

**Really Fast Fat Loss Diet – Guaranteed to melt the fat off you!**

7:00 am - Protein Shake with water or skim milk & 1 multi-vitamin & mineral

8:00 am - 1 serve of cooked oatmeal, 4 egg whites with 2 slices of cheese, 1 –2 glasses of water

11:00 am - Protein Shake with water or skim milk, 1 –2 glasses of water

2:00 pm - Boneless, skinless chicken breast, 1 –2 glasses of water

5:00 pm - Turkey breast or tuna, 1 medium green salad or vegies, 1 –2 glasses of water

8:00 pm - Boneless, skinless chicken breast, 6 egg whites – boiled or scrambled with 2 slices of cheese, Steamed green vegies – as much as you like, 1 –2 glasses of water

10:00 pm - Protein Shake with water or skim milk \*if still hungry, Branch Chain Amino Acid and Multi Vitamin & Mineral

\*\*\*Please ensure that you have a good training program to get the maximum benefits.

Do your cardio workout before your first meal on an empty stomach and please put the effort in, you've committed to getting out of bed and training so utilise the hour to really sweat.

Do your weight training later in the day if possible, so you can recover and have the energy to weight train. It is not advised to weight train after your cardio session, as you need strength and stamina to use good form in weight training, which is essential.

\*\*As Tony Robbins says, the past does not equal the future, just because you've dieted or trained before without success, do not think that you will not succeed this time. If you really stick to your program and stay focussed I guarantee you will see results.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie