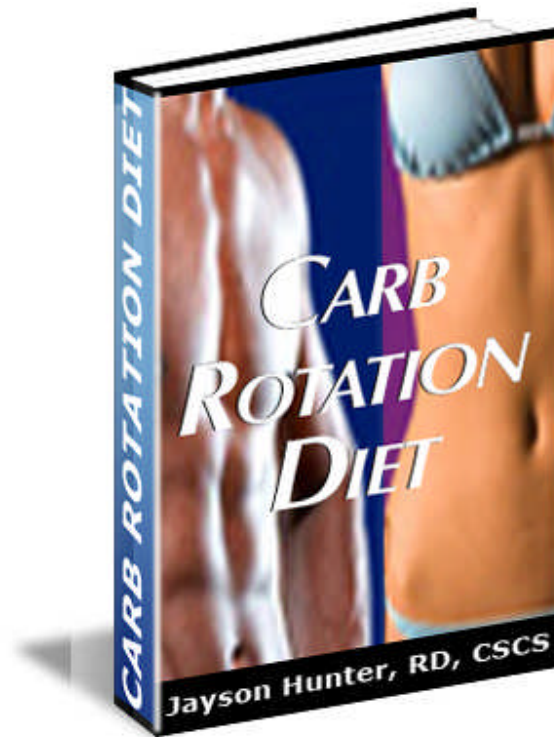




# 17 Potent For Removing Unwanted Fat From Your Belly, Butt, Hips and Thighs!

By: Jayson Hunter RD, CSCS  
author of the  
[Carb Rotation Diet.](#)



"Wow! The Carb Rotation Diet is a powerhouse of strategies that will help you knock off pounds fast. More importantly, you'll shed the weight and improve your health at the same time. Jayson Hunter has included everything you need to succeed, from tips to accelerate your success to sure-fire strategies to keep the weight you lose off for life. I highly recommend this book for anyone who is tired of the lose-gain-lose-regain cycle and want proven techniques to shed pounds fast and keep them off for life."



**Kimberly Floyd,  
Certified Wellness Coach  
Author of MoneyWise Weight Loss**

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"I started the Carb Rotation Diet the beginning of March 2008. As a personal trainer and former bodybuilding competitor I have had a lot of experience with different nutritional programs. I really like this program because it is SO easy to follow.



I have lost 6 pounds and went down a size in just 5 weeks. And since I'm already in great shape thanks to my job, these results are outstanding!

Great stuff, thanks, Jayson!"

**Phyllis Frost**  
**Certified Fitness Consultant**  
**28 Years of Experience**

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"Jayson Hunter not only walks the walk, but talks the talk, and when he talks, you should listen if you want results. Following his suggestions, tips, and tools laid out so well in his books are a sure fire way to get results quickly and effectively. The only people who shouldn't get these books are those who can look at themselves in the mirror and say with 100% confidence, I am happy with what I see and happier with how I feel"

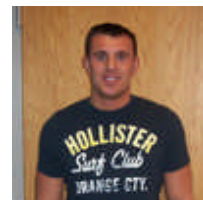


**Chris Mohr,**  
**PhD, RD,**

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### **From 20% to 12% Body Fat**

"When I first started I weighed 210 lbs and in 8 weeks I got down to 195. My bodyfat also went from 20% down to 12%. I eat healthier, I feel healthier and I want to thank Jayson for creating this great book. I definitely feel better about myself."



**Justin Flynt**  
**Age: 25**  
**St. Louis, MO**

You keep thinking to yourself: "What happened?"

"I used to have the kind of body people couldn't keep their hands off of. Now I've got this double chin and my pants barely fit."

"My significant other would probably compliment me and drool over me more if I wasn't so heavy.

"Will somebody please tell me the easy way to get rid of this unwanted fat!"

Well, you didn't get that gut or those hips or butt overnight. And you're not going to lose it overnight. If you're searching for a miracle solution you've come to the wrong place.

But if you're will to do just a TINY bit of work and make some small changes, I'll help you get rid of that unwanted fat in no time!

The first step in losing the fat from your belly, butt, hips or thighs is to just take action. You can read and read and read on everything you are supposed to be doing, but until you actually do something you won't ever succeed. I have outlined 17 important guidelines to follow for you to start taking action.

Do you need to follow all 17 to be successful?

If you want to maximize your success yes you will need to follow all 17. Will you lose your unwanted fat if you only follow some of them? Yes, you most likely will, but it will take you longer to see that success.

So let's not waste anymore time here. The objective is to take action so read the guidelines below and just start with the first guideline and work your way down the list until you are completing all 17 guidelines for weight loss success.

1. Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories.
2. Eat some type of lean protein at each meal. Protein helps to satisfy hunger and provide the necessary building blocks to maintain lean body mass while losing body fat. Learn exactly how much protein here: [Carb Rotation Diet](#)
3. Recommend eating 5-10 servings of fruit and vegetables a day to meet your micronutrient needs. Vegetables also contain a good amount of fiber and help to control appetites and curb hunger.

4. If you want to start building habits then you need to follow a plan. Habits are formed by repetitively following a prescribed plan. Therefore map out your meals every day and follow them. If you follow your plan everyday for 2-3 weeks you will form habits that become part of your daily routine and you won't even notice it. How do you think bad habits are formed? By repetitively doing something over and over again.
5. Keep total fat intake under 30% for the day. This can be accomplished by not adding too many extra fats such as butter, sour cream, mayonnaise, etc. This doesn't mean you have to completely eliminate these items, but do not eat them as a regular food item every day.
6. **EXERCISE!!** You can lose weight by just following a nutrition plan on its own but very few succeed at it and it takes much longer than when you eat properly as well as exercise. I am not talking about just getting on a treadmill for 30 minutes every other day. Though you can lose weight this way it is not the most efficient use of your time nor maximizing the ability to burn calories. The most effective way to lose fat is by strength training or some type of interval training utilizing strength training and cardiovascular exercises. A properly designed program can burn more overall calories in 20 minutes than 20 minutes on a treadmill. Also, the X factor in all this is that you will burn more calories per minute hours after you finished strength training because of the EPOC effect. Static exercise on a treadmill doesn't produce this X factor.
7. Record what you eat and drink. You will be amazed at what you consume and not even realize you did it until you write it down and reflect back on the day. Keeping a food log is critical to your success because if modifications need to be made you need something to be able to evaluate and analyze. If changes aren't happening like you had hoped the answer can usually be found in the food and or exercise journal.
8. Follow the 90% rule. If you can follow your plan 90% of the time then that is enough to have success with weight loss. If you find yourself breaking the rules more than 90% of the time then the chance of being successful with weight loss is not as likely. Your chances of failing increase significantly. Lose the all or nothing attitude and just take one day at a time. Reflect on your day before you go to bed at night and instead of getting down on yourself because you weren't perfect just set goals to accomplish next day that would eliminate those errors.
9. Review food labels. Avoid foods that contain excess sugar, calories. Especially avoid foods that contain any trans-fats. Look for foods that are low in energy density. This means you get a good size portion, but low calorie. This will generally be your non-processed foods. So your fruits, vegetables and whole grains along with lean protein are your best

choices. Learn about what you should exactly be reading on a food label at [Carb Rotation Diet](#).

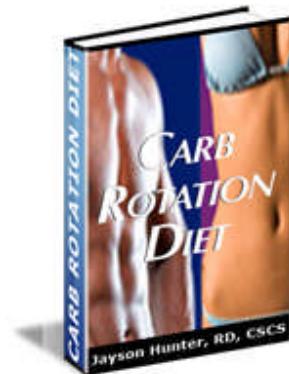
10. Drink 1oz per 50-75% of your bodyweight. This equates for most people to 13- 20 (8) ounce glasses a day. This is important to maintain efficiency of your metabolism and provide fullness.
11. Balance your fat intake for the day. 1/3 should come from saturated fats, 1/3 from monounsaturated fats, and 1/3 from polyunsaturated fats
12. Avoid soft drinks and other calorie filled drinks. These types of drink are very high in calories and energy density. A 12 ounce soda can contain 150 calories of almost all sugar.
13. I recommend consuming 25-35 grams of fiber per day. Since the average diet contains only 14 grams we could all use more fiber. Fiber will help satisfy hunger pangs as well as control insulin and blood sugar levels which tend to promote fat storage when they are elevated.
14. Eat low-glycemic carbohydrates such as vegetables, whole-wheat products and oatmeal instead of refined processed carbohydrates which usually come in a box or a bag.
15. Consume adequate amounts of healthy fat foods such as olive oil, walnuts, almonds, Omega-3 fortified eggs or other Omega-3 products. Healthy fats are great antioxidants as well as help with brain function and many other essentials processes that take place in the body on a daily basis. Essential Fatty acids also help prevent certain diseases.
16. Include what I call "*Superfoods*" into your meal plan on a daily basis. These include but not entirely lean meat, salmon, low fat plain yogurt, tomatoes, spinach, mixed berries, whole oats, mixed nuts, olive oil, flax seeds(or flax meal), green tea, and various beans. These are just some of the "*Superfoods*" who should be incorporating into your daily meal plans.
17. Be consistent! Don't try to change everything at once. Aim for 2-3 improvements each week. Try to master 2-3 guidelines a week and then move down the list until you have mastered all 17.

Now that you know some of the most important steps to losing your gut go ahead and get started with #1. Work on eating 4-6 small meals a day to start increasing your metabolic rate and turning up the fat burning furnace.

And be sure to stay tuned to your email for the latest belly, butt, hip and thigh busting strategies. Be sure to check out all my secrets to losing your unwanted

fat and getting you those six pack abs at [CarbRotationDiet](#). As a registered dietitian I've got plenty more secrets to keep you looking and feeling your best. Just follow my advice and you won't have to keep buying bigger dresses. These 17 tips are just the beginning.

Check it out now. [CarbRotationDiet](#).



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"I just want to say Thank You for the Carb Rotation Diet - it is exactly what I needed! The carb reduction days are easy and I feel like I am full and really satisfied all the time.

Right now I am on day 9 and I feel soooo much better already. My belly flab is melting and I feel 'smoother'. I have already noticed my clothes feeling looser, I am easily pulling my size 8's on and can tell I will be slipping back into those 6's very soon. I can't wait to see what the entire 30 days will let me accomplish! I also want to add that I chose to upgrade to the package that included the 30 Day Meal Plan....what a Perfect Plan! It doesn't get any simpler than that!



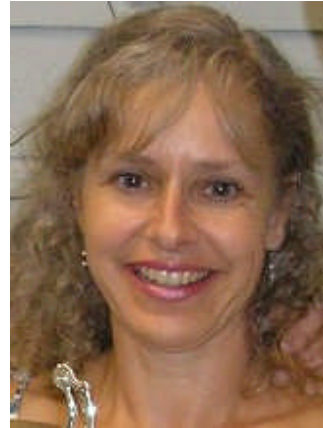
Thanks again - this is a great plan....worth every penny!!"

Susan Kuroski  
Office Director  
45 years young  
Racine, WI

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"Hey Jayson In just 20 days I've dropped 6 pounds, my clothes are fitting a lot better, and there is a noticeable difference in the mirror! I can feel that my metabolism is speeding up and working like it used to.

Best of all, I am not counting calories. I am really glad that I bought your recommended meals and snacks, because that was a wonderful kick-start and made it a lot easier to get going with the program than it would have been if I had to figure it out on my own. Thank you so much for making this wonderful program available!!!!"



**Desiree M.**  
**Age: 49**  
**Ottawa, Ontario Canada**

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"The principles that are covered within "Carb Rotation Diet" are absolutely solid. The advice and knowledge that you receive in these books are exactly what I've used to achieve a body fat percentage in the low teens myself. I'm no different from you either. I'm a busy mom who spends most of her time making the family happy. My husband Scott has applied these same strategies as well to achieve single digit body fat percentage. He knows what it's like to be 30 pounds overweight and he knows how awful it feels. It's time to reduce your dress size!"



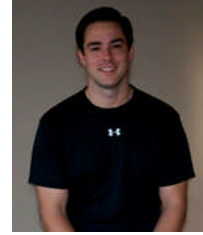
**Angie Tousignant**

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## **He dropped 4 pounds the first week!**

"Hi Jayson, Thanks so much for the Carb Rotation Diet. As a 16+ year veteran in the fitness industry I have to tell you I am actually surprised at the results my clients are having with your ebook. So much in fact, I have to tell you about one of them.



One of my clients in particular has literally done it all. He tried the South Beach approach - couldn't stick with it long enough to get results. Then he went to a "high end nutrition expert" who is also an MD. He had blood work done in addition to a complete profile of health history, current eating habits, goals etc. and what he got in return was a plan so complicated he had to worry about what type of lettuce he was eating in his salads! Let's just say for very busy business man who works out at 5:30 am in order to get to the office on time - this diet plan failed before it even began.

This individual was and is doing everything right in terms exercise in an effort to lose those last 10 pounds. I introduced him to the Carb Rotation Diet less than 3 weeks ago. To my utter amazement he is only 2 pounds away from his target weight already! In fact he dropped 4 pounds the first week! Moreover he has totally embraced the Carb Rotation Diet and feels he can absolutely stick to it...forever.

Thanks for putting this ebook together Jayson. It's great to know exactly where I can send clients and subscribers to get credible, truthful diet advice that works! You've just made my job easier!"  
Gratefully,

**Dave Gleason**  
**Pembroke MA**

## About the Author



Jayson Hunter RD, CSCS is a registered dietitian, weight management expert and personal trainer with over 10 years of experience. He is the creator of the international [Carb Rotation Diet](#) program. His nutritional programs have helped thousands of clients successfully get in shape and create permanent lifestyle changes.

Jayson's method of eating and nutritional programming gets results with every type of client regardless of their body type and goals. The keys to successful nutrition is understanding your needs and providing the necessary tools to be successful. Society's nutrition problems are not necessarily a result of bad genetics, but rather a result of bad choices and decisions.