

# FREE BODY FAT REMOVAL SYSTEM

Weight Loss Secrets Revealed  
“Discover Three Simple Strategies To Quickly Cut Pounds  
And Inches Off Your Waist  
And Hips For Good.”

Always consult a physician before beginning a new diet.

# BODY FAT REMOVAL SYSTEM

**Follow this system for a healthy, lean, toned body, don't forget the exercise!**

If taken seriously and coupled with exercise you'll lose 1-2 pounds a week!

## 1 Step 1, Five to six meals per day!

Work on getting six meals daily comprised of a lean protein, starchy carbohydrate and fibrous carbohydrate every 3-3 1/2 hours. Record the meals you eat using the journal sheet on the following page. The following are examples of each food group:

**(1 item from each group at every meal)**

Protein:	Starchy Carbs:	Fibrous Carbs:
<ul style="list-style-type: none"><li>• Chicken Breast</li><li>• Tuna</li><li>• Most Fish Filets</li><li>• Lean Ground Beef</li><li>• Lean Cuts of Steak</li><li>• Tofu</li><li>• Beans</li><li>• Nuts</li><li>• Eggs/ Egg Whites</li><li>• Protein Shakes</li></ul>	<ul style="list-style-type: none"><li>• Brown Rice</li><li>• Basmati Rice</li><li>• WW Pasta</li><li>• WW Bread</li><li>• WW Pita</li><li>• Potatoes</li><li>• Sweet Potatoes</li><li>• Tofu</li><li>• Yams</li><li>• Corn</li><li>• Tomatoes</li><li>• Pretzels</li></ul>	<ul style="list-style-type: none"><li>• Spinach</li><li>• Broccoli</li><li>• Cauliflower</li><li>• Cabbage</li><li>• Lettuce</li><li>• Celery</li><li>• Onions</li><li>• Peppers</li><li>• Mushrooms</li><li>• Fruits (Apple with skin, Berries Family, Melons)</li></ul>

Note: This is a partial guidelines list more on following pages!

## 2 Step 2, Adding Variety!

Follow these simple rules to add variety: Lean poultry twice a week, Fish twice a week, Seafood once a week, Red meat on cheat day and/or twice a month, Beans twice a week, Nuts/Seeds twice a week.

## 3 Step 3, Perfection!

Follow these simple rules to perfection: Eliminate or reduce sugar, Salt or sodium less than 2500mg, 4 Egg yolks per week, Dairy twice a day, Fruits twice a day, Vitamins daily, Flax seed oil daily or EFA, Green tea daily, Only use oils like olive oil or canola oil, at least 1L of water daily.

### Special Exceptions! (Cheat Day)

Your allowed one cheat day per week where you throw all rules out the window; you can't get fat in a day. Just don't over do it!

**Notes: (Goals or things you need to work on)**

## 3 DAY BODY FAT REMOVAL JOURNAL SHEET

<b>Meal #1/ Date:</b>		<b>Time:</b>		<b>Meal #1/ Date:</b>		<b>Time:</b>		<b>Meal #1/ Date:</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	
<b>Meal #2</b>		<b>Time:</b>		<b>Meal #2</b>		<b>Time:</b>		<b>Meal #2</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	
<b>Meal #3</b>		<b>Time:</b>		<b>Meal #3</b>		<b>Time:</b>		<b>Meal #3</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	
<b>Meal #4</b>		<b>Time:</b>		<b>Meal #4</b>		<b>Time:</b>		<b>Meal #4</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	
<b>Meal #5</b>		<b>Time:</b>		<b>Meal #5</b>		<b>Time:</b>		<b>Meal #5</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	
<b>Meal #6</b>		<b>Time:</b>		<b>Meal #6</b>		<b>Time:</b>		<b>Meal #6</b>		<b>Time:</b>	
Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein		Lean Protein	
Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb		Starchy Carb	
Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb		Fibrous Carb	
Other		Other		Other		Other		Other		Other	