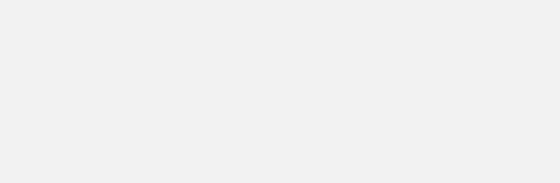
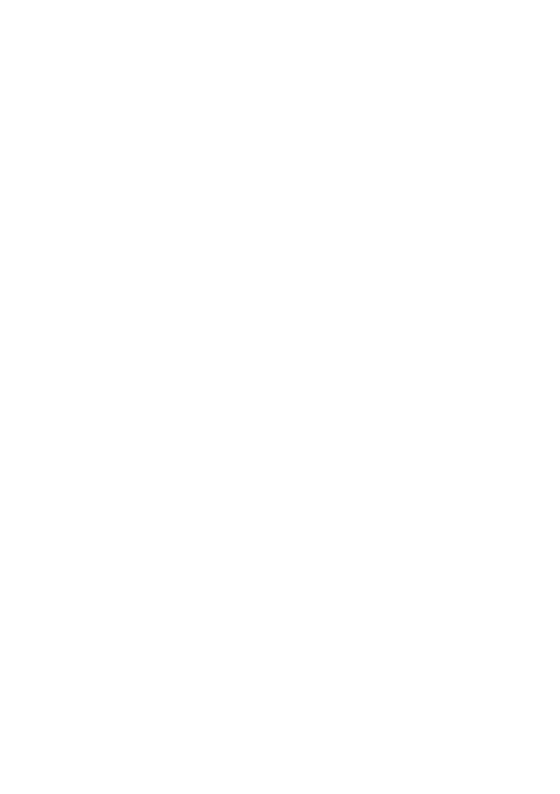
THE MORNING FAT

MELTER PROGRAM

FREE EBOOK

THIS IS A FREE REPORT!!

This short ebook is just an introduction to the

Morning Fat Melter program to give you an

idea on what you get when you order!

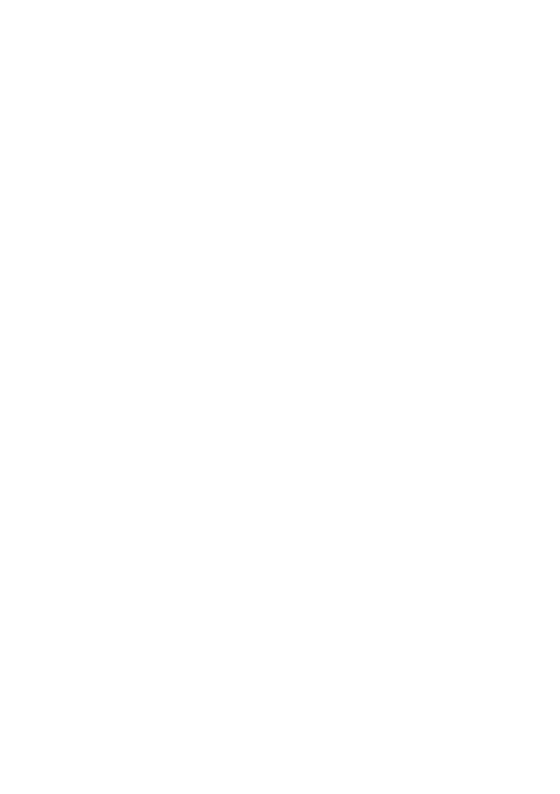
**If you have already decided that you want to**

**lose over 20 pounds every month until you**

**reach your ideal weight, just use the button**

**bellow and check the complete Morning Fat**

**Melter Program right now!**

Welcome to The Morning Fat Melter Program.

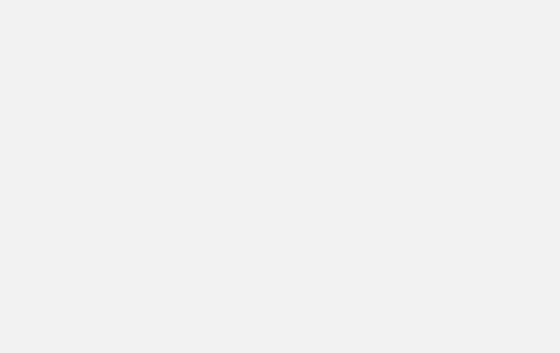
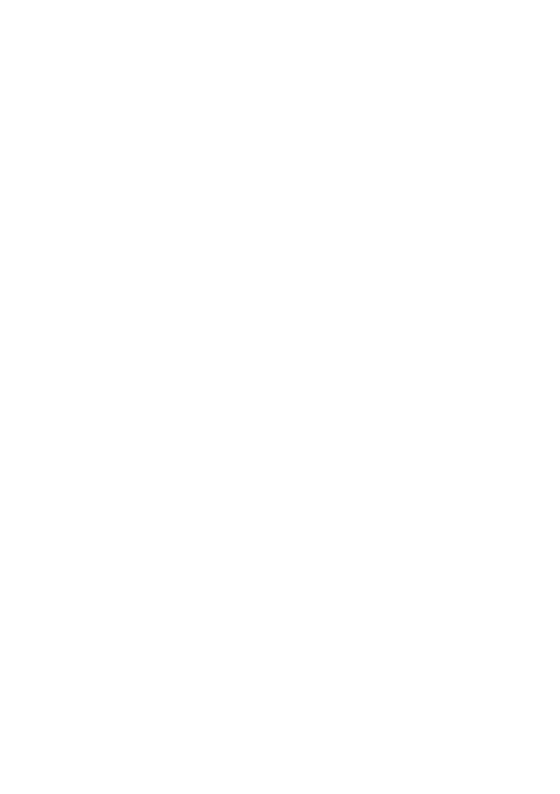
If you follow our program you can easily lose over 20

pounds of fat in the next 30 days, and burn fat evenwhile

you sleep!

All you need to do is do our easy morning workouts on your empty stomach and eat according to our easy to follow meal plan!

This has worked for thousands of women and will surely work for you too if you follow the plan that I laid out for you, so let’s get started!

**Who am I? Why I wrote this for you?**

My name is Aline P.

I am a certified personal trainer and

nutritionist and have spent the last 10

years of my life helping women lose

weight, increase their health and

confidence.

I have spent years researching and

working with fitness experts, nutritionists

and dietitians to develop a weight loss

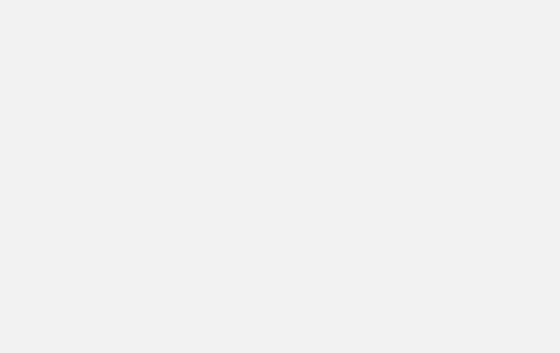
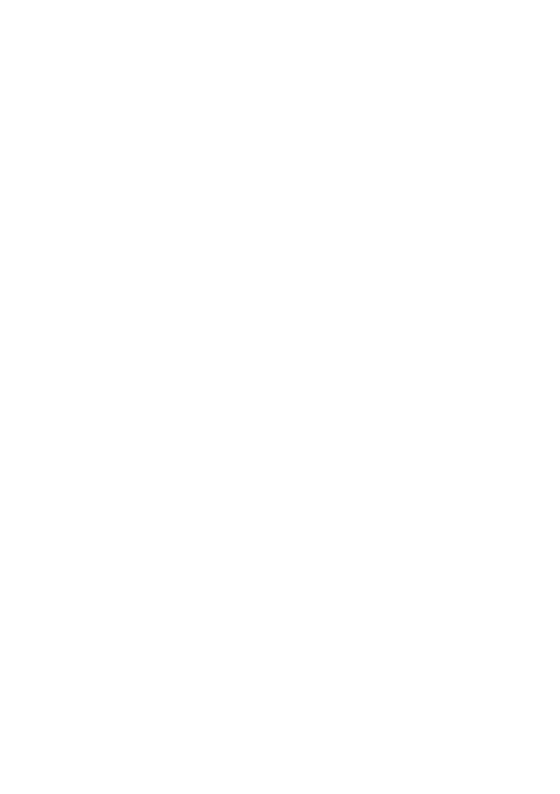
system that is so advanced and

effective that it is able **to help all**

**woman reach their ideal weight.**

And because of the amazing results my clients are getting with my program, My Personal Trainer Magazine has awarded me with "The Trainer Of The Year Award” in 2018.

Now, no matter your current fitness level, no matter if nothing has worked for you so far, and you fear that you will be overweight for the rest of your life, it’s **time to start believing in yourself and expect for results!**

WHY MORNING WORKOUTS ON EMPTY STOMACH?

According to the British Journal of Nutrition, “women who

exercise early in the morning on their empty stomach, burn

almost 20% more fat than those who exercise LATER in the

day”.

This happens because on your empty stomach your body

taps into its existing fatty deposits to provide energy during

and after the workouts. The whole process accelerates

your metabolism drastically and keeps it elevated even up

to 48 hours after the workout ended.

This is also one way to make your body release insulin less

often, which improves blood flow to muscles and even

reduces the effect of eating foods that contain sugars

and carbs.

In the morning you have higher levels of Growth Hormone (GH) which helps your body build new muscles tissues, burn fat, and improve bone quality and longevity.

One study showed that 24 hours without food, increases the female growth hormone production by 1300 percent, so go ahead and do my first morning workout tomorrow morning, on your empty stomach!

ooxWord://word/media/image17.binooxWord://word/media/image18.binooxWord://word/media/image19.binooxWord://word/media/image20.binHOW TO EAT FOR THE BEST

FAT LOSS RESULTS

The type of calories you eat will dramatically influence how

fast your metabolism runs, and if you lose or gain body fat, so

let’s start by talking about protein.

*Why you should eat mostly protein?*

Protein is the most important food for fat loss, because of a few reasons.

First is for the protein’s thermic effect. You see, your body will consume around 25% of the calories in those proteins simply to digest them.

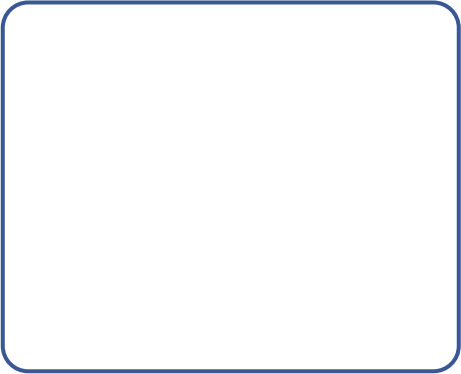
That’s why, just by having a protein based diet, without eating fewer calories, a person can lose a considerable amount of fat.

The 2nd reason is that the excess protein, what your body does not use, will not be transformed into fat, but instead will be eliminated as waste, while access calories from carbs and fats will be stored as fats.

3RD **-**ly, protein, when consumed, helps to slow the entire digestion process down, even **reduce your appetite and cravings**, especially those late night cravings for sweets and carbs.

Protein helps to slow the digestion of the carbohydrates you eat as well, making your body stay *out* of *fat storage mode.*

The 4th reason is that by eating more protein you will build muscles. And each gram on muscles you have on your body will need 3 times more calories than a gram of fat.

So here are the best sources of proteins:

- **Free range poultry** (chicken breast and turkey breast),

- **Organic eggs** (mostly **egg whites** because the yolk has a lot of fat),

- Wild caught **salmon** and **White fish**,

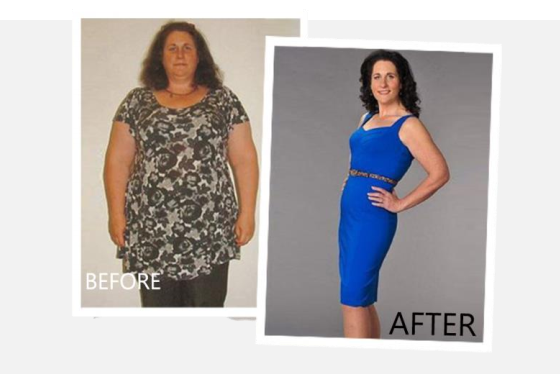
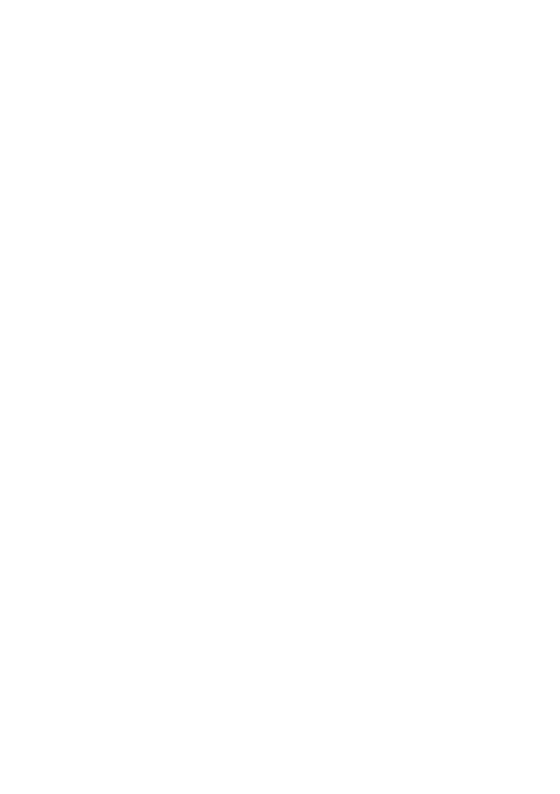
- **Grass fed beef**,

- **Seafood** like shrimp, scallops, crab and lobster,

- Low fat **cottage cheese** or **string cheese** & Plain low fat **Greek yogurt**,

- **Whey protein powder** (which by the way, you should drink after each workout, because it will go straight to

your muscles).

*4 Powerful and Secret Nutrients That Triple Female Metabolism*

I’ve discovered **4 powerful super herbs and nutrients** that

**double female metabolism** and are capable of **cleansing**

**your body** of all toxins, metals, and acids and **double your**

**energy level** and make you **feel 20 years younger**, faster than

you may have imagined possible.

I still find it **amazing** that these **4 herbs and nutrients** remain

such a **secre**t. As you’ll see, adding them to your daily diet is

incredibly simple and the benefits, **amazing!**

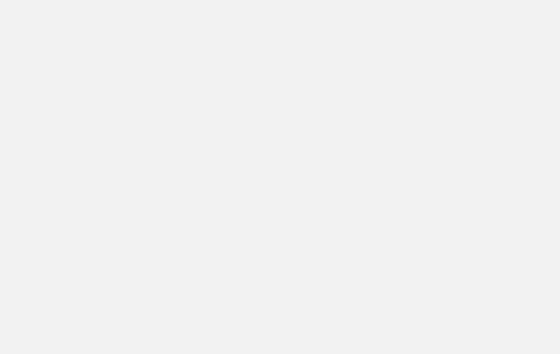
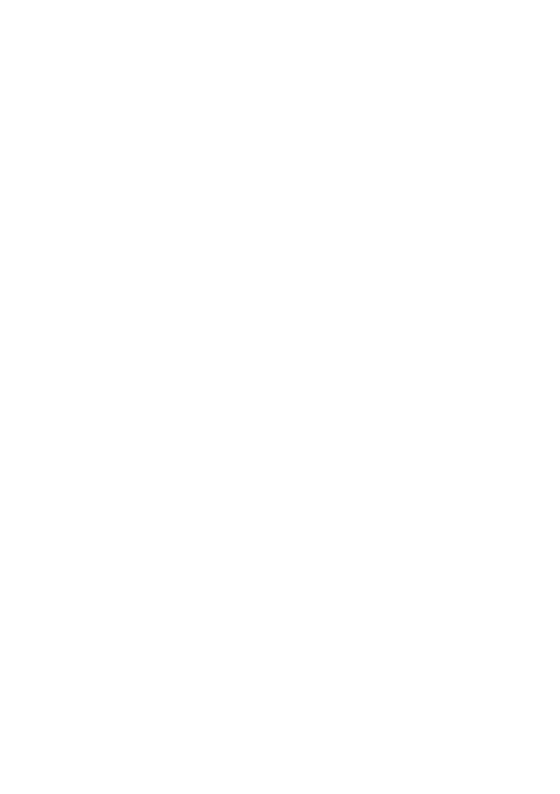
They can increase your vitality, and your life span with at least

20 years of health, practically overnight.

Dawn **lost 72 pounds in just 4 months** just by adding them to

her meals, so if you want to **check these 4 powerful but secret**

**herbs and nutrients**,

*How to eat carbs so that you*’l*l never gain weight*

Everyone in the fitness industry may tell you that carbs are

bad for you and should be avoided if you want to lose

weight, however, this is not completely true.

Carbs are your biggest source of energy, and a great source

of vitamins, minerals and nutrients that your body needs to

survive, so we won’t give up on them during our plan.

If you’ve ever done a very low carb diet, you probably know

all too well how miserable it makes you and that’s why our

meal plan has the right amount of carbohydrates.

Another reason why carbs are important is the fact that they

regulate a very important hormone: **Leptin**.

**Leptin** is produced by your body’s fat cells and helps the

body monitor total fat stores as well as total calorie and

carbohydrate intake. When you eat fewer calories or less

carbohydrates, less leptin is going to be produced.

When this happens, the body then knows that it needs to do

whatever it can to get you to eat and gain weight.

Basically when Leptin levels fall too low, your life will be

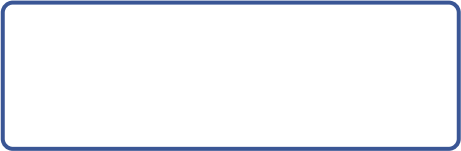
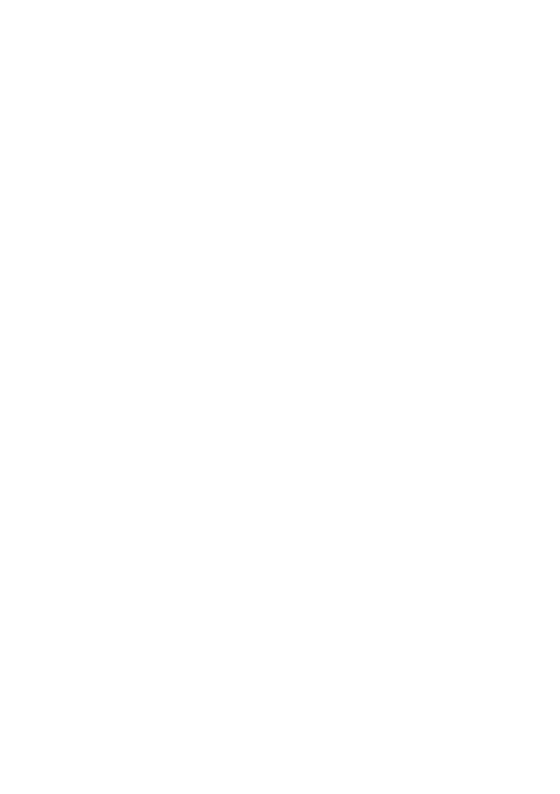
miserable until you eat, but since we are keeping more

carbohydrates in your diet, Leptin levels won’t drop too low,

in fact they will be higher than normal, making fat loss so

much easier.

There are 2 types of carbohydrates, **simple and complex**.

Simple carbohydrates, are the carbohydrates that will tend to

spike blood glucose levels, causing that high dose of insulin to

be released into the blood stream and leading you to gain

body fat.

So these simple carbs should be avoided and if you can’t stop

yourself from eating them, better **have them in the morning**

and early afternoon.

Simple carbs includes foods like:

White bread, Crackers, Chocolate bars, Candy,

Soda, Energy bars, Cereal bars, Sugary cereals,

Muffins, Cake, Cookies, Other baked goods,

White pasta, even cereals, **except oats**.

Now there is a segment I want to talk to you about, and this is

fruit.

Even though fruits contain lots of simple carbs in form of

fructose, which is a form of sugar, because they also contain

lots of vitamins, nutrients and fiber, they should be a part of

your diet.

You should eat a **maximum 100-200 grams** of fruits per day,

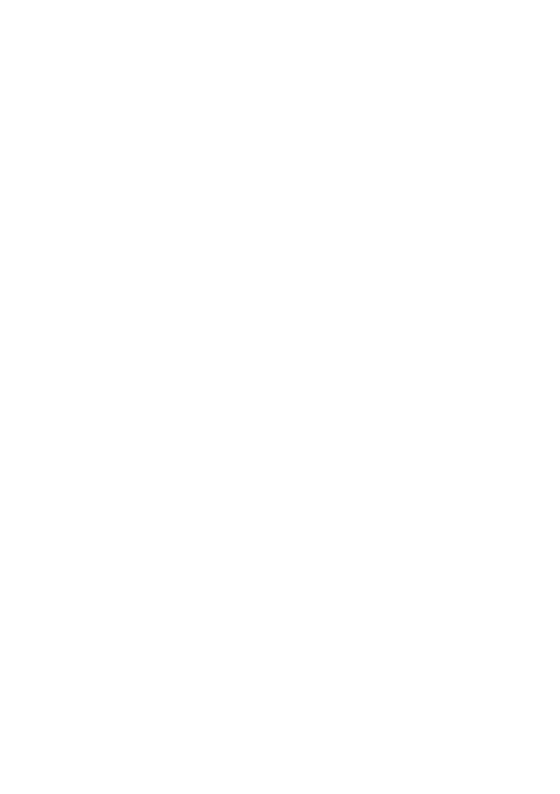
and choose fruits with lower glycemic index, like raspberries,

blueberries, strawberries, blackberries, and grapefruit.

In contrast to simple carbohydrates, complex carbohydrates

are those that are going to break down much slower in the

body, releasing their glucose over a long period of time.

This is referred to as having a low GI value - GI being glycemic

index.

The glycemic index is a ranking of all types of carbohydrates

based on how fast 100 grams of them digests in the human

body. The slower the carbohydrate digests, the lower the

ranking will be.

The sugary, processed foods I mentioned before, all have

rankings into the 70-100 range, while many of the complex

carbohydrates come in closer to the 20-60 range.

Complex carbohydrates also have a much higher amount of

nutrients, vitamins, minerals, and fibers, which are essential for

weight loss.

The best sources of complex carbohydrate are:

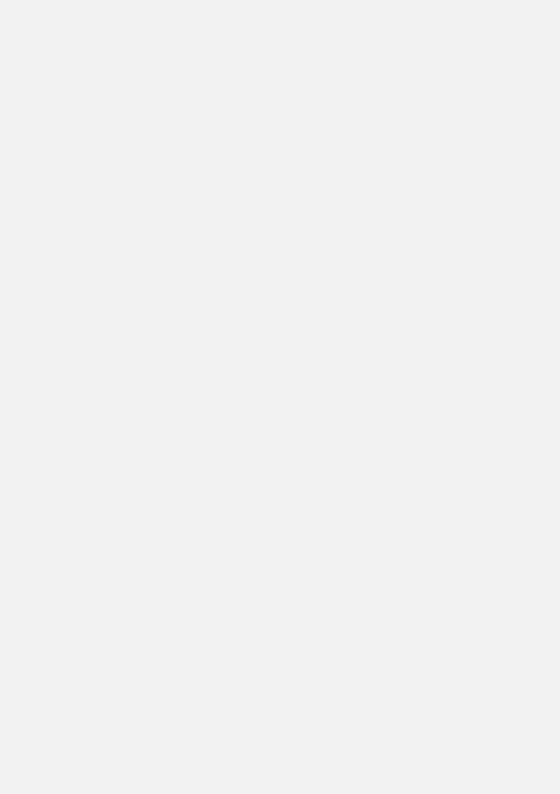
Brown rice, Quinoa, Steel cut oats, Barley, Beans, Lentils, Sweet potatoes, Yams, Squash.

The last type of carbohydrates I want to talk to you about are vegetables, which are a big part of our plan because:

 they are very low in calories,

 are filled with vitamins, nutrients and fibers, and

 except corn and potatoes, you can eat as much as you want of them, and still lose weight.

For example, 1 pound of **steamed broccoli** has only 99

calories and 14 grams of protein and only 9 grams of carbs, so

you can eat as much as you want to.

Some of the top vegetables to include in your diet are:

Spinach, Lettuce, Kale, Collard greens, Broccoli,

Cabbage, Peppers, Mushrooms, Onions,

Cauliflower, Brussels sprouts, Celery, Cucumber,

Asparagus, Artichokes, Tomatoes.

*The Truth About Fats and How to Eat Them to Lose Weight*

Many people often fear eating fat because they think if they eat fat, it will automatically turn into fat, but this is not true.

In fact, diets with moderate amounts of fat often produce

better results than those with no fat. Why?

First and foremost, fat will help to boost your overall level of

**satiety**. Basically, it helps ensure that you are not going to be

hungry shortly after eating a meal.

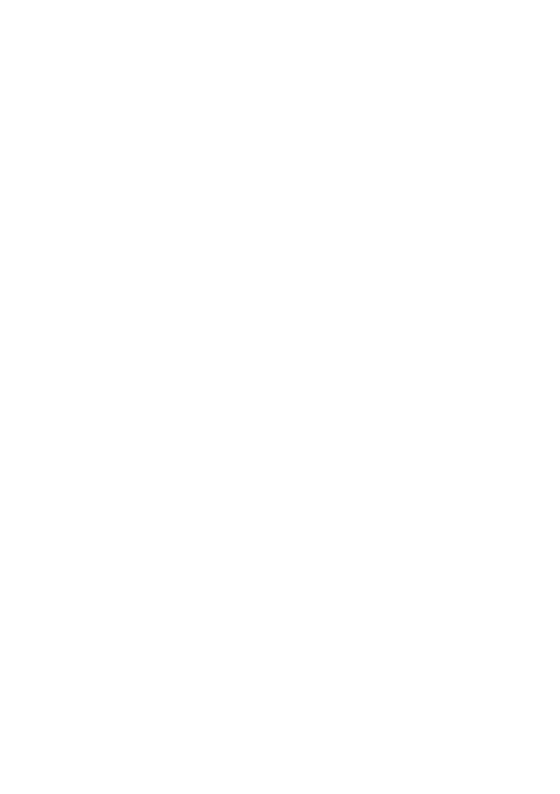
While protein slows down digestion considerably, fat slows it

down even further, and **eating enough of the right fats** is key

to easy long term weight loss.

Fat also, has no influence on blood glucose levels, so you

don’t have to worry about it releasing any insulin either.

But since a gram of fat has 9 calories, **you must keep track** of

how much fat you eat if you want fast results!

When it comes to choosing fat, you want to focus on eating

unsaturated sources along with foods that are rich in omega

fats.

Saturated fats which is mostly found in animal products,

should make up no more than 10% of your total calorie intake

and trans fats, which are found in processed foods and are a

man-made type of fat **are** to be avoided at all costs.

If you see the term ‘partially hydrogenated vegetable oil’ on

a label, you know it contains trains fats, so stay away from it.

Good fats are the following:

Avocado oil, Extra virgin Olive oil, Coconut oil,

Nuts and nut butter, Seeds, Avocados and Fatty

Varieties of fish

Before we finish the fats chapter, there is one type of fat that

has been proven to help dramatically in weight loss and even

though it is a saturated fat, it will help you. And I am talking

about coconut oil.

The first time people have realized coconut oil has fat loss

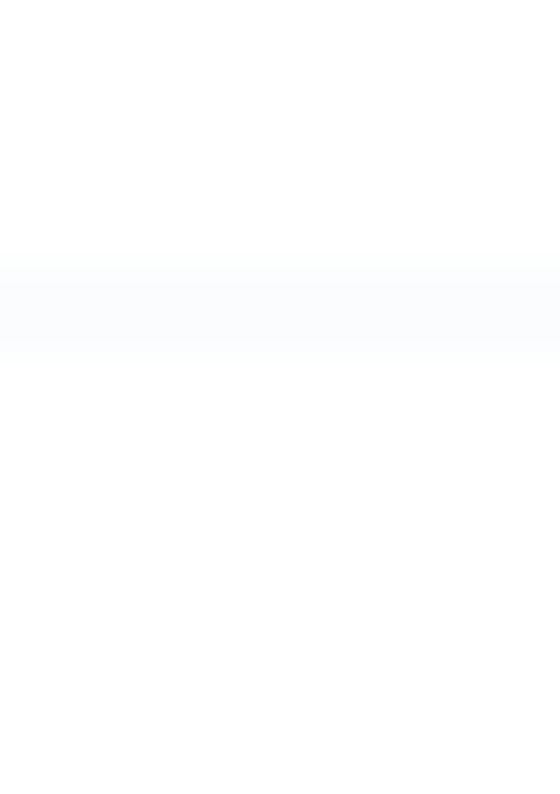
properties was around 1920. Some Australian farmers decided

to fatten their sheep with coconuts, which they had too

much at their farm, however they were stunned to see that all

their sheep became leaner after just a few weeks of eating

coconuts daily.

If you search the internet there will be thousands of

testimonials from people who have lost weight by consuming

coconut oil daily. It also reduces cholesterol, visceral fat,

blood sugar, it increases your metabolism with 5-10% and

helps prevent cancer, heart problems and acts as a natural

antibiotic.

So, How much coconut oil should you consume daily?

My tests were with 20-30 ml per day and has given wonderful

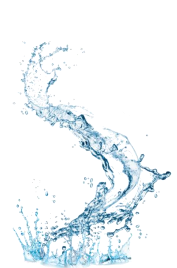
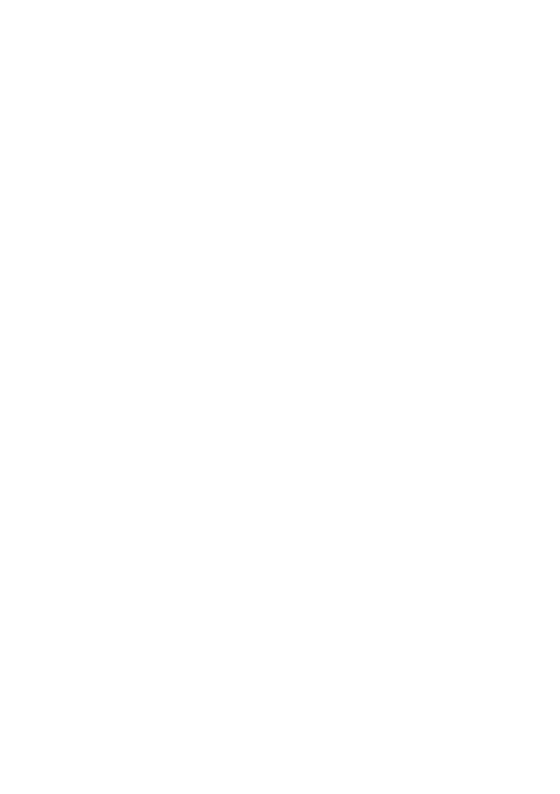
results for many women.

My recommendation is to use only coconut oil for cooking

and to start by taking 2 tea spoons per day, because each

body will respond differently. Also, be sure to only buy virgin &

organic coconut oil!

WATER AND HYDRATION TO

LOSE WEIGHT FASTER

Water is essential to our body’s general health and it is truly

essential for weight loss, not only for cleansing your body, but

also for keeping your metabolism fast.

Even slight amounts of dehydration can have a very

negative influence on both your energy level as well as your

total calorie burn.

A lot of people confuse thirst with hunger, so from now on I

have a recommendation for you. Each time you will feel

hungry, drink a big glass of water, and only eat if after 10

minutes you will still be hungry.

When it comes to how much water to drink, my

recommendation is to go for **3 liters per day**, even more if

you can, and since most people simply forget to drink water.

Have a bottle of water with you **all the time** and set your

alarm so that it **beeps every 30 minutes**, reminding you to drink water.

ooxWord://word/media/image50.binooxWord://word/media/image51.binooxWord://word/media/image52.binooxWord://word/media/image53.binooxWord://word/media/image54.binYOUR DIET FORMULA FOR THE

NEXT 60 DAYS

Now, let’s look at **THE FORMULA** to structure your diet so that

you can lose over 20 pounds in the next 30 days.

To calculate **your fat loss calorie needs**, multiply your weight

in pounds with 9, however **do not go** under 1200 calories per

day. So, if you weigh 140 pounds, you should consume 1260

calories in a day.

The Morning Fat Melter 2 months meal plan, which you’ll find

on the dvd version for PC, is set for 1300 calories per day:

45% from proteins - **146 grams of protein, the equivalent of 585 calories**

35% from carbohydrates - **113 grams of carbohydrates, the equivalent of 455 calories, and**

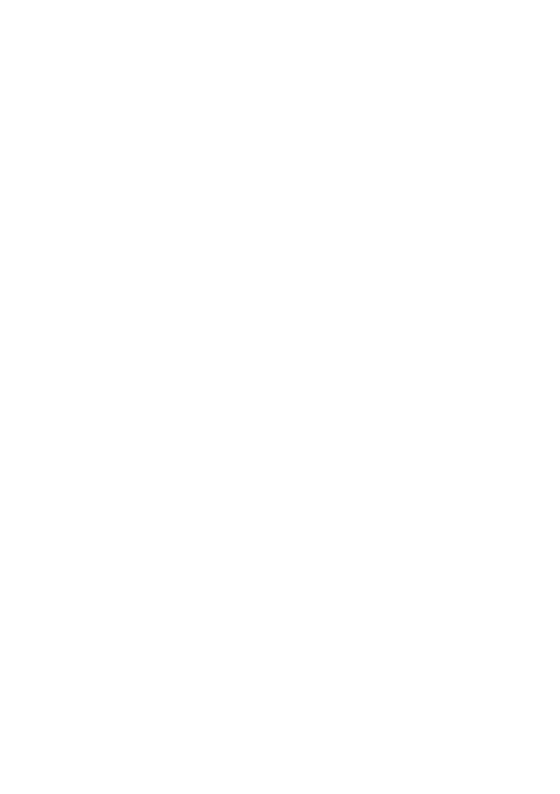
20% from fat - **29 grams of fat, the equivalent of 260 calories.**

All you have to do is **weigh everything** and prepare your

meals and you’ll ensure that your body is primed for fat

burning during most hours of the day, even while sleeping

during the night.

THE CHEAT DAY

**Every 7 days**, in order to keep you metabolism fast, you must

double your carbs, this meaning that every 7 days you’ll

consume MORE carbs. It is the day you can indulge yourself

and the foods you love the most, BUT TRY TO FOLLOW THE

PLAN FROM THE 60 DAYS MEAL PLAN!

And even though you might think that this is crazy, after years

of experimenting and seeing what works in weight loss, I

found that having a cheat day, every 7 days, will keep your

metabolism fast and your Leptin levels high.

So below, I will share a perfect scenario for you – This is how

your next 30 days should look like!

You wake up filled with energy, you drink a big glass of

lemon water and a cup of coffee with low fat milk (if you are

a coffee drinker).

You feel great and then, you do an easy Morning Fat Melter workout.

After the morning workout you drink a high protein shake

and take a shower. You already feel how all your clothes fit

you better.

Then you start your day and eat 5 more meals according to

the Morning Fat Melter meal plan. Your last meal is around 7-

8 pm and it is low on carbs, and all night long, your body will

use your fat deposits for fuel.

And since the meal plan I created for you will keep you

blood sugar in the “fat loss zone”, your body will be burning

fat **up to 20 hours per day.**

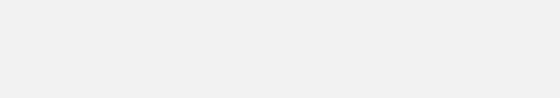
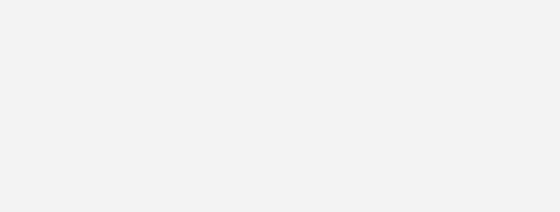
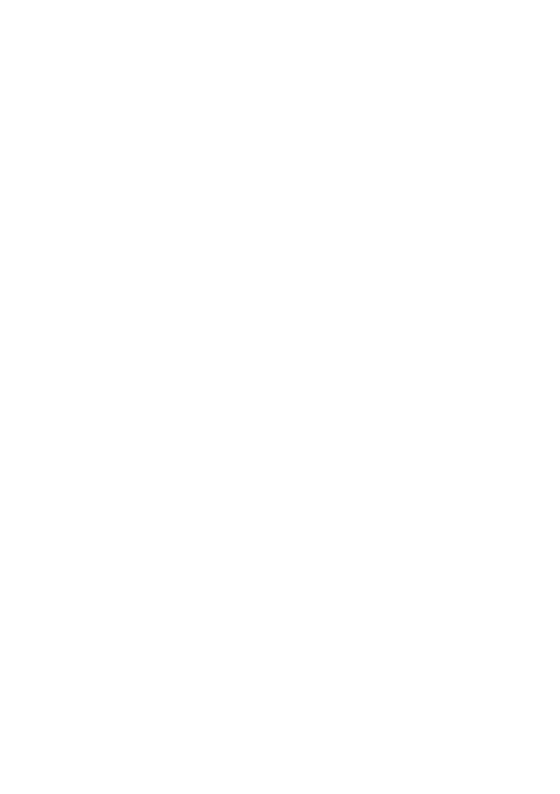
Basically, that’s all you have to do. Follow the meal plan precisely, do the morning workouts with me each morning, drink 3 liters of water per day and sleep 7-8 hours per night.

You’ll lose over 22 pounds in the next 30 days! **Are you**

**ready?**

I want to hear a big yes from you!

NOW SCHROLL BELOW TO GET STARTED RIGHT NOW!!!

NOW IT IS TIME TO REACH YOUR IDEAL WEIGHT!

**Start The Morning Fat Melter program RIGHT NOW!**

**Click The Button Below NOW To Get 60% OFF!**

**You will lose over 20 pounds every month until**

**you reach your ideal weight, especially if you**

**add the 4 secret herbs and nutrients to your**

**meals!**