The Fast, Safe, and Effective Way To Lose Weight Quickly

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Hello,

Many people have been falsely led to believe that losing weight fast is not only dangerous but does not stay off long term. This is WRONG. When you follow the correct fat burning principles, weight loss will not only be QUICK but will be easy to keep off PERMANENTLY.

The trick here is knowing exactly which foods, in which combinations and at what times will create the most ideal fat burning effect in your body.

Yes, if you use the right foods the right way you can speed up your metabolism and enjoy results quickly and permanently.

The meal plans and nutrition principles that follow are just some of the exact principles that have already helped thousands of people around the world shed their bodies of unwanted fat and finally take complete control of their health.

I assure you that none of these rules are "unhealthy" or "extreme". On the contrary, they are the best principles you can incorporate to not only guarantee you the body of your dreams, but also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short-term plan. I stay lean all year long and I do it by following these principles and eating the meal plans similar to the exact ones I have outlined below. I don't deprive myself and I am not miserable "on a diet". It's quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

The rules are simple and the meal plans are easy to follow. I can promise you that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just "half" do it, go 100% and see your body transform in a way you may have never seen before.

All the best!

Buck

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How can you create your own specific fat burning meal plans without making it complicated or difficult to stick to? I have given you my top 6 rules below for creating successful Fat Burning Meal Plans. These rules will give you a powerful starting point towards your fat loss goals.

Rule #1 -**Include a Protein Source at each meal.**

Protein is everyone's answer to lean muscle and a high, fat burning metabolism.

Eating protein at every meal and for snacks will help to control your blood sugar levels and leave you feeling full and energetic throughout the day.

One of the biggest mistakes people make in their eating is they don't include enough protein at each meal (some people even go all day without ANY protein).

If creating a lean body and fat loss is your goal, protein is a *must* at each and every meal. Your protein sources will include grass fed meats, poultry, organic eggs, and wild fish. (A detailed list can be found below.)

Rule #2 -**Include a Healthy Fat Source at each meal.**

Unfortunately many people have been falsely led to believe that fat is making them fat. Well this is only partially true.

It is the hydrogenated, highly processed, trans fats and unnatural fats that are making everyone fat. Healthy fats (that are found in nature) actually help your body burn fat. Your healthy fat sources will include: extra virgin olive oil, extra virgin coconut oil, all nuts (except for peanuts and cashews), raw butter, avocadoes, and the fats naturally found in whole organic eggs and meats. (A detailed list can be found below.)

Rule #3 -**Include a Fibrous Carbohydrate at each meal.**

You do not need to go on a low carbohydrate diet to get lean, you just need to choose the *right* carbohydrates to burn tons of fat off your body (and keep it off).

Not only will a serving of fibrous carbohydrates (fruits and vegetables) give you the energy and vitamins and minerals you need. You will also get the added benefit of a huge amount of fiber, which has also been proven to accelerate weight loss.

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Your healthy fibrous carbohydrate sources will include:

- All vegetables
- All fruits (in their natural form -> no juices)

Rule #4 -Only include a serving of Complex Carbohydrate Post Workout

Complex carbohydrates like brown rice, potatoes and other natural grains are wonderful foods, but are very dense in carbohydrate content and calorie content.

Your body only needs 50-100 grams of total carbohydrates per day to function well. Considering that 1 cup of cooked brown rice contains 45 grams of carbs, it is very easy to go well over your daily necessary amount if carb dense foods are included in every one of your meals. That is why we save these foods for after your workouts.

If you don't workout on a particular day, you are better off excluding these foods from your meal plan for that day. Your Complex Carbohydrate sources will include: Brown Rice, Oatmeal, Millet, Quinoa, Sweet potatoes and Beans.

Rule #5 -Avoid all Processed Non-Foods

I call most processed foods "non-foods" because the ingredients label describes more of a science experiment than anything that can be called a food.

It is these processed, toxic foods that are keeping and making our country so fat. This includes packaged cakes, cookies, frozen meals and so called "health bars."

Chances are if a product has a long shelf life, it has been infused with a high amount of toxic substances to keep it there. And do you know what these toxic substances do to your body? They make you fat. And worse yet, they make it impossible for your body to burn fat. (A list of foods to avoid can be found below).

Rule #6 -Eliminate all processed sugar and artificial sweeteners

Refined sugar causes weight gain and is one of the leading causes of obesity in the world. Sugar is also extremely addictive (causing feeling of highs and lows in the body similar to most drugs).

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Fortunately for those looking for a lean, defined body, once you stop eating sugar, your addiction will quickly disappear. People who are "on" sugar crave it all the time. People who are "off" sugar, don't even miss it.

Unfortunately, many times when people decide to give up sugar, they quickly resort to artificial sweeteners, but artificial sweeteners are not the answer. Sorbitol, saccharin, aspartame and sucrolose may actually be worse for you than sugar itself.

Artificial sweeteners cause weight gain by disrupting your body's natural hormones. It is equally as important to eliminate any food that contains the above mentioned sweeteners. (A detailed list on how to find sugars and sweeteners in your foods is found below).

A great alternative to sugar and artificial sweeteners is the supplement STEVIA. It can be found at any health food store and online. Visit http://stevivasweetener.com.

This is a great place for you to get started towards your fat burning goals.

Food sources:

Protein Sources

- Grass Fed Beef, Bison, Lamb, Pork (lean), Venison
- Free Range (preferably organic) Chicken, Turkey, Duck, Cornish Hen, Quail (this includes white and dark meat)
- Whole Organic Eggs
- Wild Fish (all varieties, except for Tuna which should be consumed 1 time per week maximum)
- Cottage Cheese (preferably raw and organic)
- Raw Nuts (not including peanuts or cashews) **Nuts will also be included under healthy fat sources.
- Raw Nut Butters (except for Peanut Butter and Cashew butter)

Fat Sources

- Organic, extra virgin olive oil
- Fish Oil (liquid or capsules)
- Cod Liver Oil (liquid or capsules)

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- Flax seed Oil
- Organic, Raw Butter
- Avocado
- Organic, Extra Virgin Coconut Oil
- Raw Nuts (not including peanuts or cashews) **Nuts are also included under healthy protein sources.

Fibrous Carbohydrate **Sources**

- All vegetables
- All fruits (in their natural state -> no fruit juices or dried fruits)

Complex Carbohydrate **Sources**

- Brown or Wild Rice
- Barley
- Millet
- Quinoa
- Oatmeal
- Rye
- Spelt
- White or Sweet potatoes
- Beans (all varieties)

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How to spot sugar

The following words all mean "added sugar"

Hint: the words "syrup", "sweetener", and anything ending in "ose" can usually be assumed to be "sugar". If the label says "no added sugars", it should not contain any of the following:

- Corn Sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit Juice Concentrate
- Glucose
- High Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose

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Remember, your body doesn't care what the label says. It's all just "sugar"!

How to spot artificial sweeteners

Sucralose (Splenda) Saccharin (Sweet n Low) Aspartame (Equal) Purchase STEVIA at

http://stevivasweetener.com.

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Sample Female Meal Plans		
Sample #1	**Sample #2**	**Sample #3**
Meal 1 2 whole eggs onions and peppers 1 oz raw chedder cheese 1 medium apple	Meal 1 1 hard boiled egg 1 medium link chicken sausage 1 cup broccoli 1/2 cup strawberries	Meal 1 2 slices beef bacon 1 cup sauteed spinach 1/2 banana
Meal 2 2 oz sliced turkey breast 1 oz avocado Carrots and Celery	Meal 2 2 Tbsp Raw Almond Butter 1 medium banana	Meal 2 1 oz Raw Walnuts 6 oz plain organic yogurt 1/2 cup blueberries
Post Workout Meal 3 oz chicken breast 1/2 cup cooked brown rice sauteed chinese vegetables 1/2 sliced apple w/1 tsp maple syrup and cinnamon	Post Workout Meal 3 oz turkey burger 1/2 cup cooked quinoa sauteed onions and mushrooms 1 small banana	Post Workout Meal 4 oz flounder 4 oz baked potato 1 cup cooked broccoli 1 small pear
Meal 3 3 oz beef burger sauteed mushrooms and onions 1 cup cooked spinach small green salad w/sliced cucumbers 1 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 3 4 oz halibut steak 1 cup green beans (sauteed with garlic) small green salad or 1/2 cup raw vegetables 1 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 3 2 small chicken or turkey sausages Grilled asparagus and zucchini sliced tomatoes and cucumbers 1 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar
Meal 4 2 oz smoked salmon sliced tomatoes 1 small pear	Meal 4 2 oz sliced Roast Beef Raw sliced peppers and cucumbers	Meal 4 1 oz Raw Pumpkin Seeds 1 medium apple
Meal 5 1 small Cornish hen (baked) Grilled eggplant and zucchini sliced tomatoes and cucumbers 1 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 5 4 oz cooked shrimp Stir Fry Chinese Vegetables Green Salad with tomatoes 1 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 5 4 oz ground buffalo meat (made into chili) chopped onions, peppers, and tomatoes (for chili) Raw carrots and celery

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Sample Male Meal Plans		
Sample #1	**Sample #2**	**Sample #3**
Meal 1 3 whole eggs onions and peppers 2 oz raw chedder cheese 1 medium apple	Meal 1 2 hard boiled eggs 1 medium link chicken sausage 1 cup broccoli 1 cup strawberries	Meal 1 3 slices beef bacon 1 cup sauteed spinach 1 medium banana
Meal 2 3 oz sliced turkey breast 2 oz avocado Carrots and Celery	Meal 2 2 Tbsp Raw Almond Butter 1 medium banana	Meal 2 1-2 oz Raw Walnuts 6 oz plain organic yogurt 1 cup blueberries
Post Workout Meal 4 oz chicken breast 1 cup cooked brown rice sauteed chinese vegetables 1 sliced apple w/1 tsp maple syrup and cinnamon	Post Workout Meal 4 oz turkey burger 1 cup cooked quinoa sauteed onions and mushrooms 1 small banana	Post Workout Meal 6 oz flounder 5 oz baked potato 1 cup cooked broccoli 1 pear
Meal 3 4-5 oz beef burger sauteed mushrooms and onions 1 cup cooked spinach small green salad w/sliced cucumbers 1-2 Tbsp ev olive oil or flax seed oil and apple cider vinegar	Meal 3 5-6 oz halibut steak 1 cup green beans (sauteed with garlic) large green salad or 1/2 cup raw vegetables 1-2 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 3 3 chicken or turkey sausages Grilled asparagus and zucchini sliced tomatoes and cucumbers 1-2 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar
Meal 4 3 oz smoked salmon sliced tomatoes 1 sliced pear	Meal 4 3 oz sliced Roast Beef Raw sliced peppers and cucumbers 10 cherries	Meal 4 2 oz Raw Pumpkin Seeds 1 large apple
Meal 5 2 small Cornish hens (baked) Grilled eggplant and zucchini sliced tomatoes and cucumbers 2 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 5 6 oz cooked shrimp Stir Fry Chinese Vegetables Green Salad with tomatoes 2 Tbsp ev olive olive oil or flax seed oil and apple cider vinegar	Meal 5 6 oz ground buffalo meat (made into chili) chopped onions, peppers, and tomatoes (for chili) Raw carrots and celery

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Sample Recipes:

Tarragon Turkey Burgers

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

These burgers are delicious! And not much more trouble than making beef burgers.

PREPARATION TIME: 5 minutes
SERVES: 4

1 lb ground turkey
½ cup coarsely shredded zucchini
¼ cup chopped red onion
1 tbsp fresh (or dried) tarragon leaves
2 tsp Dijon-style mustard
½ tsp Spike vegetable seasoning (or salt)
3 grinds black pepper
2 large eggs

Preheat broiler or grill.

In a large bowl, combine all ingredients and shape mixture into patties.

Cook 5 minutes per side, or until browned. (Do not overcook.)

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Buffalo Chili

With this recipe, you'll discover that buffalo tastes a lot like beef—only better.

(Joseph Mercola, *Dr. Mercola's Total Health Program*)

PREPARATION TIME: 15 minutes
SERVES: 4

1 tbsp coconut oil
½ cup chopped onions
2 medium garlic cloves, minced
1 ½ cups chopped celery
1 cup chopped green bell pepper
1 ½ lb ground buffalo
2 tsp dried thyme leaves
2 tsp chili powder
2 tsp ground cumin
1 tsp salt
8 oz diced tomatoes (canned is fine)
12 oz (1 jar) prepared salsa

Melt coconut oil in a large skillet over medium-high heat. Sauté onions, garlic, celery, and green pepper 3–4 minutes, or until onion is translucent.

Add buffalo, thyme, chili powder, and cumin and cook for 5–6 minutes, stirring frequently.

Add salt, tomatoes, and salsa to pot. Cover, reduce heat, and simmer for a minimum of 1 hour.

Serve in bowls alone or over tiny steamed florets of cauliflower.

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Basic Dressing

Makes about ¾ cup

1 tsp Dijon-type mustard, smooth or grainy

2 tbsp plus 1 tsp wine vinegar or apple cider vinegar

½ cup extra virgin olive oil

1 tbsp flaxseed oil

Dip a fork into the jar of mustard and transfer about 1 tsp to a small bowl. Add vinegar and mix around. Add olive oil in a thin stream, stirring all the while with the fork, until oil is well mixed or emulsified. Add flax oil and use immediately. Can be stored in refrigerator for later use.

*Add fresh herbs for an Herb Dressing

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Meal Pla**n** Notes**:**

1 Coconut Oil can be used for all cooking. Because it is such an incredibly healthy source of fat, there is no need to be precise with its measurement. 1-2 tsps of coconut oil goes a long way for cooking chicken, sautéing vegetables and cooking eggs.

2 Extra Virgin Olive Oil is most beneficial when used raw. If you do use it to cook, keep the heat low, as it is not stable in high heat cooking.

3 Vinegar can be used along with olive oil for salad dressing. All varieties of vinegar are acceptable but Organic Apple Cider Vinegar is the best. Make sure the bottle says "with the mother" so that you are getting it in its most natural state.

4 All spices are acceptable to use. Salt should always be unrefined Sea Salt (Celtic Sea Salt or Redmond's Real Salt).

5 Your post workout meal can be inserted anywhere in the day depending on your personal workout schedule. Just make sure to consume this meal (the only one containing a complex carbohydrate) soon after completing your workout.

In closing…

So there you have it. An arsenal of information and meal plans that will guarantee you the body and health you've been wanting for so long. All that is left for you to do is to take action and start right away. You have the best possible tools in your hands and now is the time to put them to use!

In health and happiness,

Buck

To check out the complete system I used to safely and naturally lose over 43 pounds, head over to:

http://www.FatLossFastStart.com/special-offer/

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