
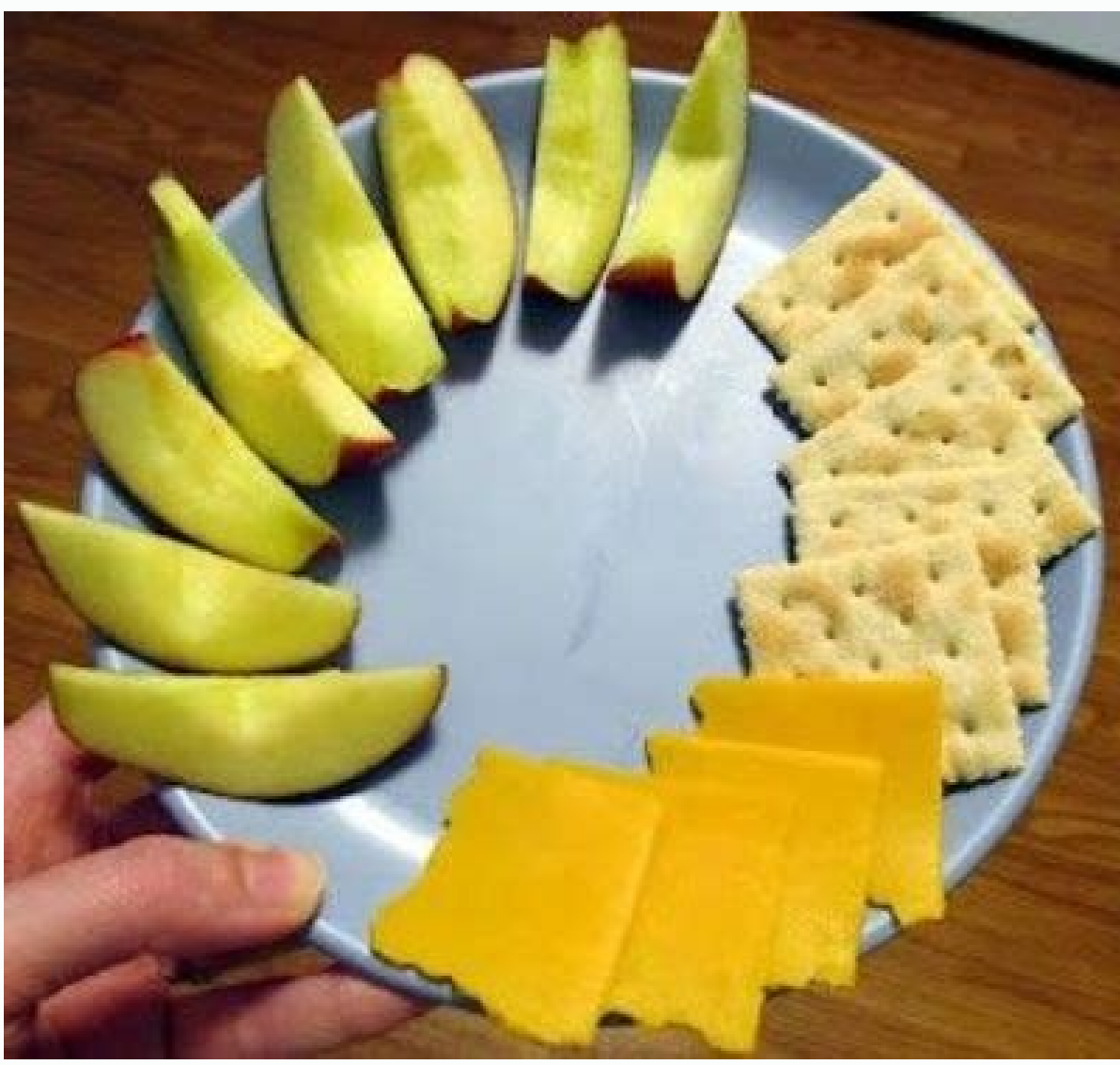


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21 Day Diet Food List

Green	Purple	Red	Yellow	Blue	Orange	Teaspoon
Kale Collard greens Spinach Brussels sprouts Watermelon Asparagus Beets Tomatoes Squash Winter squash String beans Peppers Carrots Cauliflower Eggplant Okra Jicama Snow peas Cabbage Cucumbers Celery Lettuce (not iceberg) Radishes Onions	Raspberries Blackberries Strawberries Watermelon Cantaloupe Orange Tangerine Apricots Grapefruit Grapes Kiwi Mango Peach Nectarine Pear Pineapple Banana Papaya Figs Honeydew	Shakelogy Tempeh Tofu Protein powder Veggie burger Eggs Greek yogurt Plain yogurt Tuna in water Ricotta cheese Cottage cheese *Quinoa *Lentils *Beans *just added for vegans Sardines Chicken Ground turkey Bacon Turkey Bacon Fish Shellfish Clams Red meat, extra lean Pork tenderloin, Game	Sweet potato Yams Quinoa Beans Lentils Edamame Peas Refried beans Brown rice Wild rice Potato mashed Corn on the cob Amaranth Millet Buckwheat Barley Bulgur Quinoa Quinoa steel-cut rolled Pasta whole grain Couscous Look for "whole grain" or "whole wheat" Crackers Cornmeal Bread Pita Tortilla Pancakes English Muffin Wafer Tortilla	Avocado Raw ~ 12 almonds 8 cashews 14 peanuts 20 pistachios 10 pecan halves 8 walnut halves Hummus Coconut milk Feta cheese Goat cheese Mozzarella Cheddar Provolone Monterey	Raw seeds ~ Pumpkin Sunflower Sesame Flaxseed-ground Olives Peanut Coconut unsweetened shredded 21 Day Fix Dressings	Extra Virgin Olive oil Coconut oil Flaxseed oil Walnut oil Pumpkin seed oil Nut butters peanut almond cashew Seed butters pumpkin sunflower sesame



Here's my suggestion for those new to this fat burning product:


- **Epilim 2000 20mg**
- **Epilim 2000**
- **Epilim 2000 20mg**

To start, I recommend this cycle be taken about 30 minutes before a meal and/or 30 minutes after your workout. To start, I suggest taking this cycle for 10-14 days (once before your first meal and once before your workout). On non-workout days, you can take with any other meal, as long as there are 4 hours between.

Depending on your tolerance level, you can increase to three doses per day and/or increase dosage amounts (no more than 500mg of Epilim in 24 hours).

Always consult your physician before taking this product. This is not intended to be a medical device and should be taken. Listen to your body and take to your health.

If you're looking for a good quality all-in-one fat burning product without combining many ingredients, you should look for Lipo-6. This particular product is a proven, powerful fat burner who is looking to lose fat.



11 day diet menu samples. 11 day cleanse diet plan. 11 day diet food list. 11 day diet generator login. 11 day diet menu.

Fat Loss 4 Idiots shows all body types how to shift calories, therefore confusing you metabolism and losing weight. This is not a lifestyle diet, this is a, "I want to fit in my jeans again diet" or "I'm going to a wedding next week and I need to fit in that dress diet"...that's it. Or it can give you the motivation you need to then continue on with a life plan that works for you. While I love this, it is not good for my jeans. I'm not very tall, 5'4" to be exact so small amounts of weight make a difference to me and my pants fitting, ahem...comfortably. You see, the Fat Loss 4 Idiots plan consists of 11-day meal plans which include fruits, vegetables and lean proteins. This diet requires you have four meals a day with 2-1/2 hours apart. I always had my first meal at 10 AM and eat every 2-1/2 to 3 hours after that. This worked well as my last meal ended at about dinner time, between 5 and 6, vanilla extract, 1 large banana, Jam/Jelly as a sweetener) Bowl of green vegetables Day 7 Meal #1 Shrimp Peanuts Meal #2 Bacon Strips Low Fat Milk Meal #3 Macadamia Nuts Cottage Cheese Bowl of Mixed Vegetables Meal #4 Tuna Salad Plate Ham Slices Day 8 Today is vegetables and salad only. All four meals must consist only of the foods listed below: Lettuce, tomatoes, cucumbers, green beans, sprouts, spinach, broccoli, zucchini, squash, peppers. You may top each meal with only one of the following 2 items, not both: 1 ounce of grated cheese or 3 T. I figured I could do anything for 11 days and then continue with my normal eating/walking plan. I just wanted to lose six to ten pounds. low cal salad dressing Meal #4 Cashews Sausage Links Day 4 Meal #1 Regular Cheese Slices Chicken Meal #2 Scrambled Eggs Turkey Slices Bowl of green & red vegetables (any veggies red or green in color) Meal #3 Shrimp Peanuts Meal #4 Bacon Strips Low Fat Milk Day 5 Meal #1 Macadamia nuts Cottage Cheese Meal #2 Bowl of Green Beans Fresh Pears Meal #3 Tuna Salad Plate Ham Slices Meal #4 Cashews Sausage Links Day 6 Meal #1 Regular Cheese Slices Chicken Fresh Grapes Meal #2 Bowl of Oatmeal (instant/flavored oatmeal-no extra sugar is allowed) Orange Pineapple Smoothie (in a blender 4-6 ounces orange juice, 1 cup nonfat milk, 1/2 banana, 4 ice cubes, several pineapple chunks and 2 T. I have been unfortunately blessed with having about the slowest metabolism a person could have. I have had doctors ask me if I am a marathon runner (which sends me keeling over with laughter) because my resting heart rate is so stinkin' low. I purposely ran around the block the other day just to take my pulse rate, I think it was only 74 bpm after doing a full sprint. My blood pressure is also very low, usually 76 / 45, nurses often miss it when taking it manually. My cholesterol also remains under 100, BUT I have no nervous energy that randomly burns calories. None. The diet is basically a protein diet with complex carbohydrates mixed in. What I liked was you get to choose how much to eat—but portions must be small enough so that you never feel "full". In other words, you should feel like you could still eat more but should not feel hungry. So recently, after a summer of celebrating the "lifestyle", I found myself with a few extra pounds. I had not been walking because we had just moved with all the craziness that ensued. So I started walking again a while back, but remember I said walking helps me maintain my weight, not really lose any unless I really restrict calories. Rules: You may eat your 4 daily meals in any order, but you must eat them all. Someone sent me this 11 day diet touting losing 9 pounds in eleven days. Hmmm, with my very slow-metabolism I doubted I could even lose 5 pounds in that time frame. Now, the diet also says, at the end of 11 days you can take 3 cheat days and eat anything you want for 3 straight days and then start over for more weight loss. Well, your choice. But once the 3-days are up you should immediately go back to the 11-day meal plan once again. By changing your eating habits day by day, your metabolism gets confused (Calorie Shifting) and that's when you begin to lose weight. Calorie Shifting is finding the best weight loss reduction system to help you lose weight. 22, 2009 - PRLog -- Fat Loss 4 Idiots is a diet program that can help you lose weight quickly, low-calorie salad dressing Day 9 Meal #1 Cashews Sausage Links Meal #2 Frozen yogurt dessert (normal frozen yogurt, the kind that looks like ice cream, no toppings) Prunes Meal #3 Bowl of Baked Beans Fresh Apples Meal #4 Regular Cheese Slices Chicken Day 10 Meal #1 Garden salad Bowl of green and red vegetables Meal #2 Scrambled eggs Turkey slices Meal #3 Bowl of green beans Fresh Pears Meal #4 Shrimp Peanuts Day 11 Meal #1 Bacon strips Low fat milk Fresh grapes Meal #2 Macadamia nuts Cottage Cheese Meal #3 Bowl of Oatmeal Orange Pineapple Smoothie Meal #4 Tuna Salad Plate Ham Slices Allowable Drinks (no limits) Any diet soda, iced tea with lemon, coffee (less than 10 calories per glass), water, any low-calorie drink (less than 10 calories per glass). Instead of consuming the same type of food at irregular times, you must eat the right foods every day at the same time. Thus, starting the cycle all over again. Click Here to Download The Fat Loss 4 Idiots Loss 4 Idiots recommends that for an extra metabolism boost, you should do some low intensity exercises for 30 minutes a day. A concept that seems almost impossible. How can I lose 9 pounds in 11 days? I will admit, it was not easy. You have to have self-control and Day 2 is the absolute hardest. If you can get through Day 2, you can get through anything. I believe eating healthy means eating and enjoying everything but in moderation. Portion control is key and eliminating whole food groups is only a road to disaster, usually ending with devouring a whole loaf of bread in one sitting or a whole bag of candy, vanilla extract) Meal #3 Scrambled eggs Turkey slices Meal #4 Banana Milk Shake (in a blender 6-8 ounces nonfat milk, 2-3 T. Well, I did the diet and I lost 8 pounds in eleven days. Weird, but it worked. Fat Loss 4 Idiots shows all body types how to shift calories, therefore confusing you metabolism and losing weight. Day 1 Meal #1 Cashews (salted or unsalted) Sausage Links (normal sausage links) Prunes (regular prunes) Meal #2 Regular Cheese Slices (any type of cheese, both full-fat or low-fat) Chicken (normally prepared chicken, skinless and non-breaded) Meal #3 Scrambled Eggs (cooked in oil or butter in a pan) Turkey Slices (slices of deli-style turkey meat) Bowl of Baked Beans (regular baked beans) Meal #4 Shrimp (non-breaded) Peanuts (salted or unsalted) Fresh apples Day 2 Meal #1 For Meal #1 you must eat a deli-meat sandwich. Fat Loss 4 Idiots is a diet program that can help you lose weight quickly. The sources of fat mainly comes from cheese and eggs. Allowable condiments Lemon juice, ketchup, BBQ sauce, salsa, salt, pepper, mustard, seasoning salts. You may eat any combination of the foods in each meal. For example, you may eat all or just one of the foods in each meal. So if you don't like something, don't eat it. All within 11 days. Dec. All within 11 days. As I've gotten older I've noticed how important regular exercise is to maintaining weight. I walk five miles each day. I do not lose weight from walking, but I can eat whatever I want without putting on extra pounds. This is perfect, unless I want to lose weight, then I must restrict calories. I should also mention I hate exercise. I can't stand the machines, workout classes, weights, exercise videos...I hate all of it. But I love a brisk walk. The magic number for me is those five miles, about 75 minutes. It changes your body and gives you the energy you need to get through the day. The wine country lifestyle can also be very detrimental to the waistline. Our days revolve around amazing food and wine, it's wonderful. We celebrate, we have lots of amazing dinners that involve many courses and different wines. We visit lots of incredible restaurants and wineries, we eat at meetings, we entertain a lot, we have lots of tastings both technical and for pleasure...it's a never-ending revolving door of food and wine. What could be better? This will help burn more calories and boost metabolism. If along the way you have any questions or concerns, the Fat Loss 4 Idiots Diet Generator has a help center that is full of questions from current users that are answered and explained by the Fat Loss 4 Idiots team. This Calorie Shifting program is highly recommended. Basically all I wanted was to fit comfortably in my jeans again. I have a million pairs and refuse to buy new ones. I had a few pounds to lose and can maintain it with daily exercise. This where your metabolism kicks into gear and burns through the fat much faster. Here is the menu plan...I'll give you some basic diet rules after... Also, you must, must drink 8 glasses of water a day, a total of about 64 ounces. If you don't drink enough water, your body holds on to water. It's an absolute must in this diet. Fat Loss 4 Idiots is a popular online diet program that claims you can lose 9 pounds in 11 days. Thus, confusing your metabolism by trying something absolutely new. If you want to get rid of that ugly, unwanted and unhealthy fat, then Fat Loss 4 Idiots is for you. And it also includes the fuel packing starchy carbohydrates like pasta an oats (which is healthy for you). Click Here to Download The Fat Loss 4 Idiots idea of this weight loss program is to eat 4 times a day, 2 1/2 hours apart. Click to Read The Detailed Review of Fat Loss 4 Idiots Now that I've written that title, let me just clarify one thing...I don't believe in diets. If you want to be thin or thinner you have to change the way you eat for life, not just for six months or 11 days. This requires you to eat the correct foods more often so your body can get the fuel that it needs. Once you've completed your 11-day diet plan you are awarded a 3-day 'cheating period' where you are able to eat whatever you like. To lose weight you must stay away from the most common foods for a few days. I will never be the stick figure I was in my twenties. I would have to starve myself to achieve that and I have no interest in going there, it's too hard to maintain. Plus, I love good food. This sandwich must be made from the below ingredients only: 2 Pieces of bread (regular-sized sandwich bread) Any deli style meat (ham, roast beef, pastrami, turkey or other deli meat) Lettuce, tomatoes and onions are optional as well as allowable condiments listed at the end For Meal #2, #3 and Meal #4 you must eat fresh fruit from this list only... Oranges, pears, apples, grapes, peaches, plums, strawberries, kiwis and grapefruit Day 3 Meal #1 Bacon Strips Low Fat Milk (no chocolate milk) Meal #2 Macadamia nuts (salted or unsalted) Cottage Cheese (full-fat or low-fat) Meal #3 Tuna Salad Plate (made with any of the following; low-fat mayo, mustard, lettuce, onions or tomatoes) Ham slices (deli-style Ham...full fat or low-fat) Garden Salad (made with veggies only, no potatoes or corn, and with 3 T. You ask.

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