



Guide to lose 1.5 pound of fat a week

3tip for for permanent weight loss

Meal prepping for a busy person

If you don't prepare your meals or don't know how to eat a balance diet you reach for anything which will lead to impulse eating!!

You overeat and continue to gain weight

Having a meal plan provided for you takes away the guess work and allows you to continue your progress towards your goals

Get the body and help you want with a meal plan designed for you.

Feed your weight loss

Some many people want to lose weight by skipping meals, the problem with this is that it slows your metabolism down to a screeching halt.

Then when we finally do eat even if its health our body will store it as fat.

The solution is to feed your weight loss with the right foods at the right time. Eating health at the right time and having a meal plan and training plan specifically designed for your goals especially when you're getting started.

Suppress your carbs Craving

Many people want to lose weight and they have a hard time getting those carbs out of their diet. They tend to keep eating those late-night snacks which will lead to having a hard time getting rid of that body fat around the mid-section.

The problem with this is that the more carbs you eat the higher of a chance that it will turn into fat and you will never see the six pack that you want.

The solutions to this are controlling your carb cravings with craving suppression supplements.

I hope these tips have helped you! If you need a little bit more help in reaching your FITNESS GOALS. I want to invite you to a **ONE-ON-ONE CALL!** CLICK ON the link below to schedule a call <https://calendly.com/flexletic/10-minute-consultation-call->

