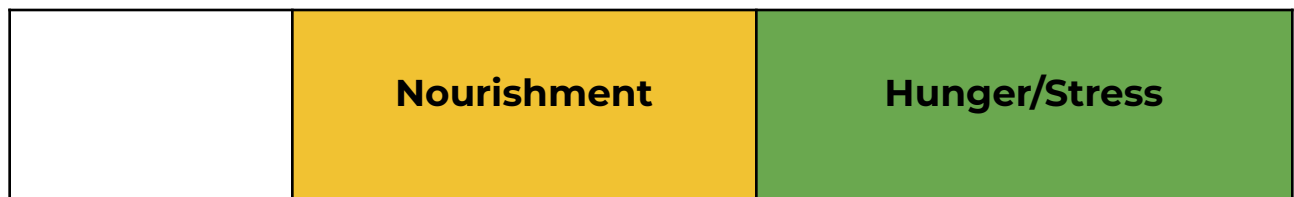


Rapid Fat Loss Framework Cheat Sheet

Here's a chart that's broken down into two parts - nourishing your body and dealing with hunger/stress.

You should be feeding yourself items from the "Nourishment" column BEFORE hunger, stress, and anxiety hits you.

When you find yourself in a situation where hunger pangs have you on edge, that's when you try something from the "Hunger/Stress" column.



Food Items	Coconut Oil Pea Protein Liver Cleansing Lemonade Spinach	Water Green Tea Mushrooms Cucumber Iceberg Lettuce
Supplements	Multivitamin (optional)	50mg - 200mg of L-Theanine Magnesium oil Chamomile
Exercises		Deep Breathing 30 Minutes Interval Training