

## Fat Loss For Idiots - An Honest User's Review

There are many people out there promoting and advocating the fat loss for idiots program. If you haven't already heard, this is a very hot fat loss program that is easily accessible online. Fat loss for idiots has garnered quite a reputation and is a very hot seller. I decided to try the program out to see if I could lose a few pounds in under two weeks. I wanted to see if their plan was as good as some of the free tips I have on my own website. Without further delay, I present my review.

First, I went to the fat loss for idiots website to download the program. As of this writing, you have two options; download the diet alone, or with the online calculator. I chose the whole program. I read the diet plan and using their online diet generator was able to create a customized day by day menu. I have to say that I really liked the idea that my every meal was spelled out clearly and included foods that I was able to choose from the food list. I should also mention that the diet favors simple, unprocessed foods without complicated recipes and weird ingredients so the meal preparation was really minimal. For me, this is a big plus. With many diets I was on previously, the daunting task of meal preparation and measuring and all that was a real drag, let me tell you. For those of you who work and commute, I have to say that the meals are portable and you don't have to worry about heating things up so you can eat your meals anywhere.

The basic idea of the fat loss for idiots diet is to eat 4 meals each day and space them about 2.5 to 3 hours apart. You are also expected to finish eating before 7:00PM. I have advocated these two ideas for a long time. The idea of having smaller meals evenly spaced apart serves several purposes. First and foremost, you are kept from getting really hungry and cheating on your diet. Not having that starving feeling really helps you lose weight. Second, by eating smaller meals more often stimulates your metabolism. Keeping your metabolism going is very important. If your metabolism stalls, your weight loss will stall with it. It is worth noting that many diet programs and websites tell you not to eat your last meal of the day late. This is good advice for any diet. If your body does not have time to burn these calories, it will store the excess as fat, something to avoid when you are on a diet.

Another main ingredient of the diet is the concept of changing food groups around. The diet generator on the fat loss for idiots website keeps your body off balance by varying the proteins and carbohydrates and fats. By constantly mixing the ratios, your body does not adapt to the changes fast enough and the weight loss does not stall. But does the diet work? Did it work for me?

I stuck with the entire 11 day fat loss for idiots diet plan and lost about 10 pounds. I did not exercise during this period. I was about 35lbs. overweight when I started the diet. I am very happy with the results. I plan on giving my body some time to adjust and soon I will generate a new diet on the fat loss for idiots website to continue my weight loss journey. I hope this article has helped you. In my bio, there are links to more information on this diet as well as a link to my personal weight loss website that has free articles on various weight loss topics. Thanks for reading.

### About the Author

Mr. G. is a weight loss fanatic. He is passionate about weight loss and fitness. A long time trainer, he is back on track to his lowest weight. For more information on the diet we discussed above, click here: [Fat Loss for Idiots Information](#). For advice and articles on weight loss, visit: [Weight Loss Fast Tips and Articles](#).

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