

From Flab To Fab



Transform Your Body In 28 Days!

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Introduction - You're Not Alone

Welcome to “**From Flab To Fab**”.

Before we even get started, there are a few important things that need to be stated. Losing weight is a mind game. If you change your mind, you'll change your body. It's inevitable.

When we say “change your mind”, it doesn't mean changing your mind from eating cookies to gobbling cake.

What we're talking about here is the mindset behind all weight loss. It doesn't matter what your age or sex is... the principles are the same.

First, you need to stop hating your body. Way too many women have negative images of themselves. They feel that they're fat and ugly while all the other women are better.

You may have coveted the 'thigh gap' but can't even find clothes your size at The Gap.

“Why can't I look like her?”... “It sucks being me!”... “I have horrible fatty genes!”

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These are just some of the ways women beat themselves up. Here's the truth...You need to love yourself for what you are... flab, rolls, cellulite and all.

You need to start this weight loss journey from a place of self-love.

If you don't change this mindset, even when you lose the weight, you will still have negative self-image issues. You will never be good enough for you.

Accept yourself... and from there you can improve. This is a journey and not an overnight miracle.

Look in the mirror. That's your competition. Not anyone else.

You also need to understand that you CAN lose weight. By assuming that you have 'fat genes' or that it's more difficult for you to lose weight, you make it a self-fulfilling prophecy.

There will be times when you slip up. This is inevitable and par for the course. When pursuing any worthy goal, the journey is never linear.

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It's often fraught with little setbacks, slip ups, mistakes, etc. What you need to understand is that every setback is a set up for a comeback.

During those times when you slip up on your diet, don't throw in the towel and give up just because you made one mistake in your diet.

If you eat a slice of cake after work, don't blame yourself and go crazy the rest of the day by eating whatever else comes your way. Acknowledge your mistake and strive not to make any more.

If you are on track for the next few days, this one small slip up will be negligible. If you throw your diet out of the window and give up, you can rest assured that the weight will pile back on.

You are not your mistake. Acknowledge, correct it, and avoid future mistakes and **KEEP MOVING FORWARD**. That is the only way to succeed.

You're definitely in control of your body and can change for the better if you know what to... and this book will tell you what to do.

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All that you need to do is follow it to the letter and you will reach your desired weight. In the process, you will gain energy, become stronger, feel happier and have a sense of accomplishment that just can't be described.

Does that excite you? It should!

Read on.

Chapter 1 - The Struggle Is Real

Yes, it is.

This is what the weight loss companies and diet pills manufacturers don't want you to know. Weight loss is a difficult process.

The concept is brain dead simple. All you need to do is burn more calories than you consume. That's all it is. If you remove all the fluff and hype, it always boils down to this one principle.

You need to eat the right foods in the right quantities and get sufficient exercise.

The diet pill companies will tell you that you can achieve staggering results – **"Lose 12 Pounds in 7 Days!"** without starving yourself. Easy weight loss! That's always their angle.

Common sense will tell you that these pills will never work. After all, how can you lose weight by eating something else?

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To convince you that these pills work, the supplement companies will list a whole range of ingredients that sound exotic and supposedly have fat burning properties.

Women believe this hype because the truth is a bitter pill to swallow. Cleaning up your diet and exercising is difficult. Taking weight loss pills is easy.

And everybody wants easy.

Easy often leads to disappointment, regret, a loss of time and money. This is a heavy price to pay because most often, you'll never see any results.

That's why you see women going from pill to pill. That's why new weight loss supplements keep hitting the market. When people realize that it's not working, they try the next product and the next and the next... This vicious cycle just doesn't end.

You need to understand that in most cases, you gained the weight gradually. Nobody wakes up 20 pounds heavier overnight. Your body got fatter over time.

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In order to lose the fat, it will take time. This book says that you'll transform your body in 28 days... and it will. If you do what it says.

It doesn't make wild promises of losing 20 pounds in a week. In best case scenarios, you might lose 3 to 4 pounds a week. In 4 weeks, you'll lose about 12 pounds... or maybe 8.

It all depends on your body. The more excess weight you have, the more weight you'll lose. It's a strange contradiction but generally, fatter people lose weight faster.

The leaner you get, the more challenging it becomes.

Whatever the case may be, 28 days is a good time frame to aim for. You will definitely see the difference

There is a quote in the fitness industry.

It takes 4 weeks for you to see your body changing.

It takes 8 weeks for your friends and family.

It takes 12 weeks for the rest of the world.

KEEP GOING

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This is very true. In 28 days, the transformation that you see will give you the motivation to keep going because you know that what you're doing works.

Most people give up because they can't see results fast enough. Usually, they've just not given themselves enough time.

You'll need to plan your weight loss and then you'll realize just how long it will take you to reach your goal. We'll be looking at this in the next chapter.

What's really important is that it keeps things realistic for you. If you're looking at an 8 week stretch to reach your dream body, you'll not lose motivation and give up after 2 weeks because you have six more weeks to go.

You also will not believe the hype that the infomercials and supplements throw at you.

Your body works at its own pace. It's not affected by hype or fantasies. Weight loss is based on natural laws. You wear what you eat. You need to move more... and you need to stay the course. This is what transforms your body.

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It doesn't sound glamorous or fun... but the truth seldom does.

Nevertheless, you can lose weight. You ALWAYS can. Now let's move on to the next chapter where I show you just how long it'll take you to reach your desired weight.

Chapter 2 - Planning & Tracking Your Progress

The first thing you need to do is to check what your daily caloric deficit should be.

You can go here and check that.

http://www.freedieting.com/tools/calorie_calculator.htm

Being at a daily caloric deficit is the most important factor that determines if you will succeed or fail.

You could eat clean, watch your diet and exercise daily... BUT... if you're at a caloric surplus, you will never see your weight drop.

This is the reason why so many people struggle to lose weight and never see progress.

So, **what is a caloric deficit?**

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It simply means a shortage in the amount of calories consumed relative to the amount of calories required for maintenance of current body weight.

In other words, you're consuming fewer calories than your body uses. Now your body has no choice but to tap into its fat stores for fuel.

This is the only way you will deplete your body's fat stores and lose weight.

Ideally, you should aim for around a 500-calorie deficit daily.

You don't need to obsess over the numbers and aim for perfection. As long as you're within the 400 to 600 range, you'll be just fine and lose weight steadily.

In order to know your calories, you can visit this site.

http://www.freedieting.com/tools/calorie_calculator.htm

All you need to do is fill out the necessary fields and click on the "calculate" button.

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You'll now be shown 3 different numbers.

Maintenance means that if you consume this number of calories, your weight will neither go up nor go down.

Fat loss denotes a caloric deficit. **This is the number that you need to aim for in order to lose weight.**

Extreme Fat Loss is an indicator that you should not drop your calories below this number.

So, if you wish to lose 20 pounds and you're losing about 2 pounds a week, you'll be looking at a time frame of 10 weeks... that is about 2 and a half months.

It seems long, doesn't it?

Here's what Earl Nightingale once said – *"Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use."*

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Even if it takes you 10 weeks, go for it.

While this guides states 28 days, these 28 days are for you to see a transformation. To actually see results!

Most women never see any results. This guide gives you results... However, if you need 10 weeks, you're not going to achieve it in 28 days. If we follow the example mentioned above, you'll lose 8 pounds in 28 days.

It may not seem like much, but it is definitely going to be a visible difference. Your face will become slimmer. Your belly and thighs may shrink a little. You'll be amazed.

And that's the whole point of this book... To show you what's possible... and from there you keep going. If it takes you ten weeks, you just keep doing what you've been doing these 28 days till you reach the ten weeks.

You must stay the course!

Success is nothing more than a few simple disciplines, practiced every day.

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