

2WEEKDIET

Magazine

Slimmer
Fitter Sexier
Belly in Only
14 Days.

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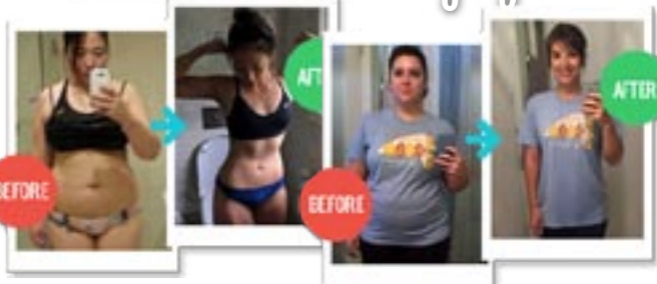
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2WEEKDIET Magazine



Oh, stop the negativity. Honestly, don't you wish you could be like those girls above? To **blow your friends away** with a total beautiful transformation ... and walk the beach in your new slim body? And loving yourself for a job well done! Forget the past ... A new way to change our life ... a coaching program that **helps you shed 8-16 pounds of fat with the quickest, most effective fat-burning techniques ever created**. That's why it's called 2-week diet with 60-day guarantee. No loss, no pay.

With step-by-step instructions, you'll take control of your life like never before. Losing weight will become a matter of following easy rules. It's as easy as browsing the internet! Read more here ...

<http://bit.ly/2o1sKNj>



STRESS:

Stress is body's response to a challenge. Prolonged stress increases the adrenal production of the primary stress hormone **cortisol**. Cortisol increases insulin levels and drops blood glucose levels; you then crave for sugary, fatty foods. Cortisol is linked to visceral belly fat. Try to reduce stress.

Emotional stress is correlated with emotional eating. Engage in pleasurable activities to reduce stress. Tell your body that it is not going through hardship: Meditate. Listen to relaxing music. Take a walk. Nap with cats. Brush your hair. Roll tennis ball under your foot. Try accupressure. Write down things that cause stress, ask if they are really true, and write what you can do about them. Get the full steps below

<http://bit.ly/2o1sKNj>



GET SUMMER READY

Tighter more beautiful skin, toned up, and ready for summer. Lose 8-16 pounds in only 14 days with this ultra-fast plan based on new science. Feel and look great ... wear clothes you want to wear. Get Summer Ready! Yay! 14 days.



ALCOHOL:

Even the 4% training beer is still alcohol. Alcohol is a sugar that increases insulin production and postpones your metabolic burning of fat. Simply, you will not burn fat if there is sugar available. It is especially important to avoid alcohol at night when you could start your intermittent fasting window. Yes, alcohol can be fun but ...

Alcohol has lots of calories without any nutrition. Unlike macronutrients such as carbs, proteins and fats, there is no nutritional value in consuming alcohol—but **twice as many calories per gram** (7 cal/gm) as protein and carbs. It is also the first fuel to be used when consumed with carbohydrates, fats, and proteins. Abstain.



IMPORTANCE & TIMING OF CARBS:

Carbs are the main source of energy so 45-65 percent of your total calories should come from carbs. However, for weight loss, your **caloric intake** and energy expenditure are more important than the amount of carbs in your diet. As for timing of carbs, new research has found that for most people, the **nutrient timing** isn't all that important.

However, for optimal athletic performance or muscle gain in bodybuilding, you want to have most of your high-energy carbs and amino acids into blood stream as quickly as possible after workout.

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Slim. Fit. Sexy.
Blast FAT in
Only 14 Days



WATCH the VIDEO