



The 100 Calorie Diet Plan: Food Portion Control Easy Using Simple 5th Grade Math

Charles Miske

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Why Is This Plan For You?

If you're like most people, you've been struggling with weight loss for years. You were pretty active as a teenager in high school. You might have even played in sports, maybe even seriously. You might have intended to take your sport to college, but you got wrapped up in studying, exams, and eventually life and the next thing you know you're in a cubicle and your chair seems to be getting more and more narrow each week.

Is that your story? It's pretty close to mine, I can tell you that. Once I got myself in gear and on track, I discovered some of the key factors in my transformation story and put them here in this simple little book. This diet plan, journaling, fitness tracking, and a huge long-term goal were the main success factors for me. I know they will give you the power to make your own transformation story into a reality if you apply yourself diligently to making it happen.

I won't be discussing fitness tracking in this diet manual, but if you want my free Fitness Tracking Guide, grab yours now at: <http://sevensummitsbody.com/blog/100Cal-Tracking>

While I began fitness tracking long before the advent of the small simple wearables available so inexpensively today, I strongly feel that the current generation of fitness tracking devices and apps has great potential to increase your accountability and give you tools necessary for success in your own fitness transformation journey. Please, get your free copy, read it, and do your best to get some type of fitness tracking going. You owe it to yourself to give yourself the edge in making this process as fast and efficient as possible.

New in this edition is the addition of a brief mention of Paleo. You can learn more about it by downloading a free report "Go Paleo – watch the pounds disappear" at: <http://loseweightgainmuscle.us/GoPaleo>

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You have to lose that weight and keep it off? You have tried dozens of complicated diet plans you couldn't stick with? You are at the end of your rope and need a life preserver now? Food portion control doesn't have to be rocket science.

Imagine a food portion control system so easy a 5th grader can do the math.

Imagine yourself achieving your fat loss goals in 12 short weeks using this plan.

Imagine a plan that doesn't require that you eliminate any of your favorite foods.

Imagine no more, because this is the plan you need.

What is portion control? It's the science of calculating your calories and measuring the correct amount of food needed for each and every meal. It's science, so it's not like a lot of other diets. You'll understand it all when you read The 100 Calorie Diet Plan. It's a short (62 page paperback) tutorial for the simplest food portion control plan out there. Seriously, this is not rocket science.

You'll learn everything you need to know to make it work starting today. You owe it to yourself to get this book now and start making the success you need in getting to your fat loss goals.

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Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The 100 Calorie Diet Plan: Food Portion Control Easy Using Simple 5th Grade Math, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

James Sellers:

The book untitled The 100 Calorie Diet Plan: Food Portion Control Easy Using Simple 5th Grade Math contain a lot of information on this. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was written by famous author. The author gives you in the new age of literary works. It is easy to read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site and order it. Have a nice study.

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