

The Fat Loss Diet for Idiots

I would not like to be called a fat loss idiot, but I think what it really means is an easy way to losing weight. So let's forget about our feelings being hurt and take a look at the professed fat loss for Idiots diet plan. I visited the website and browsed around quite a bit to see why this weight loss plan is so popular and presumably successful. This diet is claimed to be reliable, easy and fast. A meal plan is created for you by a web based diet generator and includes an 11-day meal plan. The program boast losing 9 pounds every 11 days, so if you add that all up, if you want to lose 20 pounds, that would take you less than 30 days to lose. However, the question is: "can you stick to a rigid meal plan with that much discipline?" I guess it depends on what your weight loss goals are and how serious you are about your weight loss success. Is it possible and safe to lose so much weight in only 11 days? After the first 11 days, there is a three-day cheat where you eat anything you want. Isn't this dangerous for a relapse? How many people can be focused enough to have three days of eating fun to come back to a weight loss diet plan that restricts them from certain foods? How desperate are you? The cost of the plan is \$27 for 90 days and what seems to set this plan aside from others is that you are given various foods to eat at different times of the day to work with your metabolism, which does seem to make sense. One of the things I know for sure is that your metabolism slows down at certain times of the day and it is its highest at particular times during the day, so at least that part of the equation adds up so far. The foods consist of lean proteins, fruits and vegetables. The sources of fat come from whole foods. There is also a vegetarian online generator for those who are vegans. This diet may in fact prove to help you to learn what kinds of foods to eat, the principles of weight loss and possibly how to stay on course with your weight loss goals. There are common sense recommendations for you to participate in exercise and drinking plenty of water, which any fat loss idiot would know. Does it work? I don't know the answer to that question because I have not personally tried it, but the information provided seems to be usefully in educating the general public about the criteria of weight loss success. One of the negatives of this diet is that it is strictly web oriented and you won't be able to email for support and get answers to your questions. It probably is best for someone who can work on his or her own and is very motivated to take off the pounds. Is that you? You have to do a self examination to find out how much a weight loss diet means to you and if you want to go on a journey of learning more about what it takes to lose weight. You are not an idiot, so you will make an informed decision.

About the Author

Introduction to the Official Web site of the Internationa Sivananda Yoga Vedanta Centers. Lots of information on Jnana Yoga, Bhakti.

Source: <http://productsherbal.com>