

Thanks for having interest in my No a Protein but a Fat!



I'M MIKE

Like you, many other people have struggled to lose weight and continue to keep trying to avoid certain foods, yet succumb to eating the wrong things and not knowing why. I've been a personal trainer since 2007 working to help people like you lose weight.

Since the beginning of dieting programs it has always been about restriction of fats or carbs. Making people struggle to stick with a diet and feeling guilty and beating themselves up that they can't do it, because of a lack of motivation or they just don't have the discipline.

It doesn't exactly work like that.

Building a plan that fits with your lifestyle where you don't have to give up what you enjoy, you don't have to give up on outings with friends and family, you just need to learn how to do it the right way for you.

And one of the most powerful ways to do this is through unveiling the curtain and seeing what is really going on and what you've been lied to about.

In fact, I've been able to help 100's of people like you lose weight, I've helped people to lose 10lbs up to 100lbs with small little adjustments rather than extremely restrictive dieting and hardcore workouts.

No restrictions on foods you eat, and no longer soreness from workouts for days..

That's right...being able to eat foods you enjoy, enjoying your daily life all while losing weight at the same time. It has helped people, reach their goal of losing weight and finally being able to be successful at it and keep it off instead of just putting the weight right back on.

You can have these results too if you learn to understand how to use your current life as a tool rather than fighting against it.

This guide will show you how.

One of the biggest struggles I hear from people is they don't know what to get at the grocery stores, then get foods and just feel guilty.

That's why I want to show you what you're being lied to about, so you will build trust in yourself, belief in yourself that you can lose weight. Most importantly start feeling good in your own skin again.

Now there are no more excuses needed, I can't wait to hear how helpful this is for you.

I can't wait to see what results you get from this.

Yours in Health,

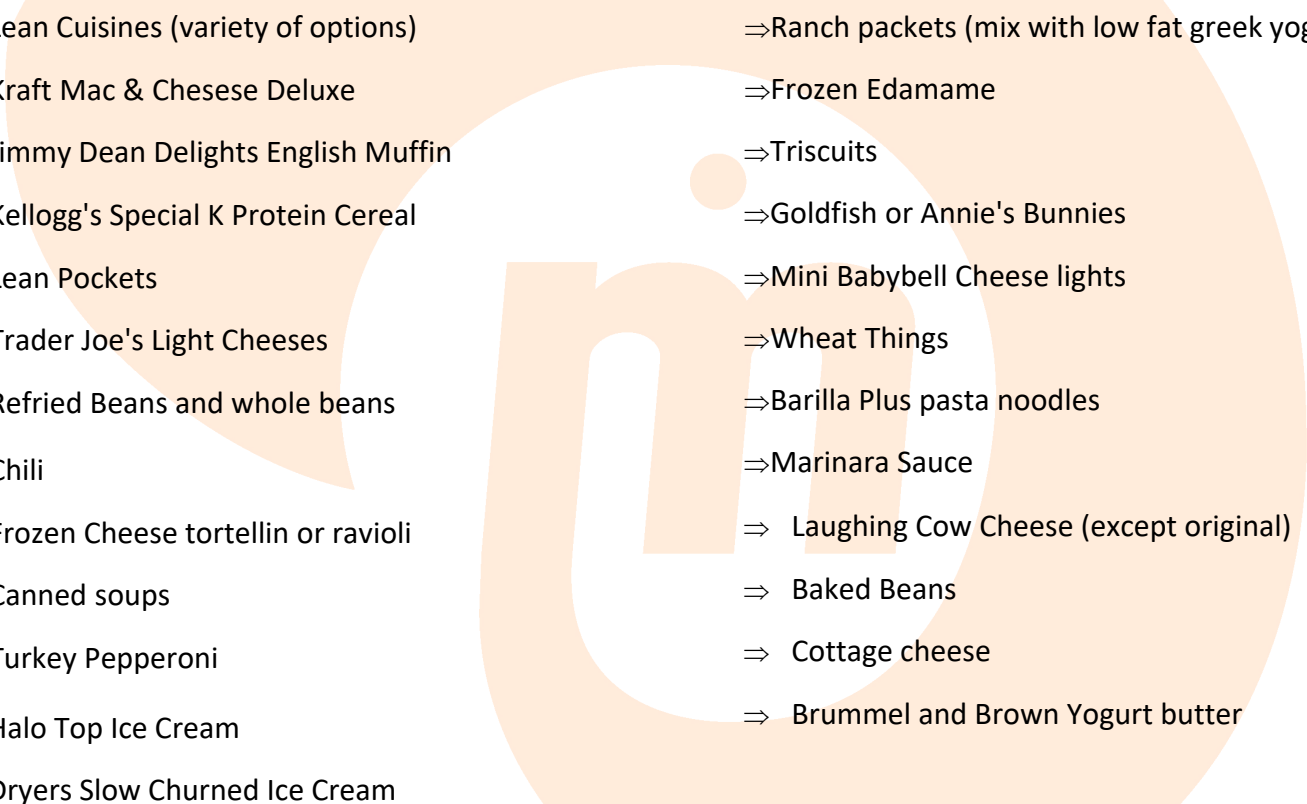
Mike

Founder, My Path

Top 25 Inside Aisle Foods

When you are grocery shopping, you've been told stay on the outside of the aisles. Don't shop the middle or you'll never be able to reach your goals. Some of the most convenient and easy to make foods are down those aisles. I know you're busy and need something quick and convenient that isn't going to set you backwards to reaching your goal of losing weight.

FOOD LIST

- 
- ⇒ Lean Cuisines (variety of options)
 - ⇒ Kraft Mac & Cheseese Deluxe
 - ⇒ Jimmy Dean Delights English Muffin
 - ⇒ Kellogg's Special K Protein Cereal
 - ⇒ Lean Pockets
 - ⇒ Trader Joe's Light Cheeses
 - ⇒ Refried Beans and whole beans
 - ⇒ Chili
 - ⇒ Frozen Cheese tortellin or ravioli
 - ⇒ Canned soups
 - ⇒ Turkey Pepperoni
 - ⇒ Halo Top Ice Cream
 - ⇒ Dryers Slow Churned Ice Cream
 - ⇒ Ranch packets (mix with low fat greek yogurt)
 - ⇒ Frozen Edamame
 - ⇒ Triscuits
 - ⇒ Goldfish or Annie's Bunnies
 - ⇒ Mini Babybell Cheese lights
 - ⇒ Wheat Things
 - ⇒ Barilla Plus pasta noodles
 - ⇒ Marinara Sauce
 - ⇒ Laughing Cow Cheese (except original)
 - ⇒ Baked Beans
 - ⇒ Cottage cheese
 - ⇒ Brummel and Brown Yogurt butter

Use this as a guide to help you on your next shopping trip, see what you find that are helpful.