

MY *Bikini* Belly



Bikini Belly Diet

Quick Start Guide

Medical Disclaimer

This program is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or starting any nutrition program.

The purpose of this program is to educate healthy women with healthy nutrition guidelines. No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, disease, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition writer and consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition requiring special nutritional considerations, I suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program.

The American College of Sports Medicine (ACSM) recommends that apparently healthy females over 40 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes).

Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation before making any changes to your diet or starting any nutrition program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this manual.

Welcome!

Tammy here and today i'm going to share with you exactly how to rebuild your metabolism, transform your trouble spots and get a Bikini Belly in a simple, safe and timely manner.

You're going to FINALLY see the unwanted fat come off from around your belly, hips, and thighs in the fastest and safest way possible WITHOUT starving yourself or spending countless hours working out.

The same way I did. You see, I spent the last 30 years feeling helpless about my weight because I literally did everything the so called diet experts said.

And you know what? Nothing worked for me. I never lost more than a few pounds and the fattest parts on my body just kept getting fatter each year!

I hated everything in my closet but I had no other choice but to wear baggy and ugly clothes that kept me covered up from the world. It was very difficult to even look at myself in the mirror anymore because I was so ashamed of what my body had become.

I was emotionally drained and completely depressed and even embarrassed to go out anymore because I

felt like everyone was staring at me and judging me as an overweight and lazy person...

Words can't describe how good it finally feels today to be in control of my weight, my metabolism, my hormones, my body, and my life.

What you'll experience once you apply the principals of this program to your life can only be defined by a feeling:

- It's the feeling of a new found self confidence that allows you to be comfortable in your own skin.
- It's the feeling of fitting into anything in your closet with ease.
- It's the feeling of knowing that you can enjoy a meal with friends and loved ones without having to do hours of "guilt cardio" to make it up.
- It's the feeling of being in control of your life versus being controlled by your life.

You'll experience these feelings little by little and eventually all at once, just as I did.

Maybe you've been trying to change your body you're whole life and feel like nothing you do is working and need a complete transformation.

Maybe you've just recently started to take your health more serious and just want to feel alive.

Maybe you're here because you have the last 10 pounds to lose but have plateaued.

Whatever your reason is for being here is, you can now have clarity in knowing that you now have the perfect plan for looking and feeling any way you truly want.

This is important because uncertainty and self doubt are two of the biggest roadblocks most never overcome.

I'm here to tell you that if you're willing to change your persistence, your environment, and follow this simple step by step plan then you CAN transform your trouble spots and have a visibly flatter and more firm Belly in the next 21 days.

YES, it's going to take some effort on your part. I'm not saying it's going to all be completely easy. I'm saying it's going to be completely worth it.

So if you're sitting there right now, frustrated with your slow metabolism and how your trouble spots look...

If you're just plain sick and tired of trying things that just don't work...

Challenge yourself by looking at the next 21 days as a fresh start and the beginning to finally ridding yourself of that unwanted midlife weight, transforming your trouble spots and finally have a beautiful body that makes you proud everyday.

I can't wait for you to get started and I promise I've made it as simple as possible.

I'm not going to waste too much time with scientific jargon but rather explain exactly how each day works together and then take you by the hand and show you step-by-step exactly what you need to do to get the best results in the fastest and simplest way possible.

Now, this is not a quick fix "miracle in a bottle" program that promises you amazing results with absolutely no effort.

Women like you and I have been misled for far too long with those kinds of programs, am I right?

No, I've worked long and hard to deliver to you a program that's:

1. Based on sound scientific principals
2. Simple and easy to follow
3. Personalized just for your female metabolism

If I Can transform my trouble spots and actually have a flat and firm belly and trim thighs At 50 – After Multiple Kids, While Working Full-Time...

Then I just know that you can do the same. I know just how hard it can be for us gals but together we can do this! I look forward to seeing your Bikini Belly transformation.



Your friend,

Tammy Hart

P.S. - If you **ever** need anything, anything at all...please don't hesitate to email me. I personally respond to every email. Here's my private email address, please do not share it with anyone else..It's only for VIP members like yourself:

Tammy [at] 21daytargetedfatlossdiet.com

The Problem

You see, the unfortunate reality is our metabolism is programmed a lot differently than men's and go through very different biological stages as we age.

The first obvious metabolic change happens at puberty.

But the most important metabolic changes for women who want to lose weight and firm up your stomach, hips, butt, and thighs - happens as you age past 30.

You see as we age past our 30's, your metabolism becomes more sensitive with every passing year.

This is due to your female sex hormones estrogen and progesterone.

Together these two help regulate insulin - your blood sugar hormone and cortisol - your stress hormone.

As the balance of your hormones begins to shift and your body becomes more resistant to certain foods and more responsive to stress.

The bad news is if you do the wrong things during this biological stage losing weight becomes virtually impossible for women over 35...

Because your working against your body and now that you metabolism is more sensitive, fat storage accelerates directly in your belly, hips, butt, and thighs.

The Solution

However, the same metabolic sensitivity goes both ways and can easily be reversed to target your trouble spots once you rebuild your metabolism using the 3 day eating cycle to create metabolic synergy.

That's because each day of this eating cycle is rebuilding a different part of the female metabolism and is designed to build off each other to work in harmony with your body.

When you combine all 3 days together into a strategic eating cycle it creates metabolic synergy which allows you lose all the unwanted weight and transform your trouble spots in the fastest and safest way possible.

The 3 Day Eating Cycle

The Bikini Belly Diet 3-Day Eating Cycle

During the next 21 days you're going to repeat this 3 day cycle seven times. Here's how all 3 Days work together to rebuild your metabolism to target your trouble spots:

Day 1 - Eat Foods That Fat Flush: This day is the most restrictive so that you can cleanse your body of the fat storing toxins, flush out your trapped fat and reboot your metabolism in less than 24 hours.

Day 2 - Add In Foods That Target Trouble Spots: This day builds off of day 1. Now that your metabolism is finally able to access the fat on your trouble spots and burn it for fuel instead of sugar, you'll add back in delicious fat burning foods that researchers have discovered are able to directly target and break down the fat cells that build up around your belly, hips, thighs, and butt.

Day 3 - Add In Foods That Accelerate Your Metabolism: This day builds off of day 2 and 3 by adding in some of your favorite foods to send your metabolism soaring and accelerate your fat loss results even further.

Quick Start Checklist

- Step 1:** Read the Quick Start Guide.
- Step 2:** Read the Day 1 Bikini Belly Flush Manual
- Step 3:** Read the Day 2 Bikini Belly Burn Manual
- Step 4:** Read the Day 3 Bikini Belly Blast Manual
- Step 5:** Print the 21 Day Bikini Belly Diet Calendar, as well as the guidelines and food list for each day.
- Step 6:** Plan out your entire first 3 day eating cycle menu, meal by meal. I recommend preparing your meals twice weekly (at the end of each 3 day eating cycle). Assign a time for each meal so you establish a daily eating routines.
- Step 7:** Go grocery shopping for all the food items needed to complete at least your 3 day eating cycle.
- Step 8:** Start your 21 Day Bikini Belly Transformation!