How To Lose 20 Lbs In Two Months?

Do you have birthday or any other big event in two months?

Would you like to lose at least 20 Lbs?

Do you wonder is this possible?

Before I answer, let us do small math…

Calculate how much you have to lose per week…

2.5 Lbs per week… right?

2.5 Lbs per week is a healthy weight loss…

So you got the answer…

Then the question comes how to lose in a healthy way?

First keep the goal in your mind…

And stay positive all along…

Stop eating fast food

Stop drinking alcohol and soda

Switch to whole grains

Eat more lean meats like fish, white meat and chicken

Cook with olive oil

Eat healthy nuts like walnuts and almonds

Drink green tea instead of coffee

Drink plenty of water

Remember!

Aim to lose 70% of weight through diet…

Aim to lose 30% of weight through workouts…

It is the healthy way of losing weight…

And finally after two months you can reach your goal…

Imagine you are looking slim and pretty on your birthday…

Don’t forget!

You need to maintain this healthy lifestyle

How to do this?

Simply go Paleo…

Paleo diet help Megan Fox to lose her baby fat..

Paleo diet is anti-ageing too..

Download my free report “Go Paleo - Watch the Pounds Disappear” to know more about it