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# **Fat Loss 4 Idiots - Is This The Program You Should Follow?**

For anyone who has been on the hunt for a program to help them lose weight, you may have run into a program called "Fat Loss 4 Idiots". This weight loss program offers personalization options that you will not see in most other online diet programs.

Ordinarily, when you're looking at a diet book or fat loss program, you will find that they're created for a very generic audience. Essentially, you're advised to abide by a set eating and exercise routine. Well, if you have been trying to slim down for a while, you already know that this type of generic diet and exercise is not effective. Keep in mind that no two people are alike or have the same tastes so a generic diet is not going to work for most people.

The Fat Loss 4 Idiots program takes a whole different approach. The Fat Loss for Idiots fat loss program is designed to make use of your personal favorite foods. The Fat Loss 4 Idiots is not the same old calorie or point counting system like the other fat loss programs. The Fat Loss 4 Idiots is a completely new way for people to shed the excess pounds.

How this program works is you give them information on what you like to eat. This weight loss program then creates a specific diet for you using the foods on your individual list. Nonetheless, the program makes certain that you're eating different types of foods. Basically, these diet plans are actually mini diet plans. This weight loss program creates the menu for you but the eating plan changes every 11 days. So you merely have to eat one diet plan for a short time before you can change over to the next 11-day cycle. And again, as it is based on foods you pick out, you will like what you are eating. And as the diet changes every 11 days, you aren't going to get tired of eating the same old thing.

Now, like any program, there is one downside. As this program puts together a menu for you based on the foods you like, you will need to plan in advance and ensure that once you have your mini diet in hand, you go to the store and get the foods you will need to cook. Now for me personally, I enjoy cooking so this is not a concern. Nonetheless, there are individuals who hate to cook and some who aren't very good at it. For these individuals, this weight loss program may not be the right weight loss program to follow.

Nonetheless, if you like to cook, as I do, and don't have an issue planning your meals ahead of time Fat Loss 4 Idiots could be the program you need. Don't forget that you will like these meal plans because they are designed with your favorite foods. This is what makes Fat Loss 4 Idiots so special, and also the important reason that you will be able to follow this diet and actually lose weight.