

The Fat Loss Frog

21 Ways to Lose Fat in 21 Days

Josh Schlottman

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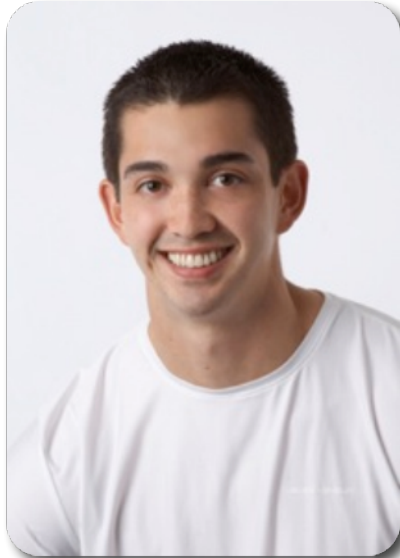
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About The Author:

Josh Schlottman, CSCS, is an ACE certified Personal Trainer and he graduated from Sacramento State University with a degree in Nutrition. He also is a NSCA Certified Strength & Conditioning coach.

Josh has developed a unique fat loss training model that incorporates athletic performance training with modern research driven weight loss strategies.

He is the Fitness Director at HealthQuest Fitness Center in Napa, CA where he leads an amazing team of personal trainers who specialize in helping people achieve their goals in fitness and life.

You can reach him at <http://www.TrainerJosh.com>

<http://www.YouTube.com/JoshSchlottman> - Extraordinarily large amount of videos from the best fat burning exercises to the best fat burning techniques & strategies. Subscribe today!

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Introduction

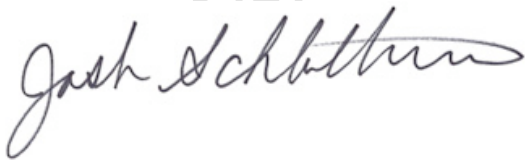
Fat loss is easily the biggest question I'm asked. And there is a lot of bad stuff out there people are feeding into the minds of those in search of losing weight. I'm here to give all the hearsay & rumors to rest and give you nothing but the absolute best stuff when it comes to fat loss.

All the information I'll be providing to you has been proven to be effective in the process of losing fat and becoming the healthiest you've ever been. Over the next 21 days I want you to take action on only 1 new strategy per day. This will help you gradually become accustomed to the fat loss process and will lessen the chances of burnout.

So why the frog?

Mark Twain once said, "if you eat a frog first thing in the morning, the rest of your day will be wonderful." So by taking an action step first thing in the morning on each of the days, you will be more likely to accomplish them.

I've designed each step carefully so make sure you adhere to it to the best of your ability. Remember fat loss isn't about going on some diet or extreme training regimen but it's more of an aggregation of processes that you systematically implement into your daily life. We will be burning a lot of fat throughout these 30 days but we will also be changing our lives towards a healthy lifestyle.



Josh Schlottman

Day 1

Workout Smarter With Interval Training

We've all seen them. Hell, I've been there. It goes with our common sense to believe that the longer we're in the gym then it must mean the more calories we must be burning. Right? **Wrong!** The real secret behind losing fat in your workouts is to implement an interval based training routine. What I mean by this is don't focus on running on a treadmill or playing around on a Stairmaster for an hour or two. You can get a much more effective workout in only 20-30 minutes.

In fact, when I trained for the 2009 Napa Valley Marathon I only lost a couple pounds throughout the 2+ months of training I was going through. It's just further proof that doing the slow cardio and such will not have the much of an effect on losing fat as the higher intensity training.

A research study done in 1994 proved that interval training was 9X more effective at burning body fat when compared to endurance training.

To perform this interval training I've found using timed sets is the best way to go. For example, while on the treadmill you can easily begin to jog at a constant pace for 30 seconds & then crank it up to a running speed for 30 seconds, then bring it back down to the jogging speed for 30 seconds.

The same goes with weight resistance training. This will get your heart rate moving and get your body fat burning at a much higher rate with the afterburn effect burning calories hours after you've finished working out.

Action Step: Begin training with intervals for maximum effectiveness in your workouts.

Day 2

Cutting Carbs To Cut The Fat

Okay don't think I'm saying to completely cut out all your carbs and do the Atkins thing. There are a lot of good carbs out there such as fruits, vegetables and whole grains. But there's also a lot of junk carbs out there like candy and hot dog buns.

A research study found that even at the same caloric intake, a low carbohydrate diet resulted in significantly greater fat loss and participant retention than a low fat diet. To put it into the words of the researchers, "These low-carbohydrate, high-protein diets favorably affect body mass and composition independent of energy intake."

So when you hear people say that "a calorie is a calorie" then tell them to jump out a window because there is a huge difference when it comes to the source of these calories we're putting into our bodies. You can lose more weight by eating more foods & keeping your carbs low than eating many fewer calories with a low fat diet.

Action Step: Lower your carb intake especially in the latter part of the day. This doesn't mean to completely eliminate them! But instead focus on getting your carbs by taking in some fruits & vegetables early in the day for energy.

Day 3

Stop Spending All Day On Cardio Equipment

This brings me back to the first day when I gave advice on performing interval training. Yes, you will see some fat loss when you first start going on the treadmill and other cardio equipment. But soon your body will quickly adapt to using this steady state aerobic training & you won't be seeing near the same results as you once did.

In this study, *Influence of diet and/or exercise on body composition and cardio respiratory fitness in obese women*, they concluded that an addition of 45 minutes of aerobic exercise at 78% Max Heart Rate for 5 days a week for 12 weeks had NO EFFECT over dieting alone.

Further proof to perform interval training. Next time you find yourself on a treadmill or bike make sure you're not doing the steady pace stuff for too long. Instead at least put yourself on the interval program for 10-20 minutes to get those calories burning & your heart moving fast!

Action Step: Stop hanging out on the same cardio equipment for hours, instead use interval training for a more effective fat loss workout.

Day 4

Fish Oil Is Your New Best Fat Loss Friend

There are countless amounts of supplements out there on the market, most of which have absolutely no research behind them. But people keep buying them because of marketing & for other crazy reasons. One supplement that has slowly gotten more attention for its fat burning abilities is fish oil.

When researchers conducted a research study on fish oil they found that a combination of exercise & fish oil supplementation led to fat loss. But how in the world does fish oil do this?

The secret may lie in the fact that when exercising fish oil actually lowers your resting heart rate. So when you're trying to get your heart rate higher, you actually are going to have to work harder! And therefore, burning more calories & more fat in the process.

Fish oil provides the essential omega-3 fatty acids eicosapentaenoic acid & docosahexaenoic acid (Huh?). They actually enhance fat loss by their conversion to prostaglandins, hormone like substances that promote the process of generating body heat by increasing metabolic rate. Research also has proven that omega-3 fatty acids help prevent dietary fat from being stored as body fat.

Action Step: Begin taking fish oil supplements everyday & as soon as possible. You don't have to get super expensive stuff, but I'd stay away from generic junk because the quality will be significantly diminished.

Day 5

Increase Your Meal Frequency

It's become the norm for people to eat 3-square meals a day, right? Well unfortunately this is also the problem when it comes to losing weight. When we eat only 3 times a day we're also setting ourselves to eat more food during these meals since they're so infrequent. It may be counterintuitive to learn that we actually want to be eating more frequent meals with smaller portions throughout the day.

A 2005 study from the *American Journal of Clinical Nutrition* showed that eating 6 times per day was associated with eating fewer calories per day, lowering cholesterol levels, and lowering post-meal insulin levels.

So all those stories you hear that just having a caloric deficit will cause you to lose fat is wrong. Another study on meal frequency found that a group eating 6 meals per day lost more fat than a group eating 2 meals per day...despite their calories being equal. An additional study was done that showed adults who were accustomed to eating 4 meals a day switched to 3 meals a day – they found they increased body fat & weight despite calories being equal.

This doesn't mean you can hoark down a chocolate cake 6 times a day, but you can definitely enjoy smaller meals more frequently to aid in your fat loss journey.

Action Step: Begin eating 6 meals a day and spread them out so they're 2-3 hours apart. Being prepared & putting some planning into your meals will significantly help you adhere to eating healthier meals more frequently.

Day 6

You're Gonna Have To Lift Weights

But you don't want to get bulky muscles right? Well this is often the most often unfounded complaint I hear all day. If you're a female then this is the absolute last thing you want to worry about because your bodies simply aren't going to pack on muscle like you're thinking.

A 1997 study looked at the difference between resistance training & aerobic training in the *Journal of Clinical Nutrition*. They found that the strength training group lost significantly more fat (44% more!) & maintained more muscle than the group performing only aerobic training.

The resistance training group also actually increased their metabolism compared to the aerobic group which decreased metabolism.

Resistance circuit training is incredibly more effective at causing fat loss than aerobic cardio work. You're going to have to lift heavier weights than the light weights you may be used to for your 15+ reps you've been doing. Keep it around 8-12 repetitions and don't rush through it, your time under tension (60 seconds) is a big factor here. Try alternating an upper body exercise with a lower body exercise with 30-60 seconds rest in between them, by alternating we will maximize our work density, therefore increasing our total calories burned.

Action Step: Get going on a simple resistance training plan 3-5 times per week hitting all the major muscle groups in the body. We're not doing the single muscle isolation exercises, we want full-body core exercises that will give us the biggest bang for our buck.

Day 7

Eat Breakfast Every Morning

Yeah it's called the most important meal of the day for a reason. It's become a huge myth that skipping breakfast in the morning will help you lose weight. People don't eat breakfast because they believe they'll have the extra calories for later. But this simply doesn't work. Skipping breakfast will cause you to be spacey throughout the day and you'll feel so hungry that you'll find yourself binging later in the day.

Eating a healthy breakfast is one of the most important things you can do for yourself in your fat loss journey. You'll have more energy in the day and eating a healthy breakfast will lead you to eat healthy for the rest of the day. It will also cause you from overeating at lunch & thus at dinner.

If you exercise first thing in the morning then you'll perform much better & burn more fat than doing it on an empty stomach. Having at least a little something in your body will help generate a little blood glucose after not eating for the 8 hours (hopefully) you were sleeping. After getting some yogurt or some cheese your workouts will be better because you will have better muscle control & energy.

Research has also proven that people who eat breakfast regularly are less likely to get sick, perform better at memory tasks & are generally less depressed than non-breakfast eaters.

Action Step: Begin eating a healthy breakfast every morning; even if you only have 5 minutes you can make some quick snacks that will do the job. Stay away from any cereal with a cartoon on the box because it's loaded with sugar!

- Organic peanut butter on whole-wheat toast
- Yogurt with whole-grain cereal + fruit sliced into it

Day 8

Say Goodbye To Sugar & Processed Carbs

It's slowly becoming more widely known that sugar & white flour isn't good for us. I can't tell you how many people I've met who are absolutely **ADDICTED** to sugar. It's really unfortunate because the same thing they crave is what is causing their health & fat problems.

When we eat sugar or processed grains we quickly get a "splash" of sugar into our bloodstreams causing our blood sugar levels to spike. This then signals the pancreas to release insulin to bring you back down but will inevitably cause you to crash. Insulin has been found by researchers to store fat & cause us to actually crave *more* carbs.

Sugar & processed grains can also wreak havoc on your adrenal glands causing an increase in fat storage especially in the hips, thighs & waist. The adrenal glands then release cortisol into the body causing more insulin to be released. Your DHEA levels (sex hormones) also decrease causing a hormonal imbalance leading to adrenal dysfunction.

Chronic stress also causes cortisol & adrenaline release which is another reason why you can't sleep at night (catabolic state), therefore, diminishing your immune system by not getting the proper rest to rejuvenate your body & cells.

Stay away from artificial sweeteners such as Aspartame, MSG & Splenda which are found in a lot of "diet" products. They have recently been found to cause weight gain because of the chemical's powerful effects with hormones leading to blood sugar problems. Not to mention the organ, genetic & reproductive problems that also come with consuming these products.

Action Step: STOP EATING SUGAR & PROCESSED CARBS. Instead eat quality complex carbohydrates such as fruits & vegetables along with some protein. If you feel the need for a sugar "fix" try taking some Glutamine.

Day 9

Your Fat Loss Diet All Depends On Your Body Type

Nobody can argue that every person is a unique individual. So since when did we start believing that a diet that worked for this one person will work for everyone else? As technology & knowledge on the human body gets more in depth we're learning key ways to personalize fat loss according to a person's body type, hormonal profile & even their DNA.

A 2007 study published in the *Journal of the American Medical Association* found that when overweight people were put on a low glycemic diet they found that those who were more insulin resistant (more body fat) lost more weight & had improved their body-fat percentage when they were put on this low glycemic diet compared to a low fat diet.

The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Not all carbohydrates are created equal!

Action Step: If you have to lose more weight then get rid of the starches & grains and go for lower glycemic foods like fruits & vegetables.

[Click Here For A Glycemic Index Chart](#)

Day 10

Drink Green Tea

Green tea has steadily become the most widely consumed beverage in the world, second only to water. We are particularly interested in an extract of green tea called epigallocatechin-3-gallate AKA (EGCG). EGCG has been shown to aid in the fat loss process in addition to diet and exercise. Green tea's natural caffeine also adds to the thermogenic process & increases your metabolic rate.

EGCG can inhibit the enzyme that breaks down norepinephrine, the neurotransmitter involved in regulating metabolic rate and fat burning. By stopping the breakdown of norepinephrine, you can keep metabolism and fat burning elevated for longer, especially when caffeine is used to free up fat from the cells.

Action Step: Start taking some green tea or green tea extract in the morning and/or an hour before your workouts for some increased energy.

Day 11

Surround Yourself With Support

Hell I'll be the first one to tell you that things are incredibly more difficult without the support of others & even support from yourself. Many people who decide to lose weight often have a negative perception of themselves (or at least their body) & they make the weight loss process harder than it has to be.

Encouragement from someone close goes a long way to helping keep a positive mindset & achieving fantastic results.

A study was conducted between 1977-1980 on a group of people who were on a specific diet & found the people who had a support system achieved phenomenal results throughout the time of the study. These people were also exercising for a minimum of 3 hours per week, meditating for an hour per day & participated in 2 group support sessions each week.

Your fat loss journey will become much easier & successful once you look outside the diet & find your own support system.

Action Step: Contact at least 1 person & tell them your goals. Ask them to help you out with encouragement & a positive attitude. Do 5-minutes of meditation early in the morning right after waking up & 5-minutes before going to bed. You don't have to have candles & set ambiance music but just try to clear your mind & focus solely on your breathing.

Day 12

Stop The Snacking

Hey who doesn't enjoy some cookies & brownies in between meals? Well snacking can become a huge deterrent when trying to lose weight. Especially when there is junk lying around the house or we're running late and even when we haven't eaten in a while & start chowing down on anything in sight.

A study performed in 2004 looked at the eating behaviors of freshmen college students to explain some of their weight gaining behaviors. They found the following were the most closely associated with their weight gain...

1. *All You Can Eat* Dining
2. Snacking On High Fat Junk Foods
3. Increased Frequency Of Snacking on Junk Foods

This just proves that when it comes to fat loss you really have to control your environment. Don't keep high fat junk food around the house, instead snack on some fruit or vegetables or a high protein/fiber food. *All You Can Eat* buffets are also not a very smart idea because we're always more likely to overeat than to under-eat. You want to eat until you are about 80% full, with buffets you can push it past 100%.

Action Step: Clear out all the junk food that you can snack on from your home & replace it with fresh fruits & vegetables along with high protein/high fiber foods. Also stay away from *All You Can Eat* buffets, it's the dark side!

Day 13

Drink Water, & Lots Of It!

This one is probably the simplest of them all when it comes to fat loss strategies but most people surprisingly don't do it. Our bodies are 60% water for a reason & when we aren't hydrated properly then we will significantly lack in performance. Often times when we are thirsty we mistake it for being hungry, so next time you feel hungry go ahead & drink some water, wait 15 minutes & see if you're still hungry before you pound down that apple.

Stay far away from juices & soft drinks because they're usually loaded with sugars, salt & carbs. Try to drink a half-liter of water first thing in the morning after waking up. You're body is totally dehydrated after sleeping & you're fluids need to be replenished.

A good rule of thumb for water intake is to take in a minimum of half your body weight in fluid ounces per day. So if you weigh 200 pounds then you should have at least 100 fluid ounces of water every day. Also check out your urine color, if it's clear like water then you're good but if it smells & looks like apple juice then you better keep drinking!

Action Step: Drink water first thing in the morning, get at least half your body weight in fluid ounces every day & check your urine color for dehydration.

Day 14

Get 7-8 Hours Of Sleep & Don't Eat After 8pm

Getting enough sleep is critically important in maintaining & protecting our health & energy. If we don't get enough sleep then we're more than likely going to be tired the next day & won't be as likely to stick to our meal plans or have a great workout. I know it can be hard but getting at least 7 hours of sleep is necessary for losing fat.

A good advice tip I'll give you is to experiment with how much sleep you actually need. Try sleeping at 7, 8, 9, 10 hours on different night during the week. Whichever one makes you feel refreshed & ready to take on the world then that's your own personal sleep time. Take that number & subtract it from the time you have to wake up tomorrow. This is your bedtime.

You also don't want to eat a meal too close to when you go to bed. These are the foods that are higher in caloric density than smaller snacks like yogurt. Eating too close to when you go to bed could easily disrupt the functions of your metabolism. Also eating so late can make the food you just took in to be stored as fat since you'll be passed out for the next 8 hours.

Eating too close to your bedtime can drastically affect your sleeping patterns. Sleep is critical time to allow your body to replenish itself after a hard day's work. And if you eat too late then your body will be busy digesting & absorbing nutrients instead of replenishing your cells. Thus, decreasing the quality of your sleep time.

Action Step: Find out your sleep time & set your bed time so you get enough sleep. Don't eat meals after 8pm or within 2 hours of your bedtime.

Day 15

Keep A Fitness Journal To Record Your Progress

One of the keys to achieving your goals is to rather obvious. It's to actually write them down! It's been researched that only 5% of people write down their goals & even more interesting, these people are 10 times more likely to accomplish them.

First start off recording all your necessary stats; weight, body fat percentage & girth measurements. Next write down what you what you want to change those measurements to & make sure you have a specific date. Finish off with writing down how you will feel when you accomplish this goal. You might have to push yourself out of your comfort zone for this one because it's a lot harder than it sounds.

I also want you to go on the internet or look through some magazines & cut out pictures of all the things you want. This is going to be your vision board & it's going to serve as your motivation. If you want a flat stomach, then cut out a picture that has a flat stomach & slap it on the board. Take the time to do this one as well & hang it on your refrigerator so it's one of the first things you see in the morning.

I also recommend writing down what you did daily in this journal. Writing down your food intake even for a couple days will seriously put your eating habits into perspective. You don't necessarily have to do it all the time but the more the better. You'll be less likely to go for that ice cream when you have to record it down in your fitness journal.

Action Step: Go to the store & buy a notebook journal. Record your stats & goals, build your vision board & record everything you eat for 3 days.

Day 16

Stay Away From Diets

It's been researched that sticking with diets is one of the biggest complaints when it comes to losing weight. Most diets will in one way or another help you to lose weight, but once you get off that diet your way more likely to go back to your old eating habits.

What we're looking to do is to change our lifestyles into healthy ones. Living a healthy lifestyle is the only way to keep the fat off for good. Diets are only shortcuts that will end up slowing you down.

Low fat diets (less than 20%) have been found to not be adhered to nearly as well as diets with around 30% of calories from fat. They're just plain too hard to do & will drive you insane when you're trying to stick with it. You need healthy fats, don't get cheeseburger fats, instead get it from nuts, plant oils, avocados & fish oil.

That brings me to diet pills, I rarely recommend any kind of diet pill to my clients mostly because of all the harsh chemicals these supplement companies throw into them. If you don't know what you're doing they can be extremely dangerous to your health & can cause yo-yo dieting.

Never ever starve yourself! When you take the anorexic approach you're actually going to extremely slow down your metabolism. When you're hardly eating your body wants to burn calories & will put your metabolism all out of whack.

Action Step: Ditch whatever fad diet you are on & instead adapt the principles of a healthy lifestyle such as the many I've given you in this report. Eat healthy throughout the week, & don't forget you're allowed only 1 cheat day a week!

Day 17

Eat High Amounts Of Protein To Speed Your Weight Loss

A recent 2008 study in the *American Journal of Clinical Nutrition* found that a High-Protein, Low-Carbohydrate intake suppressed appetites are speeded up weight loss more effectively than mixed or high-carbohydrate diets. High-Protein diets have been proven to be much more effective for long-term weight control than any other intake method over 6-months.

This doesn't mean to start throwing your oatmeal out the window! Carbs & fats are necessary but should be used in more controlled amounts. The protein we're looking for is found in lean meats (chicken, turkey & fish), eggs, etc. The majority of our carb intake should be fruits & vegetables...grains should be severely limited. If you have the choice, eat rye bread because it isn't made from grain.

Every meal you eat in a day should have some protein in it. If you're eating oatmeal for breakfast then mix some protein powder in it. Protein should be the main ingredient in all your meals.

Action Step: Get out a piece of paper & write down 6 meals for tomorrow making sure each one has protein in it.

Day 18

Start Living An Active & Healthy Lifestyle

This is the single hardest thing that my clients have when it comes to losing weight. Our society has unfortunately led us to become more sedentary & whole lot more inactive. When you think about it we're sitting WAY more than we are standing & moving around.

This whole inactive lifestyle is really the root of the problem when it comes to gaining weight. We sit while driving to work, *we get stressed out from the traffic*, we sit all day in a desk at work, *we get stress out from work & our bosses*, we eat out for lunch, we sit back in the car going home, we sit in front of the TV or computer, *we get stressed out from our partner/kids* & then we do it all over again tomorrow!

Involving yourself in activities that are active will help in your weight loss journey. You'll also feel more connected to yourself, connected to others & more stress-free than you ever have before.

This can be anything from going to the gym, to playing a pick-up game of basketball, to going on a run with a friend or your dog. *WHATEVER IT IS*, just make sure to get off your butt & go outside to do it. When you say you don't have the time because of work, ask yourself what's more important, money or your happiness?

They say that 85% of your happiness comes from your relationships with other people while only 15% comes from your own personal achievements.

You should always work hard to reach your business & personal goals, but stop putting everything else on the backburner. There haven't been too many people on their deathbeds wishing they had spent more of their time working.

Action Step: Get up out of your chair, give me 10 push-ups!

Day 19

Eat Protein & Quality Carbs After Your Workout

There has been a lot of hearsay going on about whether or not you should have something to eat during/after your workout because it can stop the fat loss process. Well they recently (2006) published a study on what exactly happens to the body when you eat around your workout...especially with fat loss.

They found that there was absolutely no correlation to the claim that eating around your workout stopped fat loss—but they did find that when a person has a good quality post-workout shake containing both protein & carbohydrates that they actually gained more lean muscle mass over the 12 weeks. They also thus decreased their body-fat percentages that the group who had nothing after their workouts.

Action Step: Starting taking a post-workout shake after you finish your workout to maximize your efforts in gaining some lean muscle mass & decreasing your body-fat percentage.

Trainer Josh Recommends:

Post Workout Recovery by Prograde

pro/grade®

<http://www.TrainerJosh.com/supplements>

Day 20

Keep Changing & Developing Your Workout

As a personal trainer I'm always being asked by people to make them a workout. And I'll help them out with developing a program but I will always make sure to point out that they need to change this program every month. Our bodies adapt quickly to doing the same thing & even though we will definitely experience results at first we will eventually stagnate unless we keep **shocking** the body.

When you first learn how to play the piano, playing chopsticks seems pretty damn hard. Until you get the hang of it & it becomes a piece of cake. But if all you did were practice chopsticks all day you would never progress as pianist beyond it. Same thing goes with working out, we're not doing the same thing over & over again, but rather we're practicing deliberate training.

If creating a new workout seems like too much of a task you might want to look into hiring a quality personal trainer to help you out to develop a training program once a month.

Whatever you do just make sure you're not mindlessly doing the same workout over and over again. It's always easier & more comforting to do what's familiar but if you want to keep the results coming then you have to mix things up. Lift weights, use Kettlebells, [train with the TRX](#) & stop using the same piece of cardio equipment!

Action Step: Preparation is key when it comes to mixing up your workouts. Plan your workout for the month at least a week in advance. Be sure to use different training techniques while working out.

Day 21

Consistency Is Key In Your Fat Loss Journey

Hey who isn't looking for the magic pill to solve all our problems? Well I'm going to be brutally honest with you...it doesn't exist.

Diets will work but only for so long, working out for a while will help but for many it they will quit as it starts to feel like a burden going to the gym.

I've found that the one key element that separates those who are successful with losing weight & getting the body of their dreams is consistency. They go to the gym when they don't feel like working out, they eat healthy when everyone goes out to lunch for a buttered up meal & they would rather be up & moving around instead of watching TV.

And they do this every day.

There's a saying that there is no destination with working out, it's a continuing journey which only ends when someone chooses it to be. I'm a firm believer of this statement & throughout my experience I've found it to be unconditionally true.

Everything in this report will help you excel with your weight loss journey but if you stop doing them then there's no doubt that you will end up back where you started. I'm not saying you have to do a complete 180 degree turnout by tomorrow. That was my whole objective for this book. Do things one day at a time & by getting 1% better everyday you'll soon find yourself living a life where you are more healthy & happy than ever before.

“They Laughed When I Told Them I Would Lose Every Pound I Have To Lose... Then I Joined This Napa Boot Camp.”

Here, check out my results:



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FREE One Week Trial where you'll lose up to 45 pounds, lean up and already gain tremendous confidence in yourself and your body

(Fair Warning: Space is highly limited so call right now!)

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More Foods I Hate

- Sugar
- Flour & Processed Carbs
- Grains
- Soy
- Hydrogenated, Trans & Man-Made Fats
- Processed/Refined Salt
- Processed Milk & Dairy
- Additives & Flavor Enhancers
- Tap Water
- Caffeine
- Alcohol
- Irradiated Food
- Genetically Modified/Engineered (GM/GE) Food
- Microwaved Food
- Nitrates & Nitrites
- Non-Organic Food