

Fat Loss 4 Idiots Review

What is the Fat Loss 4 Idiots diet plan and does Fat Loss 4 Idiots Work? The Fat Loss 4 Idiots is a web based diet program that does not require the purchase of any meal plans nor supplements. The diet plan works like this; you enter a list of preferred foods in the lean proteins, fruits and vegetables, and carbohydrates family and the Fat Loss 4 Idiots program will generate a 11 day diet meal plan for you. You will have 4 meals a day; each meal being at least 2.5 hours apart. There is no calorie counting nor strict portion control; you are given the guidance to eat until you feel just short of full. At the end of 11 days, you get 3 cheat days when you can eat whatever you want. The meal plans are rotated and changed on an 11 day cycle. The reasoning behind this is that your body's metabolism may adapt to your previous diet and slow down; Fat Loss 4 Idiots aims to trick the body's metabolism by varying the diet plan every 11 days.

Does the Fat Loss 4 Idiots diet program work? Yes...but not because of any "calorie shifting". The Discriminating Consumer could find no scientific evidence supporting "calorie shifting". The Fat Loss 4 Idiots diet works because it is essentially a low carb, high protein diet; even though it doesn't advertise itself as so. Any time you drastically cut your calorie intake, you are bound to lose weight. Those with more weight to lose will, of course, lose more weight than those who had less to lose to begin with.

All in all, the Fat Loss 4 Idiots diet program is an affordable and simple, almost idiot proof, diet program. It is worth a buy for those searching for rapid weight loss, looking to lose a considerable amount of weight in a short period of time. The Discriminating Consumer does not recommend crash diets, but sometimes that is exactly what someone is searching for. Those looking for longer term weight management or those who need more human support to be motivated should look elsewhere.

About the Author

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