

EXTREME WEIGHTLOSS SECRETS



How To Lose **20** **Pounds** In **3 Weeks!**



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Chapter 1 - Introduction

So you want to take off 20 pounds quick, right? Well, you are not alone. Perhaps you have tried to do this on your own by starving yourself for a week or going on some fad diet. Sure, you'll take off 5 pound right away, but then you find that you reach a plateau and cannot seem to lose the last 5 pounds. Half of the time, you end up gaining a few pounds back and feel more discouraged than ever.

Perhaps you have seen ads for "magic pills" that cost a fortune and promise to melt off your excess pounds without any effort on your part. Save you money. There is only one way to lose weight and keep it off and that is to cut your calorie intake and increase your level of activity. There is no "big secret" to losing weight, but you do have to have the mindset for it. In other words, your desire to lose weight has to be stronger than your desire to eat. With that mindset, you can do anything.

I never had a problem with my weight until I reached 40. At that time I found that I was packing on more weight than ever before. It was also at this time that I quit smoking. I found myself eating more and exercising less. Before I knew it, my clothes were really tight and I had gained an extra 20 pounds, seemingly overnight.

But I wasn't about to go buy new clothes. I had lost weight

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before. After I had my children I had some extra pounds to lose and took them off right away. So I figured it would be easy to just get rid of 20 extra pounds. So I started a diet and starved myself for a week. I did lose 5 pounds but that was it. I couldn't get the scale to budge after that. And then I came down with a cold.

I wasn't ready to give up. I tried several different methods to lose weight but nothing seemed to work. Then I talked to a friend who I consider to be a weight loss expert. My friend had lost 80 pounds. She confirmed that it takes a while to lose weight, that weight loss does not happen quickly and that it should take four months to lose 20 pounds. But then she let me in on a few secrets of how I can speed up the process and lose 20 pounds in three weeks.

Before you read this book, you should understand that the methods I am recommending to lose 20 pounds in 3 weeks are meant to be for short term weight loss or to jump start a diet. They are not meant to be used on a long term basis. My method of weight loss really does work, I've tried it myself. I lost the weight I wanted to lose and fit comfortably into my clothes again. Last year, when I packed on a few extra pounds over the holidays, I used this method again and it worked again. I have also recommended it to friends who either wanted to get started losing a lot of weight or just wanted to shed some extra weight and it worked for them, too.

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Use the methods - all of the methods - that I describe in this book and I guarantee that you are going to lose 20 pounds in 3 weeks.

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Chapter 2 - How Weight Loss Works

Before you can lose any weight, you have to understand how weight loss works. Your metabolism a fancy word for your energy level. This is what keeps you going and also burns off calories. Your metabolism continues to work all day long, even when you are sleeping, although it slows down. Think of your metabolism as a motor in your body that has a function of keeping you active and burning off calories.

As you get older, your metabolism slows down. This is why it is much easier to lose weight when you are younger than when you get older. It is the reason why I found it difficult to lose weight in my 40s when I had no problem at all losing baby weight when I was in my 20s. Your metabolism relies on fuel to keep it going. And the earlier in the day you get your metabolism going, the more calories you burn off during the course of the day. This is why we are often told that breakfast is the most important meal of the day.

Some so called "diet experts" say that breakfast is not important as they try to push pills or fad diets. Not true. While medical science has come a long way in recent years, the basic components of how our bodies work has not changed. The truth of the matter is that you need to boost your metabolism when you want to lose weight. This is why starvation diets do not work.

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When you starve yourself, your metabolism shuts down. Your body is smart - it knows it is not getting enough fuel so in response, it slows the metabolism to conserve the fuel that it has. You aren't going to lose 20 pounds by starving yourself. But the lack of fuel in your body will lower your immune system and can make you susceptible to colds and other illnesses.

In addition to [boosting your metabolism](#), which I will tell you how to do, you also need to cut your calorie intake. This does not mean that you go hungry, but that you consume the correct amount of calories each day. The purpose of eating is to sustain your body and provide it with the nutrients it needs to function. You never want to consume less than 1200 calories a day or else your metabolism will shut down. You will not feel well, you will be hungry all of the time and just plain uncomfortable. This is not a safe way to lose weight for any length of time, even three weeks. You have to eat, but eating the right foods makes all the difference.

When you cut your calorie intake and increase your metabolism through a variety of different methods, you will lose weight. People who are successful at losing quite a bit of weight understand how this works and follow this method. The only problem with this safe and effective weight loss method is that it tends to work slowly. If you join a weight loss group or seek the guidance of a doctor, you will lose about 1 to 2 pounds a week.

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This is considered to be a safe way to lose weight.

Trying my method to lose 20 pounds in 3 weeks will enable you to speed up the process. But again, this is meant to be a short term diet. It will work well if you only have 20 pounds that you want to lose, want to jump start a diet or if you have reached a diet plateau when on a weight loss program. It is not meant to be the long term diet for losing a lot of weight.

Now that you understand the simple weight loss process, you are ready to begin to learn how to lose 20 pounds in 3 weeks.

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Chapter 3 - Find Your Ideal Calorie Consumption

The amount of calories that you need to take in each day depends upon your height, your gender, your body type and your activity level. There are hundreds of different calorie consumption guides online that will teach you how many calories you should be consuming each day based upon these factors. There are usually three choices when it comes to activity level - sedentary (which means that you do not exercise much at all), semi-active and very active. You are going to want to use the calories for the sedentary lifestyle, no matter how active you are.

Men tend to lose weight much quicker than women. They also need more calories. Choose your ideal calorie amount that you need to sustain yourself based on these charts. Many of the charts will also tell you how many calories you need to take to lose weight. This will be slightly less than the amount you need to sustain your body. When you find the amount of calories that you need for your body, cut it by 200 calories. For example, let's just say that the calculator tells you that you need to consume 1800 calories a day based upon your height, sex, body type and activity level. You will cut it to 1600 calories a day. This will speed up the weight loss process without making a dramatic change in the amount of food you take in.

Once you understand your calorie limit per day when on this diet

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to lose 20 pounds in three weeks, you can then figure out calorie consumption. You are consuming calories all of the time, by both drinking and eating. From this moment on, if you expect to lose the 10 pounds in two weeks, every single thing that you put into your mouth has to be accounted for. This includes even tasting food that you are cooking. You do not want to go past the calorie limit that you have set for yourself.

Years ago, you had to buy a book if you wanted to know how many calories were in a piece of chicken or in a hamburger. Today, you can just go on the internet to discover the calories any type of food contains. The more you look them up, the easier it will get for you to understand how many calories you are consuming. Many people who want to lose weight have no idea how many calories are in the foods that they eat and the drinks that they drink. Awareness of calorie intake is one of the key components to losing weight. Once you are aware of what you are eating and how it will impact weight loss, you will be more inclined to choose wisely.

If you stick to the calorie intake per day, when combined with the other aspects of this diet that will be revealed further on in this book, you will be guaranteed to lose 20 pounds in 3 weeks.

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Chapter 4 - Foods To Avoid At All Costs

There are literally hundreds of thousands of diet books on the market today. Most of them will give you tips on a certain type of diet. One of the most ridiculous is the Atkins diet. At the same time I was trying to lose 20 pounds, my brother in law was trying to lose about 80 pounds. He went on the Atkins diet before it became well known and insisted that this was the way to go. What happened is that he not only didn't lose the weight, but his cholesterol level shot up. I, on the other hand, lost the weight.

There is no doctor on this Earth who is going to tell you to only eat certain food groups. Fruits and vegetables are good for you and provide nutrients and anti-oxidants that your body needs. While I was eating a sensible diet to lose 20 pounds, my brother in law was consuming Italian sausage without bread and insisting that this was the way to lose weight. That whole concept never made any sense to me then and it still doesn't now. As a matter of fact, sausage is one of the things that you need to avoid when you are trying to lose weight. It is loaded with fat.

The one thing that the Atkins diet did allow me to be aware of, however, was how refined sugars can affect your diet. In the past, if I wanted to take off 5 vanity pounds at the end of winter, I usually skipped taking sugar in my coffee. I was able to lose 5

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pounds a week with this just this method alone. I knew sugar added to weight gain as my mother often would talk about candy being “empty calories” in her attempts to lose weight. The Atkins diet brought this to the forefront.

I know what works for me as well as my friends who I recommended this diet to. And that means eliminating all of the following foods from your diet:

Fast foods

A Big Mac has over 500 calories. A medium order of fries has about 400 calories and a coke has 200 calories. Do the math - that is 1100 calories for lunch. Think it’s a good idea to super size it?

Fast foods such as fried chicken, pizza and especially fries, should be avoided at all costs when you are trying to lose weight. Most fast foods are not only loaded with fat, but with sodium as well, which allows your body to retain water. They are no good for you. And this includes the Sub sandwiches as well, that are made with processed meats. Pack a lunch from home. If you do eat out, grab a salad. Not a salad that is laced with fried chicken, either. One that is vegetables and perhaps broiled chicken. Use a low fat or no fat dressing.

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Above all, skip the fries. These are probably the most devastating to any diet. They offer very little nutritional value, do not really fill you up and are loaded with calories, sodium and fat. For the three weeks that you are on this diet to lose 20 pounds, make a pact with yourself to eat at home or at least bring meals from home. Remember that you are watching your calories and cannot go over your limit. Splurging on fast food may very well put you at the limit for the entire day.

Fried Foods

Everything tastes good when deep fried. In some parts of the world, they deep fry coach roaches and people eat them. And they probably taste good, too. Country singer and actress, Reba McIntyre, has been known to say that "if it ain't fried, it ain't food." While this sounds charming coming from this petite woman, it does not sound good coming from someone who is morbidly obese. Yes, fried food does taste good. It is also filling and cheap. But it just isn't good for you and is loaded with fat and calories. Skip any type of fried food when you are on this diet.

Processed Foods

This includes sausage, lunchmeat and hot dogs, all of which are processed meats. You should also exclude processed cheeses from this diet. Processed foods are simply not good for you - period.

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They are also high in calories and can ruin your diet. Skip the lunchmeat and replace it with chicken or meat that you make yourself. For example, you can make a meatloaf and slice it very thin for a sandwich instead of having processed meats. It is healthier for you and lower in calories.

Cheese is loaded with fat, but it is also loaded with vitamins that are essential for your health. Real cheese is good for you - processed cheese offers very little by way of nutrition. You want to have a certain amount of dairy in your diet, so real cheese is a better choice than processed cheese. Remember to count your calories.

Frozen Foods

All of those pre-packaged frozen entrees that are made with the diet conscious person in mind should be avoided. They are loaded with sodium. Make your own food - it won't kill you to do this for two weeks. Broil up some chicken breasts and fish on Sunday and make them part of your meals for the week. Boil some hard boiled eggs and use them. Skip the frozen foods as they may promise lower calories, but have a high sodium content.

Condiments

Mayonnaise, ketchup, mustard, salt, barbeque sauce, salad

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dressing - all of these have calories that are not taken into account when you are dieting. If you must use condiments in your meals, make sure they are low in fat. Ketchup and mustard are not too bad when used in moderation, but mayonnaise is a killer. It's loaded with fat. If you use any of these condiments, be aware of the calories contained and use them by the teaspoon. Skip the salt entirely.

Sweets

Cakes, cookies, pastries, donuts, candy - all empty calories. No nutritional value and will leave you feeling hungry. They are a total waste of time and can wreck your diet. If you need to have something sweet to top off your meal, as some people do, then have something like a mint or a small piece of hard candy. A square of dark chocolate will do as well. Be sure to count this in with your calorie intake.

All of these foods are part of the family of "simple carbohydrates." You have probably heard about the no carbohydrate diets (Atkins is one, the South Beach Diet is another). They are correct in advising people not to eat sweets as they do not stay in your system long enough to offer any nutritional value, are hard on your digestive tract and are quickly absorbed as fat. Where the no carbohydrate diets get it wrong is to lump in all carbohydrates, such as vegetables and fruits, that do have nutritional value.

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Fruits can easily be substituted for cake when you want something sweet. Try eating an apple instead of candy after dinner and you will see that this will satisfy your craving for dessert. On top of that, the apple is loaded with nutrients.

By avoiding fast foods, fried foods, processed foods, frozen foods, condiments and sweets, you can expect to lose weight. If, by any chance, you “fall off the wagon” and have a piece of birthday cake, don’t beat yourself up. Have just a bite or two of the cake and then go right back on the diet. The secrets that I am sharing with you to allow you to lose 20 pounds in three weeks has a margin of error. Don’t beat yourself up if you make a mistake. But at the same time, you have to be aware of your calorie intake and what foods you need to avoid.

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