

Transform your body into a fat burning machine!

Written by

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With the right choice of food, you can eat several times a day without suffering hunger and still lose fat!

One of the easiest and most effective ways

to fight fat,

is to change your eating habits. Simply have many but smaller meals during the day.

? This means that it is much better to eat 6-7 smaller meals a day than 3 large meals.

? Every time we eat, our metabolism is stimulated to work faster, resulting in our body burning additional calories.

? It is much easier and more effective for our body to digest small meals. You also avoid hunger pangs, as your stomach gets used to smaller quantities of food.

? The digestive process itself needs energy, and so more frequent meals leads naturally to more burned fat.

? Many small meals give your body the feeling of obtaining all sufficient nutrients so that you maintain a high metabolism.

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