

## **The Xtreme Fat Loss Diet 2.0: Review Examining Joel Marion's Weight Loss Diet Released**

*The Xtreme Fat Loss Diet 2.0 reviews have been popping all over the Internet and XtremeFatLossDiet20.com reveals the truth about the highly anticipated version 2 of Joel Marion's diet program.*

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The Xtreme Fat Loss Diet 2.0, a 25-day program that claims to be designed to help people lose those last few stubborn pounds of fat, has caught the attention of XtremeFatLossDiet20.com's Stan Stevenson, prompting an investigative review.

"Our Xtreme Fat Loss Diet 2.0 review shows that Joel Marion's extreme diet literally manipulates your body into burning fat. It uses strategically timed workouts along with various different methods of nutrition," reports Stevenson. "Broken down into five day cycles that is great way of making you stick with the plan, regular changes in the program don't allow boredom to set in, and 24 hours is a short enough time to force yourself to stay focused and strong."

The Xtreme Fat Loss Diet 2.0 consists of professional workout log sheets, a success journal to record one's fat loss, the supplementation guide, a pre-program quick start checklist, a quick reference manual called The XFLD Cliffs Notes, the diet manual that includes all the specification about what to eat, when to eat it, and food and nutrition charts and lists. The program also includes The Xtreme Fat Loss diet audio interrogation, a 90-minute audio with Vince Del Monte and John Romaniello, well known in the world of body building, sculpting and fat loss, questioning Joel Marion about the program.

"The diet and exercises in this diet and workout plan are easy to understand. Joel gives you enough information, so the science behind the results is clear. Unless you understand the reasoning, it's impossible to reap the full benefits," says Stevenson. "The Xtreme Fat Loss Diet 2.0 is definitely superior to the first version. The training manual is completely updated and includes brand new workouts and exercises. It works on a five-day cycle, which consists of a protein only day, shake day, moderate carb day, a fast day and a cheat day."

"Unlike most other diet plans which lower the rate at which your body processes nutrition, the amazing thing about The Xtreme Fat Loss Diet 2.0 is that when you finish it, your metabolism will actually be raised. This is a diet for those who need or want to sculpt their body into the ultimate physical condition. Perhaps you are gearing up for a competition, or maybe you want to look your best on the beach; whatever your reason, this diet that combines various methods into a radical 5-day cycle, forces your metabolism into using fat as an energy source. Joel Marion's Xtreme Fat Loss Diet 2.0 will get you the results you need!"

Those wishing to purchase The Xtreme Fat Loss Diet 2.0, or for more information, click here:  
<http://xtremefatlossdiet20.com/go/XtremeFatLossDiet>

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