

Chocolate Book

SUPPLIES:

Scor-Pal

Terrific Tape – 5mm or Mono Multi

Designer paper (DP) in two coordinating patterns (option – 1 pattern)

Cardstock – 1 colors to coordinate with DP, White or Ivory for inside page –

Corner Rounder (optional)

Mono adhesive or tape runner

2 Hershey bars – 1 Dark Chocolate, 1 Milk Chocolate

PDF printout for inside pages

BELLY BAND:

1 strip solid color cardstock - 8-1/2" x 1-5/8"

1 strip solid color cardstock - 8-1/2" x 1-3/8"

1 strip DP - 8-1/2" x 1"

DIRECTIONS:

Step One:

Score 7" X 7" DSP at 3-1/2".

Step two:

Decorate front and inside pages as desired.

Step Three:

Round all corners with the corner rounder. (Optional)

Step Four:

Run a strip of Sticky Strip down the scored line of the inside of the book. Carefully align the printed cardstock out down the center of the tape. Close the book and make sure the inside pages are aligned properly.

Step Five:

Secure *Dark Chocolate Hershey* bar to the inside front of the book and the *Milk Chocolate Hershey* bar to the inside back cover using large glue dots (or Snail). If you use Sticky Strip here, the chocolate won't pull off easily thus creating a potential chocolate frenzy!!

Step Six:

Layer Belly Band strips using Snail. Wrap band around your book overlapping the edges. Mark lightly with a pencil where your edges overlap. Place a small piece of Sticky Strip at your pencil line and another piece at the edge. Overlap and press to secure.

Step Seven:

Decorate Belly Band.

Step Eight:

Give it away before you're tempted to satisfy a craving of your own!!!

If you've got melted chocolate on your Hands, you're eating it too slowly!

Chocolate covered raisins, cherries, orange slices, apricots, & strawberries all count as fruit so eat as much as you want.

Problem: How to get 2 lbs .of chocolate home from the store in a hot car.

Solution: Eat it all in the parking lot!

Diet Tip: Eat a chocolate bar before each meal. It will take the edge off your appetite & you'll eat less.

A nice box of chocolate can provide your total daily intake of calories in one place. Now, isn't that handy?

If you can't eat all of your chocolate, it will keep in the freezer. However, if you can't eat all of your

chocolate, there must be something wrong with you. Call your doctor. If you eat, an equal amount of dark chocolate & white chocolate, it's considered a balanced meal.

Exercise is a dirty word -... Every time you hear it, wash your mouth out with chocolate..

If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated so eat more.

There is no such organization as Chocoholics Anonymous because no one wants to quit.

Put "Eat Chocolate" at the top of your "To Do" List today. That way, you'll get at least one thing on your list done.

We aren't meant to deal with life alone that's why God created chocolate... EAT HEARTY!

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CHAPTER I – Dark Chocolate

CHAPTER II - Rules & Tips

CHAPTER III – Thank You!

CHAPTER IV - Milk Chocolate

**There were more chapters but
I got a craving of my own!**