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# SHOUTOUT LA

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## Meet Shaneen Bonner | CEO/ founder

December 18, 2023 • Leave a reply

LARGENT'S APPLIANCE  
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We had the good fortune of connecting with Shaneen Bonner and we've shared our conversation below.

**Hi Shaneen, what is the most important factor behind your success?**




The most important factor behind my success is my faith and self belief.





INTELIUS

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**What should our readers know about your business?**

The Decree Brand has successfully established several businesses in Los Angeles. We have Decree Records, Decree Radio, Decree Entertainment Magazine, and Decree Film Entertainment.

I received 17 awards for my movie project From Homeless to Hollywood from Film Festival worldwide. The movie Project has been selected to be screened in 30 film festivals globally.

This journey has been anything but easy, from homeless, building a brand with limited finances and everything in between.



**SIMPLE**  
**INTERMITTENT FASTING**  
**HOW TO LOSE 30 LB.**

<b>DAY 1</b> BREAKFAST: 1 egg, 1/2 cup oatmeal LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 2</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 3</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach
<b>DAY 4</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 5</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 6</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach
<b>DAY 7</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 8</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach	<b>DAY 9</b> BREAKFAST: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach LUNCH: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach DINNER: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach SNACKS: 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup spinach

But, throughout this experience it has taught me this one lesson- That nothing is wasted with God.

Even though it has taken me years to build what was lost in time, resources and even time away from my children and family.

God has redeemed it all. As a business owner that lesson is what I want to share with others — there's beauty in the process. It might take time to build but what's on the other side is worthwhile.

**Let's say your best friend was visiting the area and you wanted to show them the best time ever. Where would you take them? Give us a little itinerary – say it was a week long trip, where would you eat, drink, visit, hang out, etc.**

Goldfinch in Irvine California is the place to be! We'll start at Goldfinch, journey to Santa Monica pier for the scenery and lastly end the day with a shopping spree on Rodeo drive or Glendale Shopping center. There's so much to do in California but the way to meet exciting

people is to sit at the beach or go hiking. I've been some pretty awesome people with amazing stories on what led them to move to California or pursue their passions.



**Who else deserves some credit and recognition?**

I am here because of the many influential individuals that helped paved the way before me.

It's hard to narrow it down to one person because they all had played a huge factor in my success. From my siblings, children, aunts, uncles, cousins, friends and spiritual leaders. I celebrate and acknowledge their efforts in the becoming of me.

**Website:** Decreerecords.com (<http://Decreerecords.com>)

**Instagram:** <https://instagram.com/decreerecordlabel?igshid=NzZlODBkYWE4Ng==>  
(<https://instagram.com/decreerecordlabel?igshid=NzZlODBkYWE4Ng==>)

**Facebook:** <https://www.facebook.com/Decreerecord?mibextid=9R9pXO>  
(<https://www.facebook.com/Decreerecord?mibextid=9R9pXO>)

**Youtube:** <https://youtube.com/@shaneenbonner5015?si=YVwYc3bR-kAAkh8z>  
(<https://youtube.com/@shaneenbonner5015?si=YVwYc3bR-kAAkh8z>)

**Other:** [Www.Shaneencbonner.com](http://Www.Shaneencbonner.com) (<http://Www.Shaneencbonner.com>)

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Mikeisha – [ThirtythreefifteenPhotography](#)

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## SHOUTOUT LA

Our mission is to help change the way people spend money. We want people to spend more of their money with mom-and-pops, small businesses, independent artists and creatives. We think one of the most powerful ways to do that is by putting small business owners and creatives at the center of discussions designed to spark conversation within the community.

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