

# I Was Skeptical Because of My Past Experience...but This Weight Loss Diet Changed My Mind!

*The magical weight loss diet that will not starve yourself to death*

**\*\*Disclaimer:** The dietary advice in this article is a general advice. Please consult with health professionals before attempting any dietary changes provided in this article. Your health is your full responsibility.

I am on a diet. This was my lunch at the office.



My boss gave me this assignment and I had to finish it before I left the office.

So I did what I had to do...fast food.

The only thing that could keep me energized while I worked my a\*\* off.

Can't really blame the boss. He's only doing his job so we can keep ours.

He's doing it for the greater good I would say.

Time is the only thing we can blame here.

You must be thinking, "Why are you eating fast food if you're on a diet??...Isn't that counter-productive??..."

Well...not really. I found a magical diet plan that allows me to eat whatever I want.

And the best part about this diet is it works well even if I don't work out at the gym.

If you're reading this...you're in luck.

Because I'm going to share with you my weight loss secret if you stop whatever you're doing and pay attention to what I'm about to say.

Cool??...Alright, let's go!



Hi there, my name is Sally. I'm a 25 year old girl living in Manhattan with a regular 9 to 5 job.

That's not my picture because I'd like to keep my privacy.

I am a real person by the way.

I once weighted 210 pounds and was severely obese.

Knowing that obesity is a silent killer...I jumped from programs to programs in hopes of losing weight for the sake of my health and my self-confidence.

Apart from my health, I wanted to look good too...you know.

I was sick of looking for clothes that could fit my body.

The girl or the guy would look at me and paused for a moment before they went looking in the storeroom.

Can you imagine how embarrassing that is??...My face fell flat to the floor.

Every. Single. Time.

So I tried my best to lose weight.

Tried working out. Failed big time. Quitted at my 15th day.

Tried different kinds of diet. I felt hungry most of the time and wondered if the diet was working.

And I remembered I got so desperate one time...I decided to take diet pills.

The pills were made from an organic plant that makes your stomach "feel full" and burn fat through biochemical processes.

I didn't eat a proper meal for days.

I thought that the bloated feeling in my stomach is a sign that I'm on the right track...

Until I fainted at the office one afternoon.

The doctor said I was lucky it was not severe or I had to rely on medication for the rest of my life.

She said I had a mild gastric and hypotension (low blood pressure). The diet was taking a toll on my body and I had to stop restricting my diet.

Although it was not severe...she said I needed proper medical attention and care.

Because these two diagnoses could affect me greatly if not treated well.

I was hospitalized for the entire week...

After that incident, I swore to myself to never take pills for any dietary purposes. EVER.

That incident gave me a deep trauma.

Maybe a body like mine was meant to be accepted instead....

There's no possible way to transform my body into the dream body I've always wanted.

So I looked for other ways to deal with it.

If I can't transform my body...I might as well accept it. Mentally.

Saturday and Sunday nights were filled with counselling sessions.

What happened troubled me. It shook me to the core.

It would take me a LOT of mental reconditioning to overcome it.

And it was hard...being obese and traumatised at the same time.

My psychiatrist offered help to solve the root of my problem...

I tried to be positive but I CANNOT deny the fact that I'm still fat!

How could a psychiatrist help me lose weight?!...

I was starting to lose hope.

My days were gloomy.

I no longer had that smile I used to wear so optimistically every day.

I was trying to forget what happened and move on...

Then on a lucky Wednesday afternoon...the light at the end of the tunnel began to show itself.

## **The discovery of a magical diet**

I read about a blog that talks about a meal plan I've never heard before.

It is a diet plan that will help you lose weight WITHOUT making your stomach "feel full".

You can eat whatever you want and still lose weight!

I was not sure how that works...but read it anyway out of curiosity.

Here's the summary of what I read...

Apparently, the carbohydrate we eat morphs into insulin when we consume it.

What happens is our body can't burn excess fat because insulin blocks the release of fat cells.

Foods high in carbohydrates cause a hormonal environment that leads to weight gain.

The conclusion is carbohydrates, when consumed in excess, will make you fat.

That hit me like a truck. I eat four pieces of double-stacked bread every morning before I go to work.

Never had I realized that carbs make me fatter.

There's more...

They did an experiment to test the theory that less carbohydrate consumption will lead to more efficient weight loss.

And the results were astonishing!

The British Journal of Nutrition concluded that...

*"Test subjects who consumed less carbohydrates in their diet lose belly fat **three times** as much as those who consumed higher amounts of carbohydrates."*

This was a game changer for me. I went all in for this.

It's called the Keto diet.

The diet is basically a low carb, high fat diet plan.

Yes...you read that right. High fat!



Let me explain before you freak out.

It's proven that high carbohydrates consumption leads to weight gain. So the best way is to consume less carbohydrates to prevent that from happening.

However, our body uses insulin as an energy source and it needs energy to function properly...

When the body senses that insulin level is low, it goes into a state called "ketosis" which is where the name of the diet plan comes from.

"Ketosis" releases a chemical (ketones) in your liver and uses it as an alternative energy source.

Ketones and the fats you consume become the energy source of your body.

That's how this diet works - consume less carbs and more fats.

The beauty of this diet is you can do whatever you want as long as there's little to no carbs.

@macrofareplan

## What Exactly Is Ketosis?

The primary source of energy in the body is **carbohydrates**. Carbs are broken down into glucose for immediate energy or glycogen for future energy.



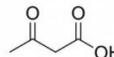
Fat cells

When glucose is not available as an energy source, your body turns to **fat** as the primary fuel source.

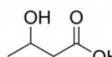
Fat gets broken down into glucose, and **ketones** are produced as a byproduct. The body can use these ketones as an alternative fuel source (there are 3 different ketones)



Acetone



Acetoacetic acid



Beta-hydroxybutyric acid  
(Often referred to as Beta-hydroxybutyrate)



When your body is getting fuel from ketones, you are in a state of **ketosis**.

I was very skeptical because of my past experience.

So I consulted my doctor to make sure my body accepts this diet.

My doctor told me that I had experienced mild gastric pain in the past. Food restriction is definitely out of the question.

But she said the keto diet will work on my weight loss because it doesn't involve food restriction.

Instead, food choice is the main highlight of this diet so I'm good to go.

I was so excited!!

I decided to try out the diet.

Basically, I prepared my own meals according to the list provided.

The recipes were great and delicious.

All I did was follow the instructions given to me.

And I stuck to the diet for two months as recommended.

To cut the story short...I lost 16 pounds in the first month...and another 15 pounds the next.

The diet took time to work its magic but it was effective.

My job is demanding so I didn't work out at the gym that often.

I shed 31 pounds in two months with only diet!

It was a huge milestone for me as an obese girl.

I can almost imagine wearing bikinis at the beach within the next summer.

## **What's in it for you?**

Listen here...

If you don't have time to work out at the gym, this is perfect for you.

I understand your concerns...

- expensive groceries
- time consuming preparations
- overeating
- time restriction
- zero cooking skills, etc...

If you're working a regular 9 to 5 job like me, I know how you feel.

It's hard to make time to cook your own meal even if you wanted to.

You only have so much free time...

And you'd rather spend it on getting a good rest instead of thinking what to cook for dinner.

You know what...none of that matters because I have a solution for you.

There's a tool that can help you customize your meal plans based on Keto diet.

All you need to do is to answer a few questions regarding your eating habits as well as your food preferences.

The tool will then provide you the Keto diet meal plan consisting of chef-approved dishes.

And the meals are easy to prepare and cook.

Gone are the days when you only eat oat-meals once per day...

Or veggies that you hate but cannot afford to not eat.

The tool lays out everything from ingredients to calorie count of the meals.

So you know ***what to prepare, how to cook the dishes faster, and how many calories you consume.***

Everything is done for you. You just have to follow the instructions.

Let me introduce you to the Custom Keto Diet.

The tool that helps you customize your Keto diet meal plan with a few clicks of a button.

[>> Click this link to find out more about Custom Keto Diet! <<](#)

Here's what you'll get with this tool:

1. An eight-week meal plan created based on the expertise of certified nutritionists, personal trainers, and chefs.
2. Meals that have calorie and macronutrient content tailored to your specific situation and goals.
3. A nutrition plan with food variety to ensure you'll get a wide range of nutrients and boost the likelihood you'll stick to your diet.
4. Meals that are based on your food preferences to make your diet enjoyable and help you stay on track with your plan.
5. Detailed recipes with step-by-step instructions to make meal preparation super simple (no prior cooking experience needed).

6. A downloadable shopping list each week that details every needed ingredient you'll need the upcoming seven days.
7. Options on how you can customize every meal even more to suit your taste buds.

And many more...

As you can see, there's no complicated process involved in Custom Keto Diet.

You can still do it even if you've no cooking experience whatsoever.

If you're already excited to try it out...

Click the button above to access the tool.

## **Thinking twice before committing**

Some of you still have doubts...that's normal. I once doubted it too.

The Keto diet was originally created in 1923 by Dr. Russell Wilder at the Mayo Clinic for the treatment of epilepsy.

## The Ketogenic Diet: Seizure Control Correlates Better With Serum $\beta$ -Hydroxybutyrate Than With Urine Ketones

Donald L. Gilbert, MD; Paula L. Pyzik, BA; John M. Freeman, MD



**Epilepsy** is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behavior, sensations, and sometimes loss of awareness.

In simple terms, the Keto diet was used as a treatment diet.

The diet back then has a strict fat to protein to carbs ratio which is 4:1:1.

Every four parts of fats is paired with one part of protein and carbs.

This strict diet helps patients enter the state of “ketosis” which speeds up the recovery process.

Besides that, the Keto diet also helped patients:

- Improve cognitive functioning
- Reduce inflammation from high blood sugar
- Slow the spread of various cancers
- Reduce sugar addictions
- Improve heart health
- Reduce seizures

Knowing that the diet brings such profound benefits to patients...

Top nutritionists around the world took that diet and began perfecting it.

Making it more accessible for the general public so that more people can enjoy the benefits.

Nowadays, ordinary people who practice the Keto diet lose so much weight that they barely recognize who they were.

Listen to what others ***say about Custom Keto Diet...***

“I'm 4 weeks into my custom keto diet plan and I've lost 14 pounds which I must say is pretty incredible, it's actually amazing watching my body transform into something I am actually proud of rather than something I have always tried to cover up.”

—Jessica Grey, US

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“I've struggled with my weight my whole life and it's safe to say that I've tried a LOT of diets... The Keto diet is the only one I've managed to stick to and the weight is literally melting off my body.

Unlike other diets where I am feeling hungry all day and food is constantly on my mind, the keto diet has completely eliminated this, I actually NEVER feel hungry with this way of eating!

I would definitely recommend anyone struggling to lose weight to try these custom keto meal plans as they really have been a godsend for me.”

–Gary Best, Canada

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“As of today I've lost 35 pounds, I have no hunger pangs and mentally I feel sharp as a pin. This is definitely going to become a 'way of life' for me as it's so easy to follow...

All my meals are planned out for me and I even get a downloadable shopping list with all the ingredients I need for the weekly shop so it really is a doddle.”

–Katy Thompson, UK

## **Start using Custom Keto Diet for as low as \$37!**

**Step #1:** [Click this link!](#) You'll need to answer a few questions about your current situation, food preferences, and goals. Provide us with a correct email address to receive your meal plan in your inbox.

**Step #2:** Once you've completed the survey, we'll create your custom meal plan for you. Just enter your payment details to get instant access to your custom-made keto meal plan.

**Step #3:** Start your diet as soon as today! Take action and stick to the diet for the next few weeks to see amazing results.

It's as simple as that. Follow everything that is provided in the meal plan and be consistent.

In three to four weeks time, you'll see the results which you've been working so hard for.

Say goodbye to your old self and embrace the new you.

If you really want to get that dream body of yours...start by using Custom Keto Diet today.

You will lose weight by doing things that are guaranteed to bring results.

Those who transformed their body have one thing in common.

This thing has regained the self-confidence of many...

It also brought deep changes to the lives of many...

And that one thing is... taking ACTION.

Without action...there's no way you could lose weight.

It won't matter if you're busy or you don't know how to cook.

Because Custom Keto Diet will help you lose weight with ease.

Transform your body today. Click the link below to get your custom meal plan!

[>> Get my custom meal plan now! <<](#)

