? Here are the main ingredients: Cocoa solids, oligofructose (fiber-based sweetener), erythritol (sugar alcohol without the gastric distress), and cocoa butter.



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The Best-Tasting Low-Carb Chocolate Bars Ever cont.

ChocoPerfection is available in both milk chocolate and dark chocolate flavors. Packed with a whopping 16g of fiber (three times the amount contained in an apple!), 3g of protein, and just 3g of net carbs, **ChocoPerfection** truly is a healthy alternative to those "other" sugar-free, low-carb chocolates.

When I tried them for myself, I found that they are the best-tasting low-carb chocolate bars I have ever eaten and I don't say that lightly. They melt so wonderfully in your mouth and the flavor stays in your mouth long after you have finished the bar. That really stood out to me after eating a **ChocoPerfection** bar for the first time.

THANKS Mary Jo for providing people who are livin' la vida low-carb a creamy, delicious, and nutritious way to have our chocolate and eat it, too!

posted by Jimmy Moore @ 1/09/2006 06:40:00 PM



Livin' La Vida Low-Carb™

MONDAY, JANUARY 30, 2006

ChocoPerfection Bars Are A Hit With Low-Carbers

When I blogged about what I believe are the **best tasting low-carb chocolate bars ever** earlier this month, I had no idea there would be such an outpouring of support for the incredibly delicious and luxurious sugar-free, low-carb **ChocoPerfection** bars.

Comments:

Here is just one of the MANY testimonies Kringas received from my readers about the **ChocoPerfection** bars:

- "I received my shipment yesterday, and I have to say WOW! FABULOUS! Delicious! Remarkable! Mary Jo Kringas is a genius and deserves the Nobel Prize for food (if there ever was one)!"*
- "I'm on a low-carb program and I can now enjoy chocolate at its very best. The bars are perfect: there's no grittiness, no artificial flavor, and the chocolate melts in your mouth like its supposed to."*
- "I still can't believe how fantastic these chocolate bars are. I ate 4 last week and still lost 2 pounds. Thank you, thank you, thank you! Thank you from the bottom of my heart for your amazing product."*
- "Thank you, thank you, thank you for the CHOCOPerfection information! I received my order yesterday, and they are everything you said and more. What a treat for a low carb lover."*
- "They are wonderful! I just got my sample 2 days ago and planning on ordering more. NO laxative effect, NO cravings after! They taste wonderful! I'm not usually a dark chocolate fan, but these are so smooth!!! Thank you for posting about these wonderful treats!"*

Can you tell they are just a wee bit excited? LOL! Well, if you haven't tried these incredible chocolate bars for yourself yet, then you have no ideas just how amazingly good they really are. THANKS again, Mary Jo, for creating such a decadent dessert for low-carbers and diabetics to enjoy time and time again!

posted by Jimmy Moore @ 1/30/2006 05:55:00 PM