

Download File PDF The Belly Fat Cure Diet

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

The Belly Fat Cure Cheat Sheet
Created by Arden | www.bellyfatcure.com

It's all about the S/C
Meal Max S/C = 5/2
Daily Max S/C=15/6

Carbohydrate	Conversion Chart	
Grams Log	Grams High	Servings
5	20	1
10	40	2
15	60	3
20	80	4
30	120	6

Allowed BFC Foods
Proteins: Meat, Seafood, Poultry, Pork
Vegetables: All Green Veggies
Limited Dairy: Cheese, Cottage Cheese, Half and Half, Heavy Whipping Cream, Whipped Cream
Berries: A Cup Strawberries, Blackberries, Raspberries
Healthy Fats: Nuts, Olive Oil, Butter, Eggs, Nuts, Seeds, etc.
High Fiber: Grains, Some Cereals, Bread, Tortillas, Pasta

What's Not Allowed
You can pretty much eat anything, as long as it fits into the S/C Value. For your meal if it goes over the S/C Value of 5/2, then have a smaller portion in time you will learn the Allowed Foods are more filling and are the best choices except Artificial Sweeteners, which are never allowed.

Artificial Sweeteners: Aspartame, Sucralose
These items are super sneaky & you will find them where you least expect them

Read the Labels: Multiply the sugar/carb grams by the number of servings you will be eating.

Nutrition Facts

Amount per Serving		% Daily Value*
Serving Size 1		Calories 100 (100%)
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Total Cholesterol 0g		0%
Sodium 0g		0%
Total Carbohydrate 5g		10%
Dietary Fiber 2g		4%
Sugars 0g		0%
Protein 1g		2%

What About Alcohol?
Cocktails are high sugar. However, a glass or two of White or Red Wine is allowed daily if you factor in the S/C Value.

Track your S/C Value for every meal manually or on myfitnesspal it adds up quicker than you think!

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