

17 Day Bathing Suit Body Diet®

by Stephen Cabral, CSCS, CPT

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How to Lose 7 - 21 Pounds in Just 17 Days!

After 14 years of research and trial and error, I finally figured out how to burn body fat, drop inches, and shed excess water weight and toxins in less than 3 weeks...

Here's how I did it.

I've been studying nutrition and exercise science for over a decade and during that time I've personally tried every different diet plan there is. Some worked fairly well, while most others were worth less than the paper they were printed on...

Over the years I have experimented on myself as the guinea pig and then only after I confirmed a program was safe and effective did I share it with my clients.

It must be working too, since I've completed over 11,397 one-on-one sessions over the last 11 years and we have a waiting list of clients trying to get into my Boston personal training & weight loss studio.

All I'm trying to say is that what I do works.

I am really careful about my reputation and that's why you'll never see me pushing the "gimmick of the month." It's just not me and it's never been my style. I'd rather sell nothing than make a penny dealing worthless fat burning programs...

Okay, so here's how I finally fine-tuned the 17 Day Bathing Suit Body Diet.

I had done a couple of photo shoots for Reebok and some other cool companies who wanted me to "model" their workout clothes or feature me as their fitness expert.

Usually though, I was only given less than 3 weeks to prepare...

To make a long story short, I personally wrote up and experimented with a few techniques that I found to work better than literally everything else I'd ever tried. Some of the secrets that I discovered even went against conventional thinking.

What I finally pieced together was nothing short of amazing and it's what I use now everytime I do a photo shoot, go on a beach vacation, or have a big event I want to look my best for. You can actually see the results of my personal body transformation on www.Lose5in7.com where I go in depth into my entire weight loss system that people are now using to totally transform their bodies and their lives... pretty powerful stuff.

(next page)

Bathing Suit Body Diet

My Fatlossity, Lose5in7 Weight Loss System is the most powerful body transformation and fat burning system in the world. I got down to 3.1% body fat using it, so when I say “you keep burning fat until you say stop” I mean it! I literally had to put the brakes on and make sure I only stayed that low for a couple of days. This system is not for everyone, but for those looking to finally reshape their body, it’s simply the best.

If you’re interested in learning more you can find out more details at:
www.Lose5in7.com

Okay, So Here’s How the Bathing Suit Body Diet Will Allow You to Lose Weight Fast! (and probably 3x as fast as you’re used to losing it)

The Bathing Suit Body Diet combines my unique anti-inflammatory food selection approach combined with my extensive knowledge of the glycemic index and food pairing expertise. Without overwhelming you with the details, basically what I did was sit behind a desk with stacks of research and piece together a set of specific foods that when combined in the right portions at the right time deliver amazing results...

Here’s a quick list of the benefits of the Bathing Suit Body Diet:

- * Quick & easy meals that you can grab on the run
- * Eat 5x a day so that you are never hungry
- * Fire up your metabolism with frequent feedings and thermogenic foods
- * Let go of your excess water weight safely with my specific food sources
- * Remove harmful toxins with all-natural methods of eating
- * Simple to follow sample meal plans
- * Cheat sheet weekly grocery list
- * Follow along and see some of my own sample meal plans
- * Lose pounds, inches, and fat faster than you thought possible
- * (Side Effect) You’re going to look great in your bathing suit!

Now it’s time to move on to the actual Bathing Suit Body Diet and see how it looks in action!

3 Phases of the Bathing Suit Body Diet®

The 17 Day Bathing Suit Body Diet is split into 3 phases for natural maximum effectiveness. It is split up with Phase 1 as the 1st 7 days, Phase 2 as the 2nd 7 days, and Phase 3 as the last 3 days before your event or trip. Now let's take a closer look at how each phase will bring you closer to your goals.

Phase 1 - Lean Protein, Good Fats, Fruits, Dairy, Vegetables

Phase 1 refocuses your energy on cleaning up your nutrition without cutting you off or getting too strict too soon. This 7 day phase includes lots of my approved fruits, lean proteins, good fats, and vegetables. The focus isn't necessarily on how many calories you eat, but rather on the quality of the food you're consuming.

Phase 2 - Lean Protein, Good Fats, Dairy, Vegetables

Phase 2 encompasses the next 7 days and begins to fine tune your nutritional food source make-up to only include the foods that will allow you to burn the maximum amount of body fat and start to help you decrease water weight to safe and healthy levels. There is also a focus on controlling insulin levels to make sure you stay in your fat burning zone for this entire 7 day period.

Phase 3 - Lean Protein, Good Fats, Vegetables

Phase 3 is the most strict, but also the most rewarding! 3 days before your big event you will want to keep your eye on the prize and not lose focus on your main goal which is looking your best for your big event or getting into your bathing suit and showing off your new body. During this phase we are going to make sure you shed excess water weight (safely) and really lean out as much as possible so that you peak on your big day and can then enjoy yourself at the beach or at the event.

This super-effective Bathing Suit Body Diet can't be found in book stores and is for my online friends of StephenCabral.com only. I wrote this plan for you and I'm really excited to share it with you now. My hope is that you use it, get amazing results, tell your friends when they ask how you did it, and then share your success story with me.

If you can do that, then I can say I've accomplished my mission.

Good luck and I can't wait to hear from you soon!

Committed to your success,

Stephen Cabral, CSCS, CPT, NS
Author of Fatlossity, Lose5in7.com Weight Loss System
Health Consultant for MTV, NutritionData, Diet.com, Gather, EDGE

Bathing Suit Body Diet Approved Foods®

The *Bathing Suit Body Diet*® foods have been hand picked as the most powerful weight loss tools you will use in achieving the look you want in the time frame you need to do it in. These foods are highly metabolic and possess unique weight loss properties that allow you to eat them without feeling guilty. As always, these foods are all-natural, so you should feel good about yourself and the decisions you are making to improve the quality of your life and health.

Below is a list of the foods that, when eaten, will get you to your goals faster and safer than you ever thought possible.

Get familiar with these foods and make sure to put them at the top of your grocery list and include them as the main staples of your diet.

Bathing Suit Body Diet Grocery List:

Protein (Phase 1, 2 & 3)

Fish
Chicken breasts
Turkey breasts
Lean beef
Lean pork

Dairy (Phase 1, 2)

Whey protein
Eggs, Egg whites
Low-fat, low-sugar yogurt
Low-fat, low-sugar cottage cheese
Low fat cheddar cheese
Skim milk

Fruits (Phase 1)

Pink Grapefruit
Lemon (okay for all 3 phases)
Limes (okay for all 3 phases)
Blueberries
Raspberries
Blackberries
Cherries
Melons

Fatlossity Fuel® cont.

Vegetables (Phase 1, 2, & 3)

Broccoli
Kale
Spinach
Peppers (red, yellow, green, & orange)
Dark green lettuce
Cauliflower
Asparagus
Snow Peas
Brussels Sprouts
Mushrooms
Tomatoes
Chick peas (hummus)
lentil (legume)
* all vegetables except eggplant and corn *

Grains (Phase *)

* You'll notice there are no grains included. This is due to their highly-inflammatory properties and the toxic effect they have on your body. There are a few exceptions to this rule, but it is better to just cut them out for now. Please see www.Lose5in7.com for the whole story, or my report on the "Fountain of Youth Foods."

Healthy Fats (Phase 1, 2, & 3)

Avocados
Olive oil
Almonds
Walnuts
Pecans
Brazil nuts

Spices (Phase 1, 2, & 3)

Mustard
Turmeric
Ginger
Pepper
Chili
Curry

Beverages (Phase 1, 2, & 3)

* Limited to tea, 1 coffee in the morning, and 8-12 glasses of water a day

Take a Good Look at Your Food

3 Steps to Successful Eating (reprint from Lose5in7 Weight Loss System)

Step 1

First take a good look at what you are about to order or cook. Is that the type of food you want to be using to fuel your body. Remember what you put into your body is what you are going to get out of it. If it's powered by donuts and bagels, you are going to feel like a bag of lead walking around all day. Try thinking about the natural energetic powers of fruits, vegetables, lean meats, fish, and low fat dairy products.

Step 2

Make sure you use a 9" plate – no larger. Remember the study that shows those who finished a 9" plate full of food felt fully satisfied after clearing their plate, compared to those who used a 12" plate and only filled it with 9" worth of food. The mind is a very powerful thing... use it to your advantage.

Step 3

Divide your plate in 3's:

Bathing Suit Body Diet Phase 1

50% protein

25% vegetable

25% vegetable

* snacks include dairy sources, fruits, or nuts

Bathing Suit Body Diet Phase 2

50% protein

25% vegetable

25% vegetable

* snacks include dairy sources or nuts

Bathing Suit Body Diet Phase 3

50% protein

25% vegetable

25% vegetable

* snacks include nuts

If you follow this simple guide when planning each meal you will be well on your way to living the healthy, fit life you've always wanted. Also, remember to reserve your dairy, fruit, and nuts for your 2 snacks during the day.

Your new body awaits you!

Phase 1
1st 7 Days

Phase 1 Sample Meal Plan

Day 1

Breakfast

Egg omelet (Whole eggs or 3 whites + 1 whole egg)
Mushrooms, peppers
1/2c of berries
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* of Almonds
(8-16oz) water

Lunch

Grilled shrimp or salmon
Mixed greens salad with extra vegetables
Balsamic vinaigrette, or olive oil dressing
(8-16oz) water

Mid-afternoon Snack

Low fat, low sugar greek yogurt with 1/2c of berries mixed in
(8-16oz) water
(8oz) Green tea

Dinner

Turkey meat balls
(3-4oz-ground turkey breast, Parmesan cheese, salt, pepper, garlic, and Italian seasonings), (1/2c) Tomato sauce
Salad with Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Meal Plan

Day 2

Breakfast

Spinach omelet
- 2-3 whole eggs or 3 whites + 1 whole egg), Spinach sauteed
in 1 tbsp olive oil
1/2c of berries
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1-2 tbsp) Hummus and raw vegetables
(8-16oz) water

Lunch

Grilled chicken over salad
Balsamic vinaigrette or olive oil, or fresh squeezed lemon
(8-16oz) water

Mid-afternoon Snack

(1/2c) No fat, or 1-2% cottage cheese
1/2c berries
(8-16oz) water
(8oz) Green tea

Dinner

Grilled or baked salmon or tuna
Use Pam olive oil spray to cook with
Broccoli (balsamic vinaigrette or olive oil topping optional)
(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 1 Sample Meal Plan

Day 3

Breakfast

Strawberry Protein Smoothie
- (8oz) water, 1/2c ice, 1sc. of strawberry protein powder
1/2c berries (fresh or frozen - if frozen don't add more ice)
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw pecans, almonds, or walnuts
(8-16oz) water

Lunch

Turkey & cheese roll-ups
Spinach salad with balsamic vinegar dressing or olive oil
Mustard optional
(8-16oz) water

Mid-afternoon Snack

1/4c of hummus
Raw vegetables
(8-16oz) water
(8oz) Green tea

Dinner

Chicken Kabobs
(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)
(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 1 Sample Meal Plan

Day 4

Breakfast

- (2) Pan fried eggs w/ Pam olive oil spray
- (2) slices turkey bacon
- Sliced peppers
- (8-16oz) water
- (8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

- 1/4c almonds
- (8-16oz) water

Lunch

- Canned or fresh tuna over salad w/vegetables
- Balsamic vinaigrette or olive oil
- (8-16oz) water

Mid-afternoon Snack

- 1/2c of a grapefruit
- (8-16oz) water
- (8oz) Green tea

Dinner

- Grilled Protein Burger
- (4-6oz) 93% lean ground beef, Parmesan cheese, salt, pepper, and Italian seasonings
- 1tbsp. ketchup or mustard
- Wrap in large lettuce leaves
- (8-16oz) water

Dessert

- Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 1 Sample Meal Plan

Day 5

Breakfast

Peanut Butter Cup Protein Smoothie
- 8oz water or skim milk, 1/2c. ice, 2tsp almond butter, 1sc. of chocolate protein powder
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw or lightly salted almonds
(8-16oz) water

Lunch

Grilled lean flank steak
Mixed greens salad
Balsamic vinaigrette or olive oil
(8-16oz) water

Mid-afternoon Snack

Low fat, no sugar Greek plain yogurt
1/2c of berries
(8-16oz) water
(8oz) Green tea

Dinner

Grilled chicken breast
Broccoli, Cauliflower, or peas
(8-16oz) water

Dessert

Sugar free fudgesicle (optional)

Phase 1 Sample Meal Plan

Day 6

Breakfast

Spinach Egg omelet (2-3 whole eggs or 3 whites + 1 whole egg)
Spinach sauteed in olive oil
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1-2 Tbsp) Hummus and raw vegetables
(8-16oz) water

Lunch

1c Lentil soup
(8-16oz) water

Mid-afternoon Snack

(1-2) Low fat ham & low fat cheddar cheese roll-ups
Mixed greens salad with fresh squeezed lemon dressing
Mustard
(8-16oz) water
(8oz) Green tea

Dinner

Grilled halibut, sole, tuna, or cod
Broccoli, cauliflower, or peas
(8-16oz) water

Dessert

Sugar free popsicle (optional)

Phase 1 Sample Meal Plan

Day 7

Breakfast

Strawberry Protein Smoothie
(8oz water, 1/2c. ice, 1sc. of strawberry protein powder)
1/2c Fresh or frozen berries
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

20 pieces of raw almonds, pecans, walnuts, or brazil nuts
(8-16oz) water

Lunch

Grilled Chicken Caesar Salad (light cheese and no croutons)
(1-2 tbsp) Caesar dressing
(8-16oz) water

Mid-afternoon Snack

(1/2c) Cottage cheese
1/2c of berries
(8-16oz) water
(8oz) Green tea

Dinner

Shrimp and String/Green Bean Stir Fry
- (3-4oz/ 1c of jumbo pre-cooked shrimp, 1-2c of String or green beans,
chopped garlic, 1tsp olive oil, seasonings)
(8-16oz) water

Dessert

Sugar Free – Zero Calorie *Jell-O* (optional)

Phase 2
2nd 7 Days

Phase 2 Sample Meal Plan

Day 8

Breakfast

3 hard boiled eggs
Fresh sliced peppers
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* Almonds
(8-16oz) water

Lunch

Grilled chicken
Mixed greens salad
Olive oil and balsamic vinegar
(8-16oz) water

Mid-afternoon Snack

1tbsp Hummus
Fresh cut vegetables
(8-16oz) water
(8oz) Green tea

Dinner

Grilled salmon
String or green beans, (1tsp) olive oil, seasonings
(8-16oz) water

Phase 2 Sample Meal Plan

Day 9

Breakfast

Chocolate Protein Smoothie
(8oz water, 1/2c. ice, 1sc. of chocolate protein powder)
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Just a handful of almonds
(8-16oz) Water

Lunch

Chef's salad (cold cuts on top of salad with veggies - no cheese)
balsamic dressing, lettuce, tomato, mustard

Mid-afternoon Snack

Just a Handful of Brasil nuts, walnuts, or pecans
(8-16oz) water
(8oz) Green tea

Dinner

Grilled or baked salmon (use Pam olive oil spray)
Broccoli (balsamic vinaigrette optional)
(8-16oz) water

Phase 2 Sample Meal Plan

Day 10

Breakfast

Strawberry Protein Smoothie

- (1/2-1c) frozen berries, (1sc) of strawberry protein powder, (12oz) water or skim milk

(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Vegetables and 1tbsp of hummus

(8-16oz) water

Lunch

(1/2 can) Canned tuna over salad w/vegetables

Balsamic vinaigrette & olive oil, or low sugar dressing

(8-16oz) water

Mid-afternoon Snack

(1/4c) Almonds, peanuts, walnuts, or pecans

Raw vegetables

(8-16oz) water

(8oz) Green tea

Dinner

Chicken Kabob Skewers

(3-4oz chicken, peppers, cherry tomatoes, mushrooms, onions)

(8-16oz) water

Phase 2 Sample Meal Plan

Day 11

Breakfast

- (2) Hard boiled eggs
- (2 slices) Turkey bacon
- (8-16oz) water
- (8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

- Just a handful of almonds
- (8-16oz) water

Lunch

- Grilled shrimp
- Large mixed greens salad with veggies
- Fresh squeezed lemon juice dressing
- (8-16oz) water

Mid-afternoon Snack

- Cut up vegetables dipped in olive oil or balsamic dressing
- (8-16oz) water
- (8oz) Green tea

Dinner

- Grilled Protein Burger
- (3-4oz) ground turkey breast, salt, pepper, and Italian seasonings
- (1tbsp) mustard & wrap in large lettuce leaves
- (8-16oz) water

Phase 2 Sample Meal Plan

Day 12

Breakfast

Chocolate Mocha Protein Smoothie
- (8oz) water, (1c) Ice, 6oz of iced coffee, (1sc) chocolate protein powder

Mid-morning Snack

(1/4c) *Just a Handful* Almonds
(8-16oz) water

Lunch

Grilled chicken over spinach salad
Balsamic vinaigrette, or olive oil dressing
(8-16oz) water

Midafternoon Snack

1tbsp hummus
Raw vegetables
(8-16oz) water
(8oz) Green tea

Dinner

3-6oz Sirloin or top round beef
Broccoli, cauliflower, or peas
(8-16oz) water

Phase 2 Sample Meal Plan

Day 13

Breakfast

(3) Egg omelet (2-3 whole eggs or 3 whites + 1 whole egg)
(Handful) Mushrooms and onions
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

Hommus and raw vegetables
(8-16oz) water

Lunch

Grilled chicken or tuna over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Mid-afternoon Snack

Just a Handful of walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, cauliflower, or peas
(8-16oz) water

Phase 2 Sample Meal Plan

Day 14

Breakfast

3 hard boiled eggs
(8-16oz) water
(8oz) coffee with skim or 1% milk, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* Almonds
(8-16oz) water

Lunch

Cold Cut salad
(3-4 slices) Turkey
Mixed greens salad
Extra virgin olive oil dressing, lettuce, tomato, mustard
(8-16oz) water

Mid-afternoon Snack

(1/2c) No fat cottage cheese
Sliced vegetables
(8-16oz) water
(8oz) Green tea

Dinner

(3-4oz) Ground turkey breast or 93% lean beef meatballs
(1/2c) Red sauce
Salad or vegetables
(8-16oz) water

Phase 3
Last 3 Days

Phase 3 Sample Meal Plan

Day 15

Breakfast

Raw sliced vegetables
2 tbsp hummus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Mid-morning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled chicken or tuna over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Mid-afternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Swordfish, Sole, Tuna, or Cod
Broccoli, cauliflower, or peas
(8-16oz) water

Phase 3 Sample Meal Plan

Day 16

Breakfast

Raw sliced vegetables
2 tbsp homus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled shrimp over salad
Balsamic vinaigrette, or low sugar dressing
(8-16oz) water

Midafternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Grilled flank steak
Green beans or broccolli
2 tbsp extra virgin olive oil on vegetables
(8-16oz) water

Phase 3 Sample Meal Plan

Day 17 - Last day!

Breakfast

Raw sliced vegetables
2 tbsp hummus
(8-16oz) water
(8oz) coffee, no sugar (optional)

Midmorning Snack

(1/4c) *Just a Handful* raw almonds
(8-16oz) water

Lunch

Grilled chicken or lean beef over salad
Balsamic vinaigrette or fresh squeezed lemon
(8-16oz) water

Midafternoon Snack

Just a Handful of raw walnuts
(8-16oz) water
(8oz) Green tea

Dinner

Grilled or baked salmon
Green beans or broccolli
2 tbsp extra virgin olive oil
(8-16oz) water

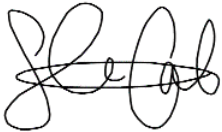
Congratulations!

By now you've read through the entire Bathing Suit Body Diet and are ready to start or plan your starting date.

Having a plan and sticking to it is the one true difference that separates those that are successful from those who just dream of achieving certain goals. Specific actions done in a precise system lead to amazing results. After more than a decade of coaching clients to attain the healthy body and lifestyle they've been searching for I can assure you that my unique approach to burning body fat while increasing your health and longevity is the very best solution to getting you results.

I sincerely wish you the best of luck on your path to health & fitness and I feel privileged to have played a role in helping you achieve your ultimate body and healthy lifestyle.

Committed to your success,

A handwritten signature in black ink, appearing to read 'Stephen Cabral', written in a cursive style.

Stephen Cabral, CSCS, CPT, NS

Appendix

The next few pages contain the *Bathing Suit Body Diet*[®] approved nutritional supplements and resources to add to your nutritional meal plans. All of the supplements come from natural sources and are optional. My top brands that I use and recommend are available at www.StephenCabral.com/nutrition.html

Stephen Cabral's Nutritional Supplement Recommendations:

For Health:

Omega 3 Fish Oil

Fruit and Vegetable Supplement

Multi-Vitamin/Mineral

For Body Composition:

Omega 3 Fish Oil

Whey Protein Shake

For Anti-Inflammatory & Disease Prevention:

Omega 3 Fish Oil

Tumeric

Ginger

Probiotics - Acidophilous

In the end the decision to use nutritional supplements is yours. Always do your own research and decide what the best choice is for you and your body. You can find

Take Your Results to the Next Level!

The following are my personal recommendations developed after 11 years and 11,397 sessions worth of research, data, and real world results from working directly with clients just like you.

My systems have worked for thousands of people to get the results they were looking for after having failed countless times before...

I have a unique proprietary system for creating health and happiness for people looking to finally achieve the body and healthy lifestyle they've dreamed of creating. Everyday a new success story is created and I hope you're the next person I hear from telling me how you overcame your struggle to lose weight, tone up, and feel confident about your new body!

Here are My 2 Best Systems Designed to Melt Body Fat, Drop Inches, and Transform Your Health in Record Time!

...Plus, with My Secret Weight Loss System You'll Never Have to Do a Minute of Long, Boring Cardio, or Hundreds of Useless Crunches to Get the Body You Want.

And You Can Get Fit All in the Privacy of Your Home!

*** Lose5in7 - Weight Loss System ***

I designed Lose5in7 to help you lose weight, drop inches, and eliminate bloating in record time. My clients wanted a system they could implement at any time to lose 5 pounds in less than a week and continue to keep burning fat until they were ready to put on the brakes.

Here's a sample of the Fatlossity - Lose5in7 12 Week Weight Loss System

- * Lose 5 lbs in less than 7 days using Lose5in7 unique fat loss solutions
- * Complete nutrition, diet, exercise, and healthy lifestyle success cheat sheets
- * 7 Surprise Bonuses available for a limited time! (Bonuses are subject to change or be removed at any time - limited time offer and availability)

You can get started today at **www.Lose5in7.com**

Private All-Access Membership Access

*** EXCLUSIVE ***

Trim, Tone & Tighten - Online Personal Training

My monthly online personal training and fit life coaching program is a community based membership of like-minded individuals who want to get in shape, feel great, and live a healthy lifestyle. Every month my team of health & fitness experts and I design amazing personal training programs to trim, tone & tighten every part of your body.

We leave no stone left unturned and provide you with step-by-step instructions on meal plans, nutrition, exercise workouts of the month, fat burning intervals, bonus ab workouts, stretching, success articles and much more. And did I mention we film and stream 6 new videos every month in my Boston weight loss studio so that you can follow along and see exactly how to complete each exercise!

Here's a sample of the membership benefits of Trim, Tone & Tighten!

- * 6 brand new videos every month
- * Complete workout plans
- * 4 weeks of lean body sample meal plans
- * Bonus ab workout
- * Fat burner of the month
- * Stretch of the month (plus the 10 best stretches you need to do)
- * 4 never before seen success articles
- * A recorded interview with a world-rekowned health & fitness expert
- * Answers to your questions by our team of experts (expert coaching at your service!)
- * Become a part of Stephen Cabral's Trim, Tone & Tighten Community!

Every month you get to pick, choose, and customize your exact plan according to your lifestyle. This program is literally the pinnacle of what online coaching can do for you.

The members are positive and upbeat and our system works better than anything else on the market - guaranteed! Plus, we made it affordable enough for you to enjoy month after month.

For less than \$1 a day you can become a member and make the commitment to your health and fitness. (rates may increase without notice and at anytime - go to TrimToneTighten.com today to lock in your rate of less than \$1 a day!)

Join our community today at: **www.TrimToneTighten.com**