

Free Guide on How to Burn The Belly Fat for 7 days

I also hate the belly fat as you may hate it. It's not easy to get rid of it if you don't hate it and you're not determined to burn it. By reading this post today you will find a way to burn the belly fat in just seven good days.

Its not easy process but its best you take it if you want to look great and be comfortable with your lovely body. I will break it by days and what you should to on each day. Follow my way and share the result with me.

Day One

- Breakfast - Just take a cup of tea or coffee without sugar plus some nuts like hand full. After half an hour start drinking water in small amounts but frequently.
- Lunch - The normal lunch you normally eat. But don't drink water immediately after eating; it has to be after half an hour. From that afternoon please don't eat anything but you keep on drinking water.
- In the evening before 6pm eat fruits or vegetable only after that you eating are over on day one.

Wow! Sound easy. Not easy just get ready because on the second day you will start by exercising.

Day Two

- Wake up at 6am start running around your home area or go somewhere, but you have to run for 1 hour, running slowly they call it jogging (trot). After that cool up for 15 min, then take a shower go for breakfast.
- Breakfast - By this time you must be very hungry but this is not a reason for you to eat a lot. So just take a cup of coffee or tea without sugar plus one boiled egg.
- Lunch - Yesterday you had a normal lunch right? Yes! So today you follow my way. Don't eat any starch food or drink any sugary drinks like soda or juices. You can eat meat and fruits only and of course some water which you will start taking after half an hour after eating. On this afternoon eat a lot of fruits like mangos, apples and the like but don't eat banana.
- In the evening don't forget you have to eat before 6pm. This evening just take a piece of brown bread, use honey if you need some sweet on it and you can drink a small amount of fresh milk just a small amount. After eating don't run into your bed wait till like after 30 mins.

Second day is gone just like that

Day Three

- Wake up at 6am do the running for 30 minutes and do the set ups for 30 minutes. After that cool up for 15 min, then take a shower go for breakfast.
- Just take a cup of coffee or tea, please no sugar.
- Normal Lunch during the lunch time
- At around 5pm go for exercising again on this third day - Do the running for 30 minutes and the set ups for 30 minutes
- Vegetable only on your evening meal just before 6pm go to sleep after one hour. If you decide to drink some water please take warm water.

I know that your somehow feeling weak, Yes that means we are burning that belly fat. So just keep on holding.

Day Four

- Please just the same as we did on our third day

Day Five

- Wake up at 6am do the running for one hour and do the set ups for 30 minutes. After that cool up for 15 min, then take a shower go for breakfast.
- Today just take the normal breakfast but it should include 1 boiled egg, two pieces of brown bread, one cup of milk - but I suggest you use honey as your sweetener.
- Lunch - Eat a lot of fruits, just fruits right? ... I know we are together, I took time to write this so don't let me down my friend.
- At 5pm start exercising , do some warm up a little bit and then start running for 45 minutes , do some set ups for 15 minutes and some rope jumping for 30 minutes. I know its tough but you hate that belly fat so let's go.

Day Six

- Please just do as we did yesterday on day five

Day Seven - The last day of our program right? It won't be hard as it has been even at school the last day is always lazy.

- Wake up at 6am do the running for 30 minutes and do the set ups for 30 minutes. After that cool up for 15 min, then take a shower go for breakfast.

- Breakfast - Just take a cup of tea or coffee without sugar plus some nuts. After half an hour start drinking water in small amounts but frequently.
- Lunch - The normal lunch you normally eat. But don't drink water immediately after eating; it has to be after half an hour. From that afternoon please don't eat anything but you keep on drinking water.
- At 5pm do some exercising like running, pushups, set ups, rope jumping
- In the evening before 6pm eat fruits or vegetable

Day Eight -

- A day to share result, comments or anything. Tell me how you look and how you feel. Share your story please.
- Just post any email at keramoo@ymail.com or rhochant@gmail.com