

Published based on [Simple But Effective Weight Loss Program](#)

# Simple But Effective Weight Loss Program

Do you want to find out the best diet plan to lose weight quickly and easily burn fat?

The secret is very simple and does not include a comprehensive diet plan or program of food combinations that are difficult to follow.

Here's the solution: just eat less.

Yes, it is the key. To effectively lose weight and burn fat to less food than what you eat now.

The point is that everyone has the basic metabolism (BMR), which is the number of calories needed to maintain your body.

To lose weight you simply eat less than your BMR.

Here are 7 tips to lose weight right now:

1. Think in terms of weekly rather than daily diet.

Try to consume fewer calories per week, not necessarily in the day.

This will relieve the tension you have to follow a daily plan and allow for a few days, when you "cheat".

2. Consume fewer calories a week, quickly once or twice a week.

24-hour fast, not only will keep your weekly calorie count, it will also stabilize insulin levels and cause a surge in the release of natural growth hormone.

Contrary to popular opinion, the post will not slow your metabolism, it will not reduce muscle mass, and it will not drain your energy.

Think about this analogy: Have you ever seen the movie big cats like lion hunting? Notice its speed and maneuverability? These large carnivores hunt in the post, not fed, state.

Posta once or twice a week will also allow you to eat very much that you want, within reason, until the end of the week.

3. Eat smaller portions.

Try to eat portions no more than the size of a fist.

4. Eliminate once a day.

It's as simple as it seems.

5. Eat apple before going to a great dinner or buffet table.

Going to a banquet and fears of overeating? Eat apples Before You Go.

This will fill up your stomach and cause you to get better faster.

6. Eat a lower glycemic diet.

What the heck does this mean? Food products have glycemic index, which is the speed with which they are broken down into sugar and released into the blood.

The faster this process occurs, the higher the glycemic index. Foods that are lower in glycemic index are released more slowly into the bloodstream, and therefore cause less spikes in the production of insulin. This is important because the presence of insulin in the body block fat burning.

You have to research that low glycemic foods suit your diet. Generally speaking, think about replacing the potatoes with yams, the use of gluten-free bread (rye or rye bread), eat brown rice pasta instead of regular pasta, brown rice, unlike white rice, and grapefruits, berries, rather than apples, oranges and peaches.

7. Do not eat any complex carbohydrates at night.

In the evening, do not eat bread, potatoes, pasta or rice. You can have a serving of protein with salad (use low-fat dressing) and nuts are good as well.

You need fats from nuts, so if you eat low carb, be sure to include some nuts (almonds more) in your diet.

Try some or all of these 7 tips, combined with the implementation of at least 2 - 3 times a week, and I guarantee you will lose weight quickly.

[handmade soap](#) [natural soap bar](#) [organic handmade soap](#)

You can also find this article published on [Simple But Effective Weight Loss Program](#), and on the tag pages [burn fat](#), [calories](#), [diet](#), [diet program](#), [weight loss](#).