

The Flat Belly Home Delivery Diet

By Bodychef

Dated: Feb 26, 2009

After just one month, many women lose up to 15lbs, mainly targeting the fat and inches from their waistlines – without even needing to hit the gym!

The list of ‘what not to eat’ when trying to lose weight can seem endless, so the idea of introducing new foods to help weight loss must be every dieters dream!

Everybody has read about belly busting diets with exaggerated claims of drastic weight loss. However, favourable results from women trying the Flat Belly Diet! look to have bucked the trend.

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With these results in mind, Bodychef, the nationally acclaimed leader in fresh food home delivery diets, is basing its latest offering on this best-selling Flat Belly plan.

How does it work?

Where most modern weight loss programmes focus on cutting out key food types, the Flat Belly Diet! focuses on introducing a key new one.

It introduces MUFAs (Monounsaturated Fatty Acids), found in tasty foods such as olives, nuts, avocado, oils and chocolate – yes chocolate!

By targeting the lesser known ‘visceral fat’ that accumulates around the intestines and causes a bloated look, Flat Belly dieters can target that stubborn stomach that’s normally so difficult to shift.

Overcoming the obstacles

Of course, one of the main problems with diets is sticking to them. Most people find it a real chore to not only hunt around the supermarket for the right produce, but to count the calories, prepare the food, cook it in the healthiest way possible and then measure the right portions.

That’s where the Bodychef has been helping people to lose weight for over six years. Delivering home-made diets direct to the doors of its customers, the Bodychef has mastered the art of combining great taste with all the benefits of a healthy diet.

The Bodychef’s newest offering follows last year’s successful launch of its acclaimed ‘Skinny B’ home delivery diet, based on celeb weight loss bible Skinny Bitch, favoured by Victoria Beckham.

The numbers

The Bodychef’s Flat Belly Home Delivery Diet provides tasty homemade meals that are calorie controlled at 1200 per day, actively encouraging weight loss and helping dieters to get in shape.

The complete plan lasts for 32 days and includes a four day ‘jump start’ that will help to de-bloat the belly

and prepare the body for a successful period of weight loss.

If followed, Flat Belly dieters can expect to lose up to 15lbs over the month, seeing and feeling a noticeable difference that can only improve confidence.

And for those hoping to help their hubby or partner drop some pounds in the beer belly vicinity, the Bodychef also provides a 1600 calorie per day Flat Belly Diet! plan designed specifically for men.

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