

Dramatic Dress Size Reduction Diet

by Jayson Hunter
Registered Dietitian



Lose Inches and Dress Sizes Quickly and Safely!

“The Five Simple Steps for Losing Twenty Pounds Quickly and Safely”

By Registered Dietitian Jayson Hunter

It's unfortunate, but true: Many women feel the need to starve themselves when they have twenty pounds they want to lose so they can look great for a special occasion. Whether it be a wedding, class reunion or some other special event there is a tremendous amount of pressure on women to look great. And this pressure often leads to the yo-yo dieting and weight gain that is so prevalent in our society today.

You know the pattern: You starve yourself and seem to drop a ton of weight fast. But then when you go back to your normal eating patterns you gain not only the weight you lost back, but you gain even more!

And it's all the result of one thing: Starving your body of the nutrients it needs.

As you've probably read somewhere by now, your body's metabolism actually burns more fat when it's fed more often. So if you want to dress sizes and inches fast you need to be good to your body. And that means eating the foods it craves to help it melt fat.

So here are 5 simple steps you can follow to help you lost twenty pounds of pure fat. And these steps will help you keep the weight off and end – once and for all – the yo-yo dieting dilemma.

1. Increase Non-Starchy Vegetable Intake

You have probably seen this many times before, but I guarantee it is one of the most important steps to losing weight? Why you ask? One reason is because eating non-starchy vegetables increases your fiber intake which makes you feel fuller quicker.

Second reason is that vegetables are energy consumers. It takes more energy to digest a vegetable than a type of carbohydrate. You could actually be in a negative calorie balance if you compared one carrot's calories to the amount of calories it took to digest and utilize that carrot.

There are studies that show on average for those that ate 4 or more servings of non-starchy vegetables a day were the biggest losers when it came to weight loss

2. Protein Should Be At Every Meal

To optimally preserve your lean body mass while losing weight it is extremely important to consume some type of lean protein at every meal.

Protein is a great nutrient to prevent you from overeating because it will fill you up quicker.

It is also another nutrient that is energy costly which means it takes more calories to digest and utilize protein than it does a carbohydrate.

Your best sources of protein are beef, chicken, fish, eggs, and dairy.

3. Eat Whole Grain Carbohydrates

Consuming whole-grain carbohydrates regulates your insulin levels and keeps your body from producing too much insulin. This in turn keeps you losing weight.

Large amounts of insulin promote fat storage and fast digesting or simple carbohydrates produce large amounts of insulin. You want to limit or avoid these fast digesting carbs.

By doing this you not only improve your health, but will speed up your fat loss.

Some studies believe that up to 70% of successful weight loss stems from keeping insulin levels in check and to do this means eating whole grains and avoiding simple carbs.

4. Eat More Healthy Fats

Consume adequate amounts of healthy fat foods such as olive oil, walnuts, almonds, or other Omega-3 products.

Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis.

Essential Fatty acids also help prevent certain diseases such as heart disease and cancer. Some studies are starting to show that consuming Omega-3 products may boost your metabolism by as much as 400 calories a day.

5. Eat Frequent Meals

There is a direct correlation with eating patterns and volume of food consumed as well as insulin levels

Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories.

By eating smaller portions throughout the day you tend to eat less food overall. You also control your blood sugars because by ingesting a steady state of nutrients throughout the day your body has no need to significantly elevate insulin levels to handle large amounts of food.

Now of course I do recommend you exercise while making these 5 changes to your diet because nutrition and exercise go hand in hand for fat loss. If you make these simple changes to your diet and take part in an exercise program that has you burning calories then you will drop dress sizes and inches quickly, safely and permanently.

URGENT! URGENT URGENT!

For a very limited time I am revealing my most coveted dieting secrets along with some mega bonuses.

Go check it out right now at <http://dress-size-reduction-diet.com> before those that contributed these great bonuses make me take them down.

One last thing: Please be sure to forward this special report to any women you think it would help.



**Dramatic Dress Size Reduction
Diet Meal Plans**

Lose Inches and Dress Sizes Quickly and Safely!

The banner features a woman in a black dress on the right side, standing on a red background.