

## **Every Other Day Diet Review - Eating Diet Plan**

*By Fat Burning Furnace*

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### **Calorie Diet Plan - Every Other Day Diet Review**

The Every Other Day Diet is a controversial weight loss plan which was introduced in 2004. It was created by Jon Benson a former overweight man who has become a renowned diet and fitness expert on the Internet after losing 65 pounds and helping many more men and women achieve similar results.

That being said, the Every Other Day Diet is so different from other weight loss plan that it seems unbelievable. Many people, when first hearing about it, believe that it's simply too good to be true. Well, is the Every Other Day diet a scam or does it really work?

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Let's examine what this program is all about and we'll see.

The starting point of this plan is to be able to help people lose weight without making them hate what they eat. This is true with so many other diets as they tend to be very restrictive and deprive you of many of your favorite foods. This can ruin your motivation and make you quit the diet before you've achieved your desired results.

The Every Other Day Diet allows you to eat what you want. Even fatty foods like pizza are okay, as long as you eat them according to the diet. When you eat according to this program, you have one day to eat what you want (in moderation, of course) and the other day you eat high-protein foods which help your body burn off calories faster. Of course, working out occasionally is also recommended and helpful.

Do you see the power in that? You can eat what you want every other day and still lose weight.

Now, naturally, this seems too good to be true. But the results speak for themselves: people lose weight on this weight loss program. Men and women both. Some of them lose a tremendous amount. If you also workout you can also develop a lean layer of muscle tissue which will make you look even better.

However, you will need self-discipline to work with this diet as you need to eat according to the plan every other day. So, it's not really that easy. However, it's not that hard either, and it's certainly much more enjoyable than most of the other diets on the market.

If you've failed to lose weight in the past, I recommend giving the Every Other Day Diet a try.

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