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Fat Loss 4 Idiots Is Food Lovers Fat Loss Ideal Choice

There are a lot of different weight loss programs in the market place nowadays. You have low carb, low calories, low protein to non-fat or high carbohydrate diets. So what makes Fat Loss 4 Idiots such a [fast weight loss program](#)?

The reason why Fat Loss 4 Idiots works is simply because it's a very easy dieting program to follow with a lot of [fat loss diet](#) tips.

Decide your own diet menu

A lot of products will need you to keep to the diet that they have set. In Fat Loss for Idiots, you will get to select the food you like and the Diet Generator will create the diet menus according to your preference. In a matter of seconds you will be able to generate brand new menu if you are bored with the existing ones. Boredom will never happen in this dieting system.

In addition, you have complete freedom on how to prepare your meals. You can grill or roast the chicken as you please.

No Headache over what food to Include

A predetermined list of food from all the four food groups will be ready for you to choose from. These foods are all helpful to you losing weight. No effort is needed to find out the best foods that will help you in your diet process. Everything in the list is healthy, there's no chocolate cake or junk food found inside. The food list is made up of lean proteins, fruits, vegetables, whole foods as fat source (cottage cheese, eggs) and starchy carbohydrates such as oats and pasta. This opportunity of selecting your food from the list will give you some form of control over your personal diet plan as you form good eating habits. A lot of people find this concept to be a very powerful part of the program.

No Starvation

The Diet Generator will help you group your food selections into sets of four meals per day, for the next eleven day period. Food is your friend and not your enemy in this special lose weight program. Specific instructions will be provided to teach the right intervals to eat, to speed up this weight loss process.

Eat All You Need

You are allowed to eat as much as you want! What more can you ask for? The only rule that you need follow is, you must eat till the point of being full and not until feeling stuffed. For many, this is a difficult thing to do. A secret I found to be helpful, is to eat very slowly. Eating slowly will give you time to pick up the signal that you're already full.

No Cardio

The best way to describe this program is, eat to get slim. You are not required to do any workouts or cardio at all. The most you need to do is brisk walking and that's only if you prefer. How good can this get?

Verdict

Fat Loss 4 Idiots make weight loss less complicated and simple to follow. Even though the program promises that you can lose 9 lbs in 11 days, I would rather that you concentrate your effort on following the diet routines. Losing weight is for sure, but I will not pin it down to a fix number. You may even do better than 9 lbs in 11 days.

A Word Of Caution

Every 11 days cycle, you will be allowed a 3 day cheat. These 3 days is the time where you are free to pick your choice of food. To keep the weight loss result, during this time, please be mindful of the food you eat. The last thing you want is to put back what you have lost over the last 11 days.

If you would like to find out how this system can help you lose weight by you following the steps listed above, you can check out visit [Idiot Proof Diet Handbook](#) for more information. This system will show you how easy to look good and lose weight. In no time you will fit right back into your old clothes with all fats burned away. Your body can shine again.