



**Lose at least 10 pounds in a week**

**OR, if you are not in a hurry...**

**Lose weight slower, but healthier**

Anyone who knows anything about the TRUE weight loss, will tell you that it is only possible to lose 2-3 pounds of fat each week. Anything over that is water weight or muscle weight.

With the help of the methods outlined in this guide, you can lose 10 pounds in one week really easily. However, keep in mind it is advisable to lose weight slower, so you can keep it off easier.

If you want to lose weight extremely fast, follow **each step** of this guide.

If you want to lose weight slower, but healthier, and never face the problem of gaining it back, **skip the first part** of this guide, but follow all the rest religiously.

## **The Disclaimers and Legal Stuff Section:**

Before you scroll down and read anything in this blueprint, you need to be made fully aware of the following things...

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As with any exercising advice, you take all risk related to it.

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Now, here is a little about myself.

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My name is Jesse Sanders.

We may not know each other, but the problem you have, I totally understand.

I DO know what it's like to be overweight, and I'm assuming that you do as well. I was basically fat for as long as I can remember myself. (And I'm talking 50+ pounds overweight...)

And I can relate to the embarrassment, self-loathing and - truth be told - inner-hopelessness that goes hand in hand with being overweight.

I felt like a second-class person.

The worst part is that being fat affects every aspect of your life.

Everyone silently judges you, and you know it. People automatically assume the worst of you and it starts taking effect on your mental health as well.

It was a vicious, downward cycle.

(When you feel excluded, it becomes harder and harder to even want to try socializing...)

And regardless of how hard I would try to lose weight - dieting, exercise, you name it - I just couldn't stick with it. Nothing would change. Even after months of "dieting", I would still look and feel the same. So I'd give up.

And I'd still go home every night from work feeling hopeless. Defeated. Alone.

Stuck, with no help in sight.

Feelings of jealousy slowly turned into a general contempt for people in general. And over time, it just turned into a sort of "numbness". But I was still filled with a quiet desperation to somehow, in some way, become different.

The only reason things got better is because I accepted the responsibility for the way I looked and I had to make some changes.

I stopped buying the “lose 10 pounds overnight” products and I just concentrated on one pound at the time. Come on, the ancient mystery herbs don’t really work. And No I didn't "shock" my body with intense amounts of exercise or torture myself for hours on a treadmill...

I just changed what I ate, and I figured out a way to do that without feeling hungry all the time so I could sustain my new diet. In a nutshell, I replaced a lot of carbs/bread with proteins and fruit.

(If you're hungry all the time, you'll just revert back to your old eating habits.)

Now one of the biggest issue for me was the meal plan. I tried creating my own, but I noticed I was wondering off. So instead of really buying a diet book, I looked at diets that told me what to eat. I changed few of the meal plans, but I liked the best the [Day Off Diet](#). If you want to check it out, grab your mouse and click right here...

<http://www.bestwaytoweightloss.com/dayoff>

It was the best money ever spent for a meal plan, because I did have a clear shopping list, knew what to eat and had sample meal plans. This meal plan also provides many great healthy weight loss ideas for eating out at italian, chinese, japanese and other restaurants.

No, I did not starve! That actually will hurt you more! But instead, I ate the quality food that kept me satisfied without craving a lot of sweets. And yes, the sweets are allowed as well.

Please, just don’t lose the hope! Things CAN change, but it has to start with you as it did with me!

That`s my short story ☺

Now let's move on to the weight loss guide.

But before I start, I want to tell you the most critical part in weight loss, which is the key to losing weight, and maintaining it. This is the one thing that will determine your success or failure.

Do you know what it is? It's **Persistence and a Burning Desire** to achieve your weight loss goals.

If you don't have a burning desire to lose weight and get in shape, and persistence to follow through, then you can stop reading this, because I can't help you.

HOWEVER, if you're willing to follow a PROVEN method, then you've got what it takes to lose weight as soon as possible.

You see, weight loss success requires a price, and that price is PERSISTENCE. Many people who are struggling to lose pounds, think there is a hidden secret to losing weight. They search, day after day, for the „magic pill“ that will instantly melt their pounds away. Unfortunately, that just doesn't work that way...

One thing that is different when you are losing weight for wedding, is a DEADLINE. Knowing that, you should be ready as never before, to do whatever it takes.

If you have a deadline, and need to lose weight as fast as possible, you need to follow the step number one for one week, and follow all the rest later on.

Okay, so if you are ready, I am sharing my secret methods. Here is what you have to do:

## FIRST PART

Does it always work? Yes, it does, but ONLY if you stick to it.

I know one lady, Jessica, was never able to lose weight and keep it off, following my recommendations. WHY? Because she just could not stick to it.

But she still managed to find a way to lose those pounds and keep them off. She is happy now, and 39 pounds lighter.

Anyways, you have to start here:

### Fast Weight Loss To Lose 10 Pounds In A Week

In order to lose ten pounds in a week, you have to put yourself on the “**cabbage soup diet**“, and follow it for **7 days**. Not less and surely not more. This 7 day meal plan will help you to achieve fast weight loss. This will be the kick-start for your weight loss, if you follow the diet religiously. Keep in mind, though, that this is not the long-term weight loss solution, so you need to watch your eating habits when you finish with the diet.

Here is what you will need for the soup:

1/2 head cabbage

6 large green onions, or 3 regular white onions

2 green bell peppers

1 or 2 cans of tomatoes (diced or whole), you can use fresh tomatoes as well

1 bunch celery

1 package Onion Soup Mix, or just 1-2 cubes of a regular bouillon

Season to taste (salt, pepper, parsley, curry, garlic powder, etc).

Prepare the soup by adding all the ingredients (cut in slices / pieces) into a boiling water, and boiling until the cabbage gets soft.

You can eat as much of this soup, as you wish – the more, the better. Drink water, unsweetened tea and unsweetened black coffee as well. Each day you have to add something additional to the soup. These additional foods for the whole week are as follows:

**Day One:** eat all fruit except banana, and the soup. The more soup you are able to drink, the better. Drink a lot of water.

**Day Two:** any vegetables, except dry beans, peas, and sweet corn. Limit the potatoes: only have one baked potato with butter for lunch. Eat soup, no fruit. Drink water.

**Day Three:** day one and day two combined, except for the potato – just fruits and vegetables with the soup. No bananas, no potato.

**Day Four:** eat bananas, no more than 6 of them, and 3 glasses of skim milk as well as the soup today. When I follow this diet, day four is when I feel like I had enough of the soup ☺ On this day I start missing some foods like eggs, cottage cheese and yogurt. But don't give up, we still have 3 days left to lose enough weight.

**Day Five:** up to 500g beef or chicken and up to 6 fresh tomatoes. Drink at least 10 glasses of water today, and eat soup – the more of it, the better.

**Day Six:** beef and vegetables (except for the potato) with the soup today. Eat up to 300 g meat if you want. Drink plenty of water.

**Day Seven:** any vegetables except the potato, fresh fruit juice, a cup of rice and, of course, the soup.

After finishing this 7-day diet, you should weigh at least 10 pounds less.

You might want to repeat the 7-day soup diet. Just keep in mind that you have to make a short break between the soup diet weeks – the break should take at least three or four days.

Follow the steps below on the break if you want to repeat the 7-day soup diet, as well as when you`re finished with the soup.

## SECOND PART

**This is what your “skinny“ life should be.  
9 easy, but highly effective weight loss techniques.**

The first ones might be the ones you`ve heard of thousands times, but keep reading until the end – you`ll love the last steps 😊

- 1) **Reduce bad foods.** Junk food, sodas, sandwiches, pizzas, much pasta, bread, potatoes, cakes and sweets.

I know this is hard. But you do not have to cut them down completely. Try to reduce one at a time. For the first two days, reduce the amount of bread. On the third day, try to eat less (or no at all) potatoes, etc. Bit by bit and you will have completely new eating habits. Problem solved 😊

One of my friends lost 20 pounds in two months JUST BY not eating bread and cakes. She eat a whole bunch of ice cream, chocolate and everything else she loved. Just no bread and cakes. Believe me, this helps SO MUCH!

- 2) **Eat regularly, and more often.** Eat at least 5 meals during the day. What you do is divide your food that you eat during the day into 5 smaller portions, instead of 3 or 4 that you`re having now. OR, you eat 3 normal meals during the day, and add 2 additional „snack meals“ – these can be apples, vegetables, a bowl of soup. This will keep your metabolism (metabolism is body`s ability to burn the fat) „busy“, so you will burn more calories than if you had just 3 big meals a day.

Eat your meals regularly – 2-3 hours between the meals will work best.

The idea is to keep your metabolic rate high during the day, every day. Don't let it snooze!

To say that this will help you lose weight would be an understatement. Eating regularly will SKYROCKET your weight loss results!

And this is SO SIMPLE to do! One step closer to your weight loss goals ;)

3) You have to **eat breakfast.**

Period.

Eggs, omelets, cottage cheese, lowfat yogurt, apples, freshly squeezed juices.

4) **Drink plenty of water.**

Know this already?

But ARE YOU doing it?

Drink at least 10 glasses a day, no excuses. Get a bottle with you everywhere you go. Set an alarm clock every hour or so if you tend to forget. Water WILL do miracles. Switch to unsweetened green tea whenever water is not something you would enjoy. Water cleanses the body and keeps the metabolic rate high, so it is really essential.

Want to lose water weight? Drink water! Ironic, but true. See, when you are not drinking enough water, your body stores it because it is not sure it will get enough of it today, tomorrow and every day. When you give your body enough water, it will „unleash“ it and stop storing that extra amount of liquid.

Just try this.

You're welcome ☺

5) **Cheat a bit**, and get what you want. If you cannot live without something that is not so healthy, say, donuts or sandwiches, you have to extremely lessen the amounts of those foods. Here is what helps: you can still eat

them, but you divide them into smaller pieces, and eat those pieces during the day. So if, say, you usually get 5 sandwiches during the day, or two hamburgers, make just one, and split it into 4 small pieces. Soon you will notice that those smaller pieces are more than enough to feel good. Then, if you want even faster weight loss, lessen the amounts of those smaller pieces. This tip is super easy! And it works wonders.

- 6) **Salt.** Now, I'm going to give you something here that might sound not very effective for losing weight at first. But stick with me for a bit because I will explain everything.

You should know already, that cutting down sugar helps to lose weight.

But whenever possible, try to reduce the amounts of SALT in your meals. This actually has a lot to do with weight loss. By reducing salt, you significantly lessen the amount of toxins in your body. Within a few weeks the body becomes cleaner, and your eating – healthier. Getting used to less salt is not so difficult, I got used to it after three or four days, so it's less than a week. It's so worth it in the end!

- 7) **Good foods.** Eat more vegetables, grilled, fresh or steamed, more lean meat and fish, instead of fast food and all the bad food. This is absolutely healthy, and will keep you full for longer.
- 8) **Enjoy your morning.** Whatever food you cannot refuse which is fat, sweet or not very healthy, eat it in the morning, instead of evening. Your body is burning MUCH MORE fat in the morning compared to night. Use this to your advantage.

One sandwich in the evening equals two sandwiches in the morning. Eating the bad foods in the morning instead of evening, you will burn those calories easier.

- 9) **Pig out.** If you do all the above steps, you can have one day per week to eat anything you like. And as much as you like.

Yes, I'm absolutely sure of this. It will not add a pound to your current weight, but only if you do all the above.

Do you know why? Because when you follow all the above healthy methods of losing weight, your metabolic rate is already high. When you have a day for anything you like, your body digests the food as if it would on normal, healthy days.

Give these methods a try for 10 days.

I know that if you do what I outline here, you WILL be happy with the results.

When you`ve tried this and see how much value you get with this free weight loss guide, you`d be crazy not to want to try my secret methods to [lose stomach and belly fat](http://www.bestwaytoweightloss.com/lose-belly-fat) (yes, come over here: <http://www.bestwaytoweightloss.com/lose-tummy-fat> and see what I have for you so you can significantly reduce your waistline in two weeks from now).

That`s what losing weight is about. If you don`t take action, nothing happens. You can read, and read, and read. You can plan out the best weight loss routines in the world. But if you don`t execute... nothing happens.

I`ve had friends and readers of this guide who lost quite a bit of weight by following these powerful techniques – I am SURE they will work for you too.

So take action as soon as possible.

If you continuously take action on the steps I outlined here, then I can guarantee that you will see REAL RESULTS.

It`s not going to happen overnight. But when you apply these simple steps, on a continuous basis, with persistence and desire, the results will astound you. You just have to do it.

So take action my friend, and I look forward to hearing about your success!

All my best,

*Jesse*  
Jesse Sanders