



4 SECRET HERBS THAT CAN
DOUBLE YOUR METABOLISM

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 below** 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 even while 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!**

HOW 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 Herbs That Triple Female Metabolism

I've discovered **4 powerful super herbs** 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** remain such a **secret**. 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**, **[JUST CLICK HERE NOW!](#)**



How to eat carbs so that you'll 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 trans 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.



YOUR 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 your 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 your 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!

