

THE SECRET IS OUT !!!



**THE BODY YOU'VE ALWAYS WANTED!
NO MORE WASTING
YOUR TIME AND HARD
EARNED MONEY WITH
GENERIC DIETS**

**ARE YOU
SICK OF THE
BORING
DIETS?**

**DON'T KNOW
WHAT TO
BELIEVE
ANYMORE?**

**WANT TO
FINALLY SEE
A CHANGE ?**

**NOW YOU
WILL FIND
OUT, HOW TO
OBTAIN
REAL
RESULTS**



*IT'S ALL ABOUT WHAT **FUELS** YOUR BODY!*



WE ARE PROGRAMMED TO THINK DIETING MEANS BLAND, BORING AND VERY LITTLE FOOD! THAT WAY OF THINKING STOPS NOW!

THIS IS FAR FROM REALITY. THE SECRET TO RESULTS THAT MANY FITNESS CELEBRITIES AND ATHLETES OBTAIN IS THAT THEY HAVE THEIR VERY OWN DIET COACH! THEY DON'T HAVE TO FIGURE OUT, GUESS, OR KNOW WHAT FOODS / MEALS TO EAT. THEIR DIET COACHES GOT THEIR BACK!

NOW YOU DON'T HAVE TO WORRY BECAUSE "I HAVE YOUR BACK". I AM GOING TO LET YOU IN ON A BIG SECRET, 10 OF THEM ACTUALLY "BOOM"!

10 SECRETS DIET COACHES DON'T WANT YOU TO KNOW!

- 1. STOP THE PROTEIN SHAKES AND MAGAZINE DIETS! IT'S FOR THE MASSES, ASK YOURSELF "DO CELEBRITIES AND ATHLETES REALLY DO THIS? The ANSWER IS "NOOOOOOOOOO"!**
- 2. GET IN THE CAR NOW AND DRIVE TO YOUR NEAREST GROCERY STORE... FOOD IS GOING TO GET YOU THE RESULTS YOU WANT. WHAT TYPE OF FOODS? FOLLOW ALONG, THIS IS GOING TO GET JUICY! THERE IS NOTHING LIKE SETTING THE RECORD STRAIGHT.**
- 3. WHAT TO BUY? YOU SHOULD BE ASKING YOURSELF WHAT DO I LOOK FOR! DO NOT, I REPEAT DO NOT LOOK TOO DEEP INTO ADVERTISEMENTS ON THE FRONT OF YOUR FOODS. IT'S ALL MARKETING, MARKETING, MARKETING. WORDS LIKE "PROTEIN" "MAY LOWER" "HEART HEALTHY" "LOW SUGAR" ARE ALL MARKETING TRICKS TO GET YOU TO TOSS THAT SHIT INTO YOUR CART.**
- 4. LOOK AT INGREDIENTS, I KNOW WE HAVE BEEN TRAINED TO LOOK AT THE NUTRITIONAL INFORMATION LABEL AND THAT'S GOOD BUT... SCROLL YOUR EYES UNDERNEATH IT AND YOU WILL FIND OUT REALLY WHAT IS IN YOUR FOODS! POLYDETROSE XANTHAN GUM ANYONE?**
- 5. DON'T GO FOOD SHOPING HUNGRY! SELF EXPLANATORY YET 75% OF PEOPLE DO IT!**
- 6. PREP YOUR MEALS!! GET SOME SMALL TUPPERWARE AND PLAN YOUR MEALS OUT. LISTEN WE ARE BUSY, UNLESS YOU HAVE THE TIME TO COOK THROUGHOUT THE DAY, JUST DO IT ALL IN ONE SHOT!**

- 7. NEVER WAKE UP IN THE MORNING AND IMMEDIATELY EAT! PLEASE MOVE YOUR BODY BEFORE FUELING IT! DO A QUICK WORKOUT OR AN ACTIVITY FOR A MIN OF 15 MINUTES THEN, FUEL UP!**
- 8. MEAL TIMING, YES MEAL TIMING! YOU CAN EAT GOOD BUT IF YOUR TIMING IS WRONG... SEE YA RESULTS! EAT... EAT...EAT FUEL THAT BODY AT LEAST EVERY 3 HOURS (JUST REMEMBER PORTION CONTROL)**
- 9. GET SOME REST!!! CALLING ALL INSOMNIACS, GET 7-9 HOURS OF SLEEP. YES, YOUR BODY DOES MAGICAL THINGS WHEN YOU SLEEP, BURN BABY BURN!**
- 10.LAST BUT NOT LEAST, THE #1 SECRET IS TO STAY CONSISTANT. TAKE IT ONE DAY AT TIME. THERE IS NO MAGIC PILL OR QUICK FIXES. YOU PUT IN THE TIME, YOU WILL REAP THE BENEFITS...BOOM!**

AND THAT IS THE SECRET:

NUTRITION IS #1 → FUEL YOUR BODY WITH THE RIGHT TYPES OF FOODS + STAYING ACTIVE = REAL RESULTS!



*Nutrition / Diet Coach "Frankie"
Frankie Serrano
Certified Fitness / Nutrition Expert
At Frankie Results
Frankieresults.com
"Now Diet and Get Real Results"*