

THE 3 SECRET INGREDIENTS TO ACHIEVE THE BODY



OF YOUR DREAMS!



The 3 ways to lose weight if used together turns your body into an unstoppable fat burning machine

Yes, there are 3 ways to lose weight. We know quite well that diet and exercise leads to weight loss. But, there is a third ingredient at play that is always at work for or against you whether you acknowledge it or not. It is your MIND! And it is the most important of all three. For some people, their mind is working in their favor and they have vibrant health and fitness. For the rest of us, we need a little help to get our mind in the right place.

Our mind is hard at work sabotaging every effort we make at achieving our goal of a dream body. Whether we are addicted to unhealthy food or not motivated enough to even attempt exercise. So, we now know that there are 3 ways to lose weight that must all be used together.

This FREE report covers the 1st 7 days of a proven diet and exercise method. And, with a little will power, you can lose a few pounds in 7 days without a doubt. But, if you want lasting change. If you want a dream body it will take more. And by reading my FREE newsletter that you will be receiving by email, we will cover all 3 strategies in high detail. I do this because I want to help as many people as possible to achieve the body of their dreams. We all know that the United States suffers from an obesity epidemic and I want to be part of the solution. A permanent solution that covers all age ranges. From 18-80.

Keep watching your inbox for my newsletter where you will get more FREE gifts. More free information. Today, I am giving you a free 7 day plan to get you started on your path to ultimate health and fitness, and a body your friends and family will envy. Now let's get started.

A 7 day plan to jumpstart your metabolism and lose up to 10 lbs. in the process

Part 1: Exercise

When I mention exercise, most of you cringe and think of spending hours per week slaving away at a gym. What if I tell you that is the WRONG way to exercise. In fact it does more harm than good. Please stay tuned to my newsletter explaining this in greater detail. For now, 15 free minutes a day is all you need to succeed at this.

The 15 minute workout

The sprint method:

Of all the workout methods in existence, sprints are the most effective. Why? The largest muscles in your body are your leg muscles. Working them out burns far more calories than any pushup or sit-up ever will. Are sit-ups and pushups important to achieving your dream body? Absolutely! But, for now, we are getting your metabolism jumpstarted. It's a quick cardio workout that requires zero equipment and no gym membership.

1. 1st 2 minutes: Get yourself warmed up by either walking quickly or jogging very lightly. If you haven't exercised in a while start slowly. Just walk.
2. 3rd minute: For 60 seconds, run or jog as fast as you can. Remember: If you haven't worked out for a while start by jogging. Eventually you will be able to run.
3. 4th minute: Slow down for 60 seconds, do not stop.
4. Repeat steps 2 & 3 five more times.
5. Continue Slow down for another 60 seconds, gradually slowing to a walking pace.
6. Let your metabolism do the rest.

Here's an easy way to keep track of time. Make a 15 minute recording of your voice telling you when to speed up and slow down. Even better, record your voice with motivational music in the background. It is as simple as that. Do not underestimate the Power of this. Short bursts of high intensity exercise puts your body in a fat burning state for several hours after your workout is finished. That's the secret.

What if the weather is bad outside? Time to improvise. Jogging in place for 60 secs followed by fast jumping jacks for 60 secs works just as well as sprinting. For in more depth videos that you can follow step for step try these [simple exercises!](#)

Part 2: 7 day Jumpstart Diet Plan

When you want to jumpstart your metabolism, low carb is the key. Your body burns carbs before it burns fat and you want to be in fat burning mode from now on. Don't fret if you love carbs. This is only for 7 days and by then there are ways to add carbs back into your diet in a way that keeps you in that fat burning mode. I will be telling you of such a plan that goes beyond 7 days below. For now, use the following meal plan as a guide

Simple 7 Day Eating Low Carb Diet Plan

** Feel free to mix/match/substitute **

Day 1:

Breakfast: Scrambled eggs with bacon and low carb bread.

Lunch: Shrimp salad and tomato slices in the lettuce.

Dinner: Swiss chard and garlic. Broiled lamb chops. Salad with olive oil.

Snack: Low fat Greek Yogurt.

Day 2:

Breakfast: Sausage with a two egg omelet and roasted red peppers.

Lunch: Reuben Sandwich with Swiss Cheese, Corned beef, and low carb yogurt. Green salad with any low carb dressing.

Dinner: Grilled Chicken, Salad with vinaigrette, and steamed asparagus.

Snack: Celery sticks with salsa or cottage cheese

Day 3:

Breakfast: Two or three poached eggs with salmon and cream dill sauce.

Lunch: Steamed broccoli with a bit of cauliflower and some additional mixed green salad. Grilled beef patties should be added.

Dinner: Roasted chicken with parmesan curls and broccoli.

Snack: Red Pepper Sticks

Day 4:

Breakfast: One hard boiled egg with bacon

Lunch: Cobb Salad that has avocado, chicken, blue cheese, and bacon over lettuce.

Dinner: Salmon and Teriyaki Sauce.

Snack: An olive with cheddar cubes

Day 5:

Breakfast: Poached egg with low carb bread. Two slices of cheddar cheese.

Lunch: Chef salad that includes cheese, roast turkey, tomatoes over romaine, and then an added balsamic vinegar.

Dinner: A Turkey Meatloaf with some green beans on the side.

Snack: Light yogurt

Day 6:

Breakfast: Low carb pancakes and sugar free syrup with 3 turkey sausages.

Lunch: Tossed salad with low carb dressing and tomatoes.

Dinner: Pork roasted tenderloin and sautéed spinach.

Day 7:

Breakfast: Muffins with cheddar cheese.

Lunch: Steak and fajitas using low carb tortilla.

Dinner: Grilled tuna and zucchini with mushroom skewers.

Snack: Atkins Advantage Bar or any low carb bar

Honestly, just pick the low carb foods that you like and stick with those foods for just 7 days. It can be done, and when you see the difference on the scale and feel the difference, you will be ready to keep on going. So, what happens after 7 days? You need to find a plan that you will be able to stick with and most importantly one that works. I know of a plan that works better than anything else I have ever seen and it only lasts 3 weeks and can be repeated over and over. A simple repeatable [3 week diet!](#)

Step 3: Your Mind (Most Important)

Now that I have covered a 7 day plan for 2 out of the 3 necessary ingredient to the body of your dreams, let me tell you about the most important ingredient that you will ever come across. Your Mind. Without your mind you wouldn't even be able to make it past a few days of steps 1 and 2 without negative thoughts creeping in. What can we do about it?

I have discovered a way to alter your mindset to one of a fitness guru. With the right mindset, the universe will give you the tools you need succeed. The tools that I will share with you are mind blowing. Just remember to read my free newsletter that you signed up for free videos called mind movies. I am making a few mind movies that I will give away for FREE. Just watch these 5 minute movies daily and let the magic happen. I highly recommend you check out this [FREE VIDEO](#) that goes further into the subject of mind visualization videos. I cannot stress enough the role your mind plays in your success.

.Stay Tuned – Dream Body Blueprint