



The Food Lovers Fat Busting Habits Course

The Food Lovers Fat Busting Habits Course is a unique fat loss course that helps food lovers, binge eaters, and stress and/or emotional eaters lose 6-18% body fat in 8-10 months and keep it off for good without following boring strict diets, giving up the foods they love, or making hundreds of changes all at once so they can feel comfortable and confident in their own bodies doing the things they love

The One Page Building The Perfect Meal Cheatsheet



This one page cheat sheet will show you exactly how food lovers, binge eaters, and stress and/or emotional eaters just like you are able to quickly learn and implement the most effective strategies for compiling perfectly balanced and satisfying meals while improving their nourishment without reluctance, hesitation or giving up the foods they love...

Proven Results

Hey, JW here, your Food Lovers Fat Busting Habits Course coach!

This strategy reflects the EXACT SYSTEM we have used to help countless food lovers, binge eaters, and stress and/or emotional eaters quickly and predictably compile and consume perfectly balanced and satisfying meals.

In short - this is what's working right now - so let's dig in!

Common Struggles

Why most active adults struggle to compile and consume perfectly balanced and satisfying meals...



Overwhelmed by uncertainty, reluctance or hesitation...



Burnt out by giving up the foods they love...



Frustrated by making hundreds of changes all at once...

Three simple steps to help you compile and consume perfectly balanced and satisfying meals!

Step 1



Nutrients: Macro's & Micro's

Step 2



Hydrate like an athlete

Step 3



Eat real food

Food Lovers Fat Busting Habits Course

1. You are what you repeatedly do
2. Foundations of mindfulness
3. Mindfulness of eating
4. Building the perfect meal
5. Meal planning & prepping
6. Sleeping soundly
7. Bulletproof gut
8. Breathing stress away
9. Mindful movement & exercise

This is ONE small step of our Food Lovers Fat Busting Habits Course - the clearest and most predictable system for anyone serious about doing what it takes to achieve their fat loss goals and feel comfortable and confident in their own bodies doing the things they love...

If you want to get crystal clear on the EXACT STEPS you should be taking right now to achieve your fat loss goals, then book your free call at the link below...

[Learn More](#)



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The Food Lovers Fat Busting Habits Course is a unique fat loss course that helps food lovers, binge eaters, and stress and/or emotional eaters sustainably lose 6-18% body fat in 8-10 months without following boring strict diets, giving up the foods they love, or making hundreds of changes all at once so they can feel comfortable and confident in their own bodies doing the things they love

Phase 1 Establish



1. You are what you repeatedly do

implement the most effective strategies for building healthier habits without complicated methods...



2. Foundations of mindfulness

improve their physical and mental well-being without changing anything in their external environment...



3. Mindfulness of eating

develop a healthier relationship with food without restrictive diets or giving up the foods they love...

Phase 2 Empower



4. Building the perfect meal

compile and consume perfectly balanced and satisfying meals without uncertainty or reluctance



5. Meal planning & prepping

get organized and save time and money without following a boring meal plan...



6. Sleeping soundly

sleep like babies without sleep medication or pseudoscientific methods...

Phase 3 Exceed



7. Bulletproof gut

improve their digestion, energy levels and mood without using expensive supplements or "health products"...



8. Breathing stress away

alleviate stress and anxiety and boost their mood without medications or unscientific methods...



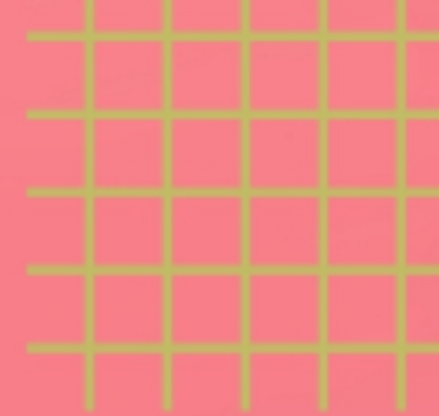
9. Mindful movement & exercise

strengthen their physical bodies and movement capabilities without doing stereotypical strength training...



If you want to get crystal clear on the EXACT STEPS you should be following right now to achieve your fat loss goals, then [*CLICK HERE*](#) to book a free Food Lovers Fat Busting Habits Course strategy call.

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DON'T DELAY

IF YOU WANT TO GET CRYSTAL CLEAR ON
THE EXACT STEPS YOU SHOULD BE
TAKING RIGHT NOW TO ACHIEVE YOUR FAT
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