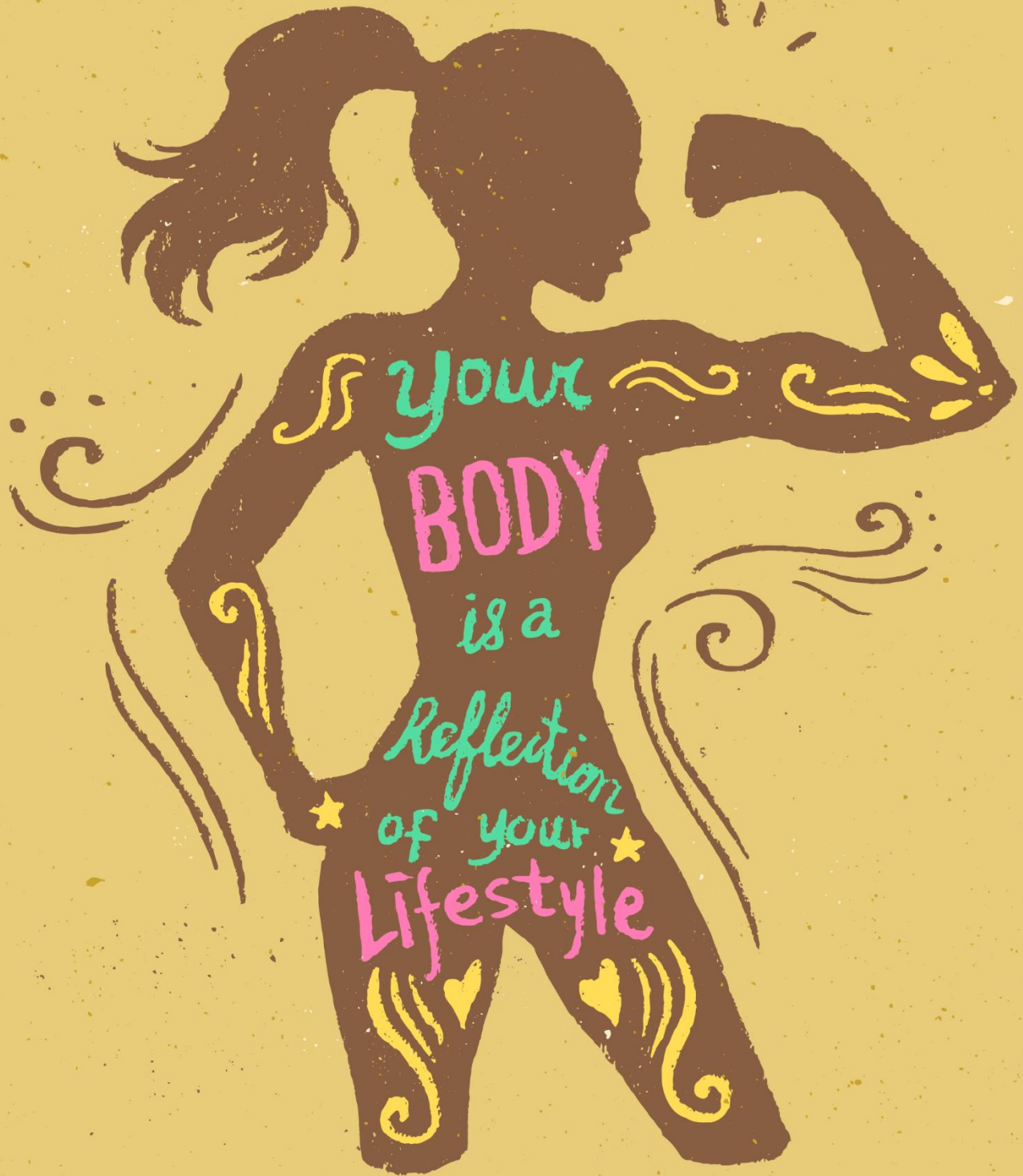


diETING and weight loss



A COMPREHENSIVE GUIDE ALL ABOUT DIETING AND WEIGHT LOSS

Disclaimer

This e-book has been written for information purposes only. Every effort has been made to make this ebook as complete and accurate as possible.

However, there may be mistakes in typography or content. Also, this ebook provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.

The purpose of this ebook is to educate. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this ebook.

Table of Content

Introductory	4
Chapter 1: A Few Simple Tips to Lose Weight	6
Chapter 2: Fat Burning Foods	9
Chapter 3: Am I Lazy?	11
Chapter 4: Do All Diets Work?	14
Chapter 5: A Simple Plan for Weight Loss.....	16
Chapter 6: Adopting A Low Carb Diet.....	19
Chapter 7: Detox Diets	22

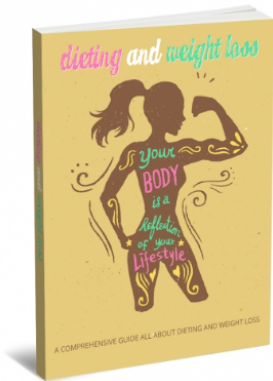
Introductory

The formula for losing weight is simple: eat less and exercise more. But, it's not really all that simple, is it?

Long-term weight loss isn't impossible, but you do have to be committed. Having a weight loss plan for your success is a good start. Here are ten items that should go into your weight loss plan.

1. Eat breakfast. This keeps you from getting too hungry later and then losing control over what you choose to eat later in the day.
2. Stock your refrigerator and pantry with healthy foods and snacks and limit high-fat, high-salt snacks such as potato chips and cookies.
3. Fill up on Fiber. Eat foods like fruits, vegetables and whole grains. The fibers in these foods will fill you up leaving less room for unhealthy choices.
4. Don't fall into bad habits on weekends. Many people will follow a strict diet on weekends only to fall back into eating more (unhealthy) on the weekends as a reward for "being good" all week. Unfortunately, this can cause you to regain the weight you may have lost during the week.
5. Watch portion sizes. Your perception of what a serving size should be and a "true" serving size can differ dramatically. Measure your portions accurately, especially when you first start your healthy eating regime.
6. Set lifestyle goals - not weight loss goals. Commitment to eating healthy foods does lead to healthy weight loss -- gradually. Looking at your weight daily can cause discouragement and will make many people give up and go back to unhealthy food choices.
7. Take healthy snacks with you when you take road trips. Grab healthy granola bars, bananas, apples and other fruit to prevent the temptation of stopping for a candy bar or milk shake.
8. Don't deny yourself the foods you love. If you absolutely love chocolate, go ahead and have a small piece - half of a candy bar instead of a whole

PREMIUM CONTENT!



Dieting and Weight Loss

Download

Preview

See Opt In Page of this product. Additional pages: [disclaimer](#), [privacy-policy](#), [terms-and-conditions](#), [thank-you](#).

The formula for losing weight is simple: eat less and exercise more. But, it's not really all that simple, is it?

Long-term weight loss isn't impossible, but you do have to be committed. Having a weight loss plan for your success is a good start.

Please click here to download the full ebook for free from the original website.
(Registration is FREE, NO Credit Card Required)