

# 10 AMAZING WEIGHT LOSS TIPS FOR WOMEN

KEEP SOME CUT  
FRUIT IN THE FRIDGE  
TO SATISFY YOUR  
**SWEET TOOTH**  
WHEN YOU GET SUGAR CRAVINGS.



EAT CLEAN AND WHOLESOME FOODS.  
**REDUCE YOUR**  
INTAKE OF PROCESSED  
FOODS GRADUALLY  
**UNTIL YOU TOTALLY WEAN**  
YOURSELF OFF THESE DETRIMENTAL FOODS.



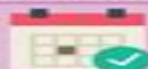
**GO FOR A BRISK 20-MINUTE WALK FIRST THING IN THE MORNING TO BOOST YOUR METABOLISM AND BURN FAT.**



INCREASE YOUR WATER INTAKE TO  
**ACCELERATE FAT LOSS**  
AND REDUCE WATER RETENTION.



AIM TO CONSUME NO MORE  
THAN 50 GRAMS OF  
CARBS FOR 5 DAYS IN A ROW.



**HAVE A MIX OF RESISTANCE TRAINING AND CARDIO IN YOUR TRAINING REGIMEN TO**  
**BURN FAT AND BECOME TONED.**



FOLLOW IT WITH ONE CHEAT DAY WHERE  
YOU CONSUME MORE  
**CARBOHYDRATES.**  
REPEAT PROCESS OVER AND OVER.

**EAT FOODS LIKE**  
HOT PEPPERS, BROCCOLI  
AND ALMONDS TO  
**BOOST YOUR METABOLISM.**



AIM TO BE ON A **500**  
**CALORIE** DEFICIT DAILY.

**DO NOT REDUCE YOUR CALORIES DRASTICALLY**  
OR YOU'LL HIT A WEIGHT LOSS PLATEAU.



**HAVE HIGH-PROTEIN FOODS SUCH AS**  
EGGS, TUNA, CHICKEN, STEAK, ETC. WITH EVERY MEAL.



**EAT YOUR MEALS SLOWLY. IT TAKES THE BRAIN ABOUT 20 MINUTES TO REGISTER THAT THE STOMACH IS FULL.**

# Guide To Fast Weight Loss For

**Robert M. Fleischer**



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