



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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Marie Miles:

In this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple approach to have that. What you must do is just spending your time not much but quite enough to possess a look at some books. One of many books in the top listing in your reading list is definitely The 100 Calorie Diet Plan: Food Portion Control Easy Using Simple 5th Grade Math. This book that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking way up and review this reserve you can get many advantages.

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