

Elite

WeightLoss Plan

***LEARN HOW TO LOSE
WEIGHT FAST***



Introduction

Countless people struggle with weight loss and wonder what they're doing wrong. They try FAD diets they read about on the Internet that promise rapid weight loss. But they never deliver.

My name is [Al Davis](#), and I'm a personal weight loss and fitness trainer. In all my years working with people in the fitness and weight loss business, I've seen all these FAD diets, and let me tell you that they don't work, and I tell my clients honestly why they don't work.

The bottom line is this. If you're going to lose weight and stay fit, you have to think long term lifestyle changes. You can't eat a banana or a bowl of cabbage soup for three days and think you've succeeded in your weight loss goal. You haven't. You've only developed a nasty habit of Yo-Yo dieting.

I know that's probably not what you wanted to hear. Most people want instant gratification when they make that all important decision to get fit and lose weight. And while I will show you that you can actually jump start your metabolism so you can lose weight faster, it's not instantaneous and it doesn't come without hard work and dedication.

I've literally worked with thousands of people in person and on the Internet and helped them reach their goal of losing weight and getting fit because I'm honest about what it takes to reach that milestone. I bring all that I taught them to you in this '[Elite WeightLoss Plan](#)' eBook.

Let's get one thing clear before I go any further. I'm not going to coddle you. But I'm also not going to make promises I can't keep. In this eBook I'm going to give you straight talk about what it takes to rapidly lose weight and get fit in a healthy way. I'm going to show you exactly what you need to do, step-by-step, so you can reach your weight loss goal and keep that weight off for the long term. There are no quick fixes to long term weight loss.

Here's a little of what I'm going to cover:

- How to keep from sabotaging your efforts and your metabolism
- How to break old habits and start new ones that will lead to healthy weight loss
- The reasons why 95% of all diets fail and people who've lost weight regain their lost weight within 1 year of losing it
- The top 12 foods that make you gain weight
- The top 12 foods that help you lose weight
- The foods and habits that make you fatter
- How eating so called "good fats" can speed up fat loss
- How to speed up your metabolism the right way!
- How eating 50% more calories per day can actually aid weight loss
- How to increase fat burning effects during your workout
- With a lower Calorie intake, the correct amounts of Protein & Water are Important
- How to use our Body Mass Index Calculator and our Lean Protein Estimator
- How to Calculate the Daily Calories & Protein needed for your Weight Loss Plan (Work sheet Page-19)

Whether you have 10 pounds or 100 pounds to lose, I will show you, step-by-step, what you need to do to achieve your weight loss goal and keep that weight off!