
“ Secret Fat Burning Foods! ”

• SPECIAL REPORT •

By Michael D. Hill

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Secret Fat Burning Foods

• SPECIAL REPORT •

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While a great deal of care has been taken to provide accurate and current information the tips, ideas, suggestions and principles presented in this publication are for information and educational purposes only and is not medical advice. Please consult a health professional before starting any fitness or nutrition program and or if you have any questions about your own health and or unique circumstances.

INTRODUCTION

From the desk of **Michael D. Hill**

Sunday, 12:34 PM.

Dear Friend,

Congratulations for taking time to download this special report. Today is your lucky day simply because you have now in your hands this valuable information that will bring unlimited weight loss results for the rest of your life.

Please read thru this special report entirely. If you don't have the time right now, print out the entire copy of this report and read it over when you can devote your full attention.

Allow me to introduce myself. My name is Michael Hill. I'm not an elite fitness guru of any sort, but rather just like you, I am forever a student of great weight loss and fat burning methods that work. All I ever wanted was to change my lifestyle, improve my health, and have a totally fit body.

About more than a year ago, just like everyone else, my journey began, starting and falling for every weight loss opportunity under the sun. I was among the many people who were losing money by falling to those "*get slim quick*" schemes.

I spent several thousand dollars trying to re-shape and tone my body to perfection. I was willing to give just about anything to make this a reality.

Well, needless to say my credit cards reached their limit — I was stuck with mountains of debt, useless equipment and arm-loads of supplements that never worked.

Even worse, my family and friends laughed at me! They said all those schemes to lose weight would never work...

and they were absolutely right...

...Until I Discovered A Simple Truth!

I found the greatest weight loss and fat burning tools right in front of me, and I soon began paying closer attention when a quick test proved that it actually works... for anyone... regardless of your bodies current condition.

This often overlooked weight loss vehicle that is so powerful and yet so simple once you unveil the right combinations for you is - FOOD.

Yes, by eating the right kinds of everyday foods in the correct portions at the correct intervals throughout the day YOU WILL burn fat faster than any other weight loss product on the market.

Here's why:

Our bodies are designed to digest food, break it down and deliver it to crucial, life-line areas within our bodies.

Such as -- protein delivered to our muscles for continued growth and stability. Carbohydrates are used to give our bodies energy through sustained exertion levels. Vegetables contain antioxidants which have been shown to help prevent cancer.

These three elements (*protein, carbohydrates, vegetables*) have powerful weight loss properties and turn our out-of-shape, overweight bodies into a highly effective fat burning furnace.

Right here in front of you is the most powerful weight loss and fat burning tool ever, and I'm giving it to you absolutely free.

Why am I giving this valuable information away — Free?

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Two reasons actually:

- 1) I firmly believe that everyone deserves to know exactly which foods burn fat and increase weight loss without having to pay for it upfront.
- 2) I want to give you something of value, something that can really help you lose weight. Not a bunch of empty promises, but rather a tangible “*here it is*” list of the exact foods that will catapult you to more efficient weight loss success.

You see, I already know this works, and I’m going to prove it to you absolutely free. Once your done reading this special report you will have the opportunity to get a fabulous collection of scientific-like tested recipes that I wrote specifically for you.

It incorporates all the foods found within these pages and are in the exact combinations to maximize fat loss. No more bland and boring meals you don’t like!

But wait... I’m getting ahead of myself. I’ll introduce this spectacular “*jam-packed*” encyclopaedia at the end of this report.

Let’s get started!

Michael D. Hill and {--name--}
<http://www.{--url--}>

Fruits:

Fruits in the right combinations and amounts can cause your body to burn fat faster by increasing your metabolism naturally.

When selecting fruits from the list below you must be aware that if you eat too many of them your body will store the natural sugars, resulting in an increase in body fat.

To avoid this, take a look at my incredible [Fat Burning Recipes Revealed](#) package which also includes a 28 day meal plan as a special bonus. The meal plan outlines the exact amounts of fruits your body requires to burn fat optimally.

- Apples
- Avocados
- Bananas
- Blue Berries
- Cantaloupe
- Cranberries
- Grapefruit
- Lemons
- Limes
- Mangos
- Oranges
- Pineapple
- Strawberries
- Tangerines

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Vegetables:

The vegetables listed below provide your body with many different essential nutrients, minerals and vitamins.

A good combination of vegetables will help your body increase energy and maintain good health.

Almonds (*Whole, un-blanchd, unsalted*)
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Green Peas (*Pod*)
Green Peppers
Lettuce (*all varieties*)
Mushrooms
Onions
Parsnips
Peas
Radishes
Spinach
Squash
Tomatoes
Turnip
Zucchini

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Proteins:

Protein is used by your body to build and repair itself. There are nine essential amino acids your body requires that come from proteins.

Combining the list of proteins below with fruits, vegetables and carbohydrates will give your body the essential amino acids to burn fat and build a leaner, sexier body.

- Beef (*Lean, Ground*)
- Chicken Breast
- Cottage Cheese (*Low Fat*)
- Crab
- Egg Whites
- Haddock
- Ham (*Lean*)
- Lobster
- Salmon
- Sardines
- Soybeans
- Tuna
- Turkey Breast

Carbohydrates:

The amount of carbohydrates eaten is just as important as the kinds of carbohydrates you eat.

When carbohydrates are eaten and digested, they turn into blood sugar, which is also called glucose.

The right combinations of carbohydrates will increase your energy levels and burn fat more efficiently.

Apples
Black beans
Cantaloupe
Corn
Green Beans
Kidney Beans
Mangos
Oatmeal
Oranges
Peanut Butter (*All Natural*)
Potatoes
Rice
Strawberries
Sweet Potatoes
Tangerines
Yams

Tired Of Those Love Handles? Now You Can Burn Fat Faster!

**“In Just 12 Minutes, While Sitting In
Your Most Comfortable Chair, You’ll
Discover Everything You Need to
Know To Burn Fat Faster!”**

**“If You Had Problems In The Past With Weight Loss, Then You'll
Want To Know All About These New Recipes That Makes It
Remarkably Easy To Burn Fat Faster!”**

From: Michael D. Hill

Date: Wednesday, 5:37 PM

Dear Friend,

What if all you had to do was prepare simple meals and you were then able to burn fat faster.

Hi, my name is Michael D. Hill and in the next 12 minutes I'm going to prove that you can shed, a bare minimum of 5 inches of total body fat in the next 60 days—guaranteed!

As I'm sitting here writing this letter to you I am deeply concerned about all the so-called miracle diets that seem to be hitting the market every other day.

Let's face it, the weight loss industry is HUGE... Every quack, fake and con man out their will do just about anything to grab your hard earned money.

Look, I'm no marketing expert. I'm just an ordinary, honest guy who found a super simple way to burn fat faster without buying arm loads of supplements or super expensive foods.

**If You Had Told Me 17 Months Ago That I'd Be Sitting Here Writing
Anything Like This And Publishing It On The Internet, I'd Have
Laughed In Your Face—But Here I Am...**

Just seventeen months ago I'd roll out of bed every morning wishing I had a toned, sexy body that I could be proud of and others admired instead of being the brunt of all the office jokes.

When my friends and even my own family made “fat jokes” I was usually quite reserved, but occasionally I laughed along with them to disguise the fact I was embarrassed.

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The truth is, it really hurt to have the people I love and care about make fun of my overweight problem. I even remember going to bed on occasion, tossing and turning all night, crying and begging God for help.

I knew I had a serious weight problem, just no idea how to combat this dilemma. Even when I followed several diets, everyone just laughed and said it wouldn't last... and you know what, they were absolutely right every single time!

I tried several diet plans, bought the supplements, and even ordered a few of those contraptions from late night TV. They all promised incredible weight loss results and I was so desperate I was willing to do just about anything to become fit and healthy, look fantastic and gain the respect of my friends, and especially my family.

STOP— Don't Buy Another Weight Loss Plan, Diet Or Contraption Until You Read This

If you're like me you've already tried countless weight loss programs without much long-term success. You've already seen dozens of late night TV products all claiming to "unlock your fat burning potential", but cost hundreds even thousands of dollars and don't even work as advertised.

After spending thousands of dollars and wasting countless hours in the gym I finally reached my breaking point. The frustration I felt was so overwhelming, I about given up completely and was ready to accept my overweight body...

But Then Reality Set In And It All Began To Make Sense...

After spending hundreds of hours through trial-and-error I discovered that eating the right foods at the right times throughout the day **literally caused fat to fall off my bones**.

Within a few short weeks I noticed a huge difference in my appearance. My energy levels **accelerated out of control**, which left me feeling raring to go all day long.

Now, I'm going to assume you already know that eating properly will help you lose weight, but what I discovered was a reliable method of getting the exact foods in the correct portions in every meal you prepare.

In fact, I not only uncovered the REAL fat busting foods, I produced mouth watering, irresistible recipes so you too can re-create and enjoy the same recipes I rely on every day to lose weight fast.

Some of these outstanding recipes that helped catapult me from fat-to-fit include...

- Energy Supreme Oatmeal (*page 19*)
- Amazing Breakfast Burritos (*page 21*)
- Melt-In-Your-Mouth Eye Of Round Steaks (*page 35*)
- Pork Tenderloin with Bourbon Glaze (*page 37*)
- Lemon-Parmesan Green Beans with Peppers (*page 58*)

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- Chicken Pasta with Tomato-Curry Sauce (*page 64*)
- Luscious Southwest Fajitas (*page 81*)
- Chunky Chicken Salad Supreme (*page 86*)
- Cantaloupe-Berry Delight (*page 108*)
- Power-Packed Tapioca Pudding (*page 116*)
- ...and **78 other incredible recipes**

This "Jam-Packed Encyclopedia" Of Fat Burning Recipes Holds The Hidden Secret To Unlimited Weight Loss...

I documented every test I conducted... recorded every ingredient I added... and the end result of months of **scientific-like testing** produced a highly effective fat burning resource which, if used correctly can and will burn fat for you too.

For instance, most everyone skips breakfast because they feel there's just no time to sit and eat a proper meal. BUT... Did You Know that skipping breakfast is the worst thing you can do for your body? Here's why...

- >>>> Studies have shown that breakfast replenishes the blood glucose levels that have become depleted during the night.
- >>>> Breakfast also improves strength and endurance throughout the day.

By eating a healthy breakfast you will gain and maintain your strength and endurance. As a result, improving not only your physical but cognitive performance levels as well.

Fat Burning Recipes Revealed will add time to your busy schedule because I reveal over ten quick and easy breakfast recipes included in this **jam-packed collection**, that you can prepare in under 5 minutes and eat "*on-the-fly*".

THE END RESULT... No more skipped breakfasts! ...You'll feel an immediate difference in your energy levels and mental sharpness!

But it doesn't stop there... In fact, I have indexed six categories you can choose from to whip up healthy, fat burning meals in minutes.

- 1 Melt In Your Mouth Breakfasts**
- 2 Simply Satisfying Lunches and Dinners**
- 3 Flavor Packed Sandwiches, Roll-Ups, and Burritos**
- 4 Fresh and Tangy Salads**

5 Sensational Soups and Zesty Sauces

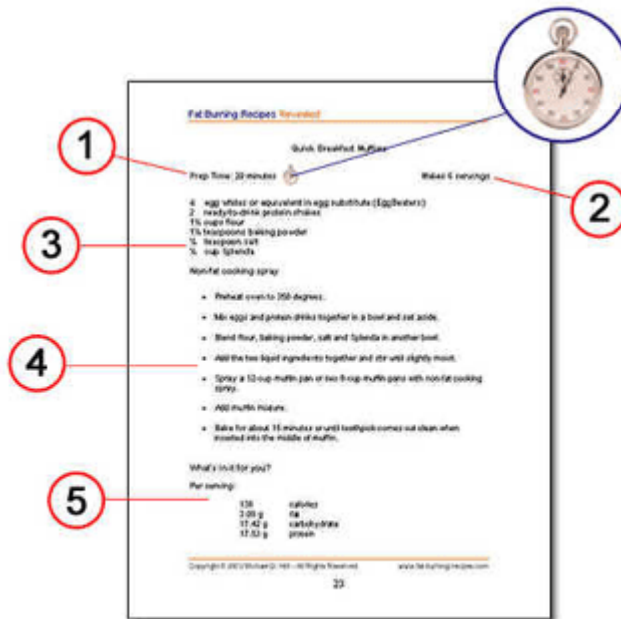
6 Irresistibly Incredible Deserts

**Incredible "No-Brainer" Approach Takes Away 100%
Of All The Guesswork!**

No more complicated calorie counting, complex formulas, or restrictions. This is truly a complete page by page guide to greater fat burning success.

Every recipe includes valuable information such as...

1. Preparation time for each recipe (*not including marinate time*)
2. Appropriate amount of servings the recipe will make
3. Ingredients list required for the recipe
4. Bulleted preparation instructions
5. Nutrition information per serving (*not the entire recipe*)



Simply turn to your favorite category, pick a recipe from the index and voila! You will have the necessary information right there in front of you to prepare amazing fat burning meals just like a real pro.

Did I Mention This Is Only The Start Of What You Will Receive When You Get This Amazing Fat Burning Recipes Revealed Package?

Look. These are NOT just a bunch of widely used recipes thrown together with a price tag. You'll actually be getting over **78 tested and proven** fat burning recipes, complete with preparation times, serving sizes, detailed ingredients lists, easy to follow cooking instructions, and detailed nutrition information.

You'll also receive the answers to:

- The eight questions you MUST have answered before your body can lose weight effectively!
- How to successfully fight through stubborn carbohydrate cravings by creating a steady, highly efficient fat-burning metabolism!
- How to eat to boost total body performance and increase your physical ability ten-fold!
- How to crank up your metabolism and kick-it into high gear without the use of drugs and other potentially harmful accelerators!

Imagine how your body would respond and what you would feel like if you had **unlimited access** to this incredible collection of secret fat burning recipes.

These recipes are more than just the fundamental keys of weight loss, they can help keep you healthy and **feeling extraordinary!** Here are just some of the incredible benefits you will experience:

- **Push your bodies fat burning potential to new levels! Optimize your body's fat burning power by getting the correct amounts of nutrients in every meal.**
- Feel an immediate difference in your energy levels and mental sharpness! Eating the right foods consistently will give you incredible bursts of energy, all day long. You'll have the "staying power" to do more in less time.
- **Stunning results just from eating smarter! You'll be absolutely amazed how much the right foods can produce such magnificent results in such short time.**
- Instantly improve your relationships with others! You'll feel better about yourself and even attract others to you just by the way you look and the confidence that radiates from your every word.
- **Gain notoriety, popularity and a complete sense of power! Everyone will be asking what you do to look so great - even complete strangers!**
- Look and feel sexier and more energized than you have in years! Instead of flopping on the couch you'll immediately want to enjoy life's simple pleasures and have others stare

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in amazement at your good looks and uplifting personality.

- **Be admired by close friends as well as complete strangers! Once you have found success you'll be approached by many people, some will be friends you've known for a long time, and others who don't know you from "Adam", all wanting your help in finding their own bodies true potential.**
- Devour your favorite foods without worry! No more counting every single crumb of food. Enjoy eating a whole range of favorites everyone will absolutely love.
- **Eat guilt-free and completely slenderize and sculpt your body to perfection! This package is more than just a few examples, these are the actual recipes I use everyday to achieve astounding results.**
- **Never go on another diet -- ever!**

How much would these fat burning recipes be worth to you? How drastically would your body improve by using just a few of these proven recipes in your normal everyday lifestyle?

Now imagine getting your hands on the first collection of fat burning recipes that are **guaranteed to "knock off" 5 inches of total body fat in the next 60 days!**

So what would happen if you had your own personal copy of an incredible collection of secret fat burning recipes you could easily use in your own lifestyle?

From The Author: STOP! How many pounds would you have to shed before you were motivated? I know this works, I've been using these exact recipes for over a year now and once the pounds started dropping off, my motivation levels accelerated out of control. I feel better, leaner and faster than I ever did in college!

I really like the Fat Burning Recipes book.

I am an athlete that is in good shape, but always looking to cut extra fat where I can. This book is great for the best of athletes, as well as those looking to reshape their body and cut an extensive amount of weight.

Keep up the good work!

J. Clark

P.S. The "What you get" nutritional facts are a great addition to the book.

Michael, this is awesome!

So many delicious recipes, and you've crammed so much extra useful information into this package.

What I like best is that your bonus gifts are not just "throw- aways", they actually help us benefit even more from the recipes. This one's a keeper!

*David Leonhardt
The Happy Guy*

[Finding Happiness and Self-actualization](#)

P.S. Yummy Fajitas!

100% Hard-Core Fat Loss Guarantee!

Look. I know that if you do exactly as I tell you in this book you'll lose weight (a lot of weight). But I really don't expect you to take my word for it.

In fact, I don't even expect you to take the words of everyone I've quoted above. There are so many quacks, fakes and con men out there selling some sort of weight loss plan it's almost scary.

So here's my promise to you:

If after only 60 days (just two months) of using my system you have not shed, at a bare minimum, 5 inches of your body fat, I will return every penny you paid AND even give you...

\$50.00 cash for your trouble!

The only condition is, you must show me you at least tried. Just send me an email telling me about how you at least tried a few of my secrets and that they didn't work for you and I'll send you your money back plus 50 bucks of my own for your trouble.

Since you've read this far you're obviously experienced enough to understand how valuable this unmatched collection of [fat burning recipes](#) will be to your lifestyle. Take advantage of this offer and you can try the Fat Burning Recipes Revealed information risk-free, plus we'll give you the following **2 EXCLUSIVE Free Gifts** -- yours to keep whether you keep the Fat Burning Recipes Revealed information or not:

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EXCLUSIVE Free Gift #1: 28-Day Meal Plan! -- this complete success blueprint gives you the **exact formula** for meal frequency so you'll know exactly what to eat and when. There is absolutely no guess work, and no complicated issues to figure out on your own. Simply start following this **super-successful blueprint** to incredible fat loss. (A **\$24 value**)

EXCLUSIVE Free Gift #2: Awesome Protein Shakes! -- Michael Hill's secret files that are packed with **25 super-charged protein shake recipes** from his own personal success file, including: 10 Incredible creamy fruit sensations, 10 Blockbuster fudge and chocolate overloads, and 5 Explosive desserts supreme. (A **\$19 value.**)

STOP -- and picture how much easier life will be when you can use the *Fat Burning Recipes Revealed* information to **catapult your weight loss success.**

Imagine all the time you'll save, and how much weight you will lose as soon as you [take advantage of this great offer](#). Think about all of the incredible gains you can make, attention you can grab in no time once you [get your hands on these incredible fat burning recipes](#).

WARNING: If you decide not to take action right now you'll just be getting fatter and even more frustrated. Don't take a chance with your health - especially when you have this no-risk opportunity right here in front of you.

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All the best,

Michael D. Hill and {--name--}

P.S. And remember, if you're not **100% convinced** that *Fat Burning Recipes Revealed* will **knock off 5 inches of total body fat in the next 60 days**, then simply tell us and we will issue a prompt and courteous refund --no questions asked -- **PLUS I'll even give you \$50.00 for your trouble**, and you may still keep the **2 EXCLUSIVE Free Gifts** at no cost to you. [Take advantage of this risk-free offer immediately!](#)

P.P.S. The most important thing you can do for yourself is eat right and exercise. It's never too late to start... even if you're a confirmed couch-potato. [Click here and secure your own personal copy today!](#)

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