



This E-Book is brought to you by **Gas4Free** Technologies at TripleGasMileage.com
Download Powerful **Top Secret Water Car Hybrid Technology** eBooks
and Convert Your Car to **Burn Water + Gasoline** Today!

Fast Food, Not Fat Food – Have it your way

By Kim Paolino

Fast Food, Not Fat Food – Have it your way by Kim Paolino

We can continue to kid ourselves and vow never to eat another fast food meal again, and really, this time mean it, get real! We're hungry and in a hurry, and lets face it; crave those hot, salty fries and great tasting burgers.

We give in, devour these conveniently quick served value meals from the local fast food joint found on every other corner, and with in minutes, satisfaction.

Then it hits you. How many calories, how much fat, and we do this every time we go to the mall, (we know shopping and lunch go hand and hand) and every time cooking seems to become a undesirable task. How do we allow that seducing aroma and instant gratification take over again?

Luckily, over the past few years' fast food restaurants finally gotta clue. They now offer some healthier, yet still tasty alternatives; grilled chicken sandwiches, broiled burgers, delicious salads, and pitas stuffed with fresh vegetables. Life in the fast food lane does not have to mean life in the fat lane anymore. With a little knowledge and willpower, we can put our best fork forward, and still enjoy the luxury of fast food.

Fast Food, Not Fat Food – Have it your way

Eating a meal or two at Burger King, (which by the way is my favorite), or Taco Bell, (which is my other favorite), isn't going to hurt all that much. But if you want to reduce the fat, calories, and guilt that come with such indulgences, make better choices.

Don't supersize

I guarantee you will be full and satisfied without stuffing in those extra 20 or so french fries.

Lose the cheese

Ask for lettuce, tomatoes, pickles and onions to garnish your burger or sandwich.

Hold the mayo and "special sauce"

Although loaded with taste, also loaded with fat.

Go for the grilled chicken instead of the burger

Health, Energy, and Success for You with a Flexible Living Food Diet. 230 Page Book, with 26 Raw Recipes!

The obvious low fat choice.

If you want the burger, select the smaller size

Skip the double or triple deal.

Consider ordering a baked potato or salad

A great side and filling alternative to the fries or onion rings. Pass up on the fried food.

Drink water, or if that is too boring, a small soda

You don't need to consume those extra calories that comes with soda, and no re-fills.

There really are no surprises. We all know the menus.

If you're on the go, don't have time to prepare your own healthy food, or just want something quick to satisfy your hunger, careful choices can make all the difference.

Kim Paolino is the senior writer at <http://www.firefightersworkout.com> Her articles present solutions to the dilemma we face every day, "What's to eat?!" Hopefully, you'll find her insightful suggestions, and tips helpful in making eating right fun, and delicious. More healthful eating and workout tips can be found in the FREE Train For Life Newsletter, sign up today at: <http://www.firefightersworkout.com>

Find out why you haven't been able to loose Weight yet!!!

By Varun Pratap

Find out why you haven't been able to loose Weight yet!!! by Varun Pratap

Ok guess most of you have tried different exercise routines and lots other Diet routines but still you haven't been able to loose weight. So what exactly is the problem?

The problem lies in the stubborn Fat.

STUBBORN FAT

here are many reasons this kind of fat comes in your body, it can be having an unhealthy diet or livers inability to break down the food or insulin insensitivity or deficiency in B Vitamins and some minerals. It also comes because of crash dieting or diets that make you loose fat fast.

Mostly doctors recommend on loosing fat slowly (slow as in 1 pound/week), so that you don't suffer from stubborn fat. With proper exercise plan you can avoid this kind of fat.

I HAVE STUBBORN FAT...WHAT TO DO?

Patience, Daniel son, Patience. Good things take time.

As Said have a proper diet and exercise plan for yourself. And then don't get into fat loosing marathon. Go slowly. You didn't get fat overnight, It took time. So have some patience, Enjoy the process.

Don't eat food that spikes up your insulin level. ie. simple carbs. Control your insulin level.

Avoid food that you are allergic to.

Minimize alcohol consumption.

Drink pure, filtered water.

Avoid non-organic food.

If you keep all these points in mind and work towards your goals slowly, I can bet that you'll beat off those extra pounds and that stubborn fat in just couple of months.

Varun Pratap is helping people take the right lifestyle Decision for Health with His Website www.lifestyledecision.com

This E-Book has been brought to you by **Gas4Free** Technologies at TripleGasMileage.com
Download Powerful **Top Secret Water Car Hybrid Technology** eBooks
and Convert Your Car to **Burn Water + Gasoline** Today!

