

2WEEKDIET Magazine

Look Your Best ...
Blast FAT in
Only 14 Days

1

2

3

4

5

6



This magazine is designed for smartphones and can be opened with iBooks, Kindle, Acrobat, and PDF readers.



MUSCLES:

Increase lean body mass by lifting weights 3-4 times a week. It's a great way to increase your resting metabolic rate and to burn more fat.

If you find gym smells intimidating, you can simply use your own body weight as resistance, use resistance bands, or do most exercises simply with a couple of dumbbell weights that are heavy enough to exhaust your muscles within 6-8 reps.

There are tons of instructional videos on YouTube about dumbbell exercises, own body resistance, and resistance-band exercises.

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



TYPE OF CARBOHYDRATES:

Simple and complex carbs differ in chemical structure (simple has 1-2 sugar molecules=monosaccharides and disaccharides) and how quickly they are digested and absorbed. **Simple carbs** (fast absorption, spikes blood sugar) are in foods such as fruits, milk, and milk products. They are also found in processed and refined sugars such as candy, table sugar, syrups, fruit juices, and soft drinks. They are broken down quickly to glucose (blood sugar) by the body and used as energy.

Complex carbs (polysaccharides or oligosaccharides=slow absorption: does not spike blood sugar level) are in green vegetables, pumpkin, beans, potatoes,

lentils, peas, sweet potatoes, corn, and whole-grain bread, pasta, oatmeal.

“Bad carbs—fast acting sugar spikers” like white bread, white rice, baked potato, baked goods, sweetened drinks can **dramatically increase your blood glucose levels**. This rise in sugar signals more insulin to be released to get blood sugar back to normal levels.

First things first, insulin transports all the sugar to cells for energy. Second, if the cells don't need any more sugar, liver turns excess sugar into **triglycerides** and your dinner carbs may be stored as belly fat. Ew.

Late-night carb snacks may not be a good idea. Yes, some carbs are needed during the sleep cycle, but your resting metabolic rate goes down about 15% when you go to sleep but your vital functions during sleep can still use carbs but not as much.

GOOD COMPLEX CARBOHYDRATES:

Green vegetables. Whole grains and

foods made from them, such as oatmeal, pasta, and whole-grain breads. Starchy vegetables such as potatoes, sweet potatoes, corn, and pumpkin. Beans, lentils, and peas, legumes, brown rice, wheat pasta.

WHAT FOODS ARE BAD CARBS?

Avoid these carbs in your diet: Refined grains like white bread, white rice, enriched pasta, processed foods such as cake, candy, cookies and chips. White potatoes. Sweetened soft drinks. Sugar.

FAST ENERGY ATHLETIC CARBS

For a boost of energy—say you are biking, rollerblading, running and feel depleted—quick-acting simple carbs provide an energy boost [*grapes (26g), bananas (24g), pear (22g), apple (21g), energy bars*].

What takes most diets 2-3 months, The 2 Week Diet achieves in only 14 days. Get all the info here. No Loss, No Pay.

2WEEKDIET Magazine

Get summer ready. Tighter more beautiful skin, all toned up. 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. In 14 days. Yay!



SUMMER READY

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



WATCH the VIDEO