

Meta Burn Studio Presents

Holiday Flat Belly Fat Flush



META BURN
FAT LOSS SYSTEM

HOLIDAY FLAT BELLY FAT FLUSH



Melissa Before



Melissa After

10 Holiday “Cheat Meal” Strategies To Lose Fat

WARNING: These strategies below are based on the assumption you are dedicated to eating a clean nutrition lifestyle for majority of the week. Cheat meals should only happen every 5-7 days. Exercise is a must at least 5 hours a week to be able to perform a cheat meal to your advantage.

Strategy #1: DO NOT eat until discomfort. People tend to blow cheat meals/days out of proportion by stuffing loads of calories down their throat until they are ready to vomit. Eat whatever you want, just don't push it til you want to puke.

Strategy #2: Depending on what you are cheating with, eat your protein first.

Strategy #3: Make sure you have taken in plenty of vegetables (7-10 servings) for the day before your cheat meal. This gives your body plenty of nutrients and fiber to help fight the calories and push them out.

Strategy #4: Have your cheat meal in the afternoon or night. Most people make a BIG mistake by going to a place like IHOP for breakfast and starting their day off with a cheat. This can lead you down a rabbit hole of continuous cheating all day. Start your day right

Strategy #5: ALWAYS, ALWAYS, ALWAYS eat at a table and never in front of a TV. Doing this will keep you conscious of how big of a cheat meal you are actually having.

Strategy #6: Don't plan your cheat meal. Have whatever you want at the moment of your cheat. Don't go grocery shopping for it, because then there is a chance of left over cheat meal for the next day.

Strategy #7: Don't excessively drink alcohol. 1-2 drinks is ok, but more will reverse the effects of a cheat.

Strategy #8: Feed yourself consistently throughout the day. Don't skip meals to save calories for your cheat meal.

Strategy #9: Exercise the next day at an intensity of an 8 out of 10 (to your ability level)

Strategy #10: Consume above your normal level of water. This will help fuel your metabolism.