How to get rid of fat around bellybutton area?

Fat under belly button area is unattractive…..

You might have tried different things…

You may be thinking that can I really get rid of it?

Don’t give up…

The secret to loosing belly fat!

You have to try combination of lean proteins, complex carbs and healthy fats

And of course you have to add fruits and vegetables also

Lean proteins are vital for building muscle, losing fat and boosting metabolism

You can try skin less chicken breast, lean red meats and fat free cottage cheese

Complex carbs gives you a steady amount of energy…

You can try oatmeal, whole grains and brown rice

You can also eat whole grain bread or pasta

Whether you believe or not you need healthy fats also

Therefore you must include fish, avocados, nuts and olive oil in your diet

Are you eating enough foods and vegetables?

Foods and vegetables are part of a healthy diet…

Choose fruits like apples, berries, grapefruit and cucumbers…

In order to get rid of stubborn fat you need to work out…

And it is obvious…

You can try weights and cardio alternatively

Monday: weights

Tuesday: cardio

Wednesday: weights

Thursday: cardio

Friday: weights

Saturday: cardio

This gives your muscles a chance to recover

The bottom line

Lifestyle changes are required to get back your attractive figure…

Paleo diet is a lifestyle that everybody is talking…

Want more information…

Download my free report;

“Go Paleo - Watch the Pounds Disappear”