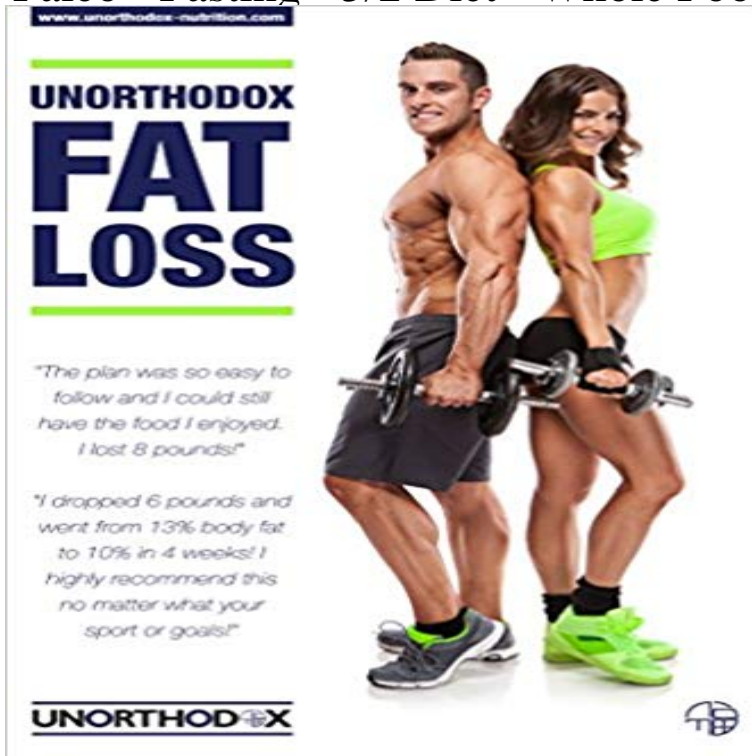


Unorthodox Fat Loss: A healthy, Fast, Fat Loss Diet that Gets you the Body you Dream of! (Fat Loss - Diet - Weight Loss - Dream Body - Paleo - Fasting - 5/2 Diet - Whole Foods - Lose Weight Fast)



UNORTHODOX FAT LOSS Are you wanting to lose fat but find standard diet either to restrictive or just plain boring? Would you like to lose fat, improve your health, and feel fantastic all while losing that stubborn weight? Would you like to be beach ready in the shortest time possible? Would you like to do all this while **EATING YOUR FAVOURITE FOODS?** Well read on! This is a unique combination of fat loss techniques that will give you outstanding results while letting you eat your favourite foods! Most diets fail because finding a nutrition plan that works with your life is hard. Not only do most sound complicated, they are often contradict each other claiming that they alone are the answer that you have been looking for. This simply isnt the case. Nearly all diets and plans work if you follow them (not many who are selling you a plan will admit that). Some plans work better than others and admittedly there are some crazy ones out there that only dont work, but are down right dangerous! What I wanted to give you with this ebook is a nutrition plan that is easy to follow, effective, and one that doesnt require a crazy product that costs the Earth and effects your health! These are some of the methods that I have used with my own clients and helped them get into the best shape of their lives and Im hoping that it will do exactly the same for you! In this book you will learn to, Setting up your diet. Planning diet in the real world. What adjustments to make as you go. Which Macronutrients to adjust and when. What supplements are worth taking to aid in your fat loss. Tips on food types and which are best for you. Tips to help manage your cravings. Foods that you can eat as much as you want of and foods to avoid. Maintaining and improving health while losing weight. Plus **MANY MORE!**

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