

SLIM OVER 55



WEIGHT LOSS MANUAL



Welcome to SLIM OVER 55, the only weight loss program especially designed for women over 55 who are beginners!

Just follow our program, and you will lose weight and you'll get toned, plus you'll set up the foundation you need in order to reach your ideal weight in the near future!



All you need is to do the **easy Slim Over 55 workouts in the morning, on your empty stomach and follow the rest of our guidelines!**

This has worked for **thousands** of women over 55 and can surely work for you too, **so let's get started!**

WHY A DIFFERENT APPROACH FOR WOMEN OVER 55?

Most women start to see body changes when they reach their mid-to-late 40s and enter the stage known as perimenopause, the years during which their body begins the menopause transition. These changes continue even after a woman passes menopause, the point when ovulation and menstruation stop completely.

When women are younger, they tend to collect extra pounds on the hips and thighs... But during perimenopause and after menopause, **hormonal changes** cause many women's bodies to start collecting extra weight **around the middle**,...

Plus they start experiencing a **much slower metabolism** and **very little energy!** And because of all these, **women over 55** must take **a completely different approach** if they ever want to reach their ideal weight, and **do it fast and without struggle!**



And when you consider the fact that women over 55 have a **high risk of cardiovascular problems**, such as heart attack, stroke, or high blood pressure, or can struggle with **diabetes or high blood sugar**, or, they can have **limited mobility, back pain or arthritis**, this new weight loss approach must be **100% safe for them!**

You are lucky that **SLIM OVER 55** is **100% safe for you** and it will help you **lose a lot of weight!**

WHY MORNING WORKOUTS ON YOUR EMPTY STOMACH?

According to the British Journal of Nutrition, “women over 55, who exercise **early in the morning on their empty stomach**, burn **almost 20% more fat** than those who exercise **LATER** in the day.”

This happens because **on your empty stomach**, your body taps into its existing fatty deposits to provide energy during and after the workouts. The whole process accelerates your metabolism **drastically** and keeps it **elevated** even up to 48 hours after the workout ended.

This is also one way to make your body release insulin **less often**, which improves blood flow to muscles and even reduces the effect of eating foods that contain sugars and carbs.



In the morning, you also have **higher levels of Growth Hormone (GH)**, which helps your body build new muscles tissues, burn fat, and improve bone quality and longevity.

One study showed that 24 hours without food, increases the female growth hormone production by 1300 percent.

So, working out on your empty stomach (when you haven't eaten anything since the evening) **is exactly what you need**, because it boosts your GH production.

HOW WOMEN OVER 55 MUST EXERCISE FOR SAFE BUT FAST RESULTS?

Our SLIM OVER 55 workouts are not only based on scientific research, but also on tests I have done on my clients who are women over the age of 55.

The bad news for women over 55 is that cardiovascular, neurological, hormonal and musculoskeletal changes can make toning and exercising more challenging. The good news is that with our approach on exercising, you can slow or even reverse some of the negative impacts of age on your body.

Cardiovascular function is often gauged by the maximum amount of oxygen that the body can consume while vigorously exercising. According to the American College of Sports Medicine, this declines by 5 to 15 percent per decade after age 25 to 30, as the heart becomes incapable of beating as fast, combined with a reduced volume of blood being pumped through the heart with each beat.

Still, older adults are **as capable** of building **low to moderate intensity aerobic endurance** as younger people, which is exactly what you will accomplish on the SLIM OVER 55 program.



When you get over the age of 55, the number of cells in the brain and spinal cord tends to decline, as do the speed and efficiency at which the nerves communicate with each other.

Our workouts **prevent this decline** because they incorporate elements of balance and coordination.

Due to menopausal changes in estrogen levels, women over 55 are at greater risk for osteoporosis, but our workouts were **carefully designed** to help women maintain, or even increase, bone density.

One of the biggest reasons for not exercising after 55 is that it doesn't always feel good. Joints may be achy with arthritis. Muscles are stiff and less responsive.

But contrary to the notion that exercise causes wear and tear arthritis, evidence suggests that exercise can delay the onset, and even alleviate the symptoms of arthritis.

Because muscle weakness may contribute to the development of arthritis, keeping the supportive muscles strong is important, and our SLIM OVER 55 workouts **will make you strong** and because each workout ends with a stretching session of around 3 minutes, you will also become **more flexible!**

Now, when you will start to do our workouts, even though **I am holding weights in my arms**, you can start **without any weights!**

This way the exercises may be more comfortable at first.

And as you **get used to my workouts**, you will develop strength and joint stability, and you will **feel younger each day.**

Another thing you will see inside our workout videos, is that **in between each round of exercises there is a 50 seconds break.**

Once you **build your endurance**, I recommend **running in place instead of resting**, as this will help you **burn more fat** and **increase your metabolism even more!**



HOW WOMEN OVER 55 MUST EAT FOR THE BEST FAT LOSS RESULTS

The type of calories you eat will **dramatically** influence how fast your metabolism runs and whether you'll lose or gain body fat.

On the **SLIM OVER 55 meal plan**, we will also focus on **balancing your hormones!** So let's start by talking about **protein**.

Why should you eat a lot of protein?

Protein is the most important food for fat loss, because of a few reasons.

First is for the protein's thermic effect. You see, your body will consume around 25% of the calories in those proteins simply to digest them.

That's why just by having a protein-based diet, without eating fewer calories, a person can lose a considerable amount of fat.

The 2nd reason is that the excess protein that your body does not use, will not be transformed into fat, but instead will be eliminated as waste, while excess calories from carbs and fats will be stored as fats.

Thirdly, protein, when consumed, helps to slow the entire digestion process down, even **reducing your appetite and cravings**, especially those late night cravings for sweets and carbs.

Protein helps to slow down the digestion of the carbohydrates you eat as well, making your body stay **out of fat storage mode**.

The 4th reason is that by eating more protein, you will build muscles and you will get stronger. Plus, each gram of muscles you have on your body will consume **3 times more calories** than a gram of fat.

So, here are the best sources of proteins:

- **Free range poultry** (chicken breast and turkey breast),
- **Organic eggs** (mostly **egg whites** because the yolk has a lot of fat),
 - Wild caught **salmon** and **Whitefish**,
 - **Grass-fed beef**,
- **Seafood** like shrimp, scallops, crab, and lobster,
- Low fat **cottage cheese** or **string cheese** & Plain low fat **Greek yogurt**,
- **Whey protein powder** (which, by the way, you should drink after each workout because it will go straight into your muscles).



How women over 55 must eat carbs so that they'll never gain weight

Everyone in the fitness industry may tell you that carbs are bad for you and should be avoided if you want to lose weight. However, this is not completely true.

Carbs are your biggest source of energy, and a great source of vitamins, minerals, and nutrients that your body needs to survive, so we won't give up on them during our plan.

If you've ever **done a very low carb diet**, you probably know all too well how miserable it makes you, and that's why **our Slim Over 55 meal plan** has the right amount of carbohydrates in order to give you **a great mood** and **lots of energy**.

Another reason why carbs are important is the fact that they regulate a very important hormone: **Leptin**.

Leptin is produced by your body's fat cells and helps the body regulate total fat stores as well as total calorie and carbohydrate intake. When you eat fewer calories or less carbohydrates, less leptin is going to be produced.

When this happens, the body then knows that it needs to do whatever it can to get you to eat and gain weight.

Basically when Leptin levels fall too low, your life will be miserable until you eat, but since we are keeping more carbohydrates in your diet, Leptin levels won't drop too low, in fact, **because of the carbs we will include**, they will be higher than normal, **making fat loss so much easier**.

There are 2 types of carbohydrates, **simple and complex**.

This is referred to as having a low GI value - GI being glycemic index.

The glycemic index is a ranking of all types of carbohydrates based on how fast 100 grams of them digests in the human body. The slower the carbohydrate digests, the lower the ranking will be.

All the sugary, processed foods that I mentioned before have rankings into the 70-100 range, while many of the complex carbohydrates come in closer to the 20-60 range.

Complex carbohydrates also have a much higher amount of nutrients, vitamins, minerals, and fibers, which are **essential for weight loss**.

The best sources of complex carbohydrate are:

Brown rice, Quinoa, Steel cut oats, Barley, Beans, Lentils, Sweet potatoes, Yams, Squash.

The last type of carbohydrates I want to talk to you about are **vegetables**, which are a big part of our plan because:

- **they are very low in calories,**
- **are filled with vitamins, nutrients, and fibers, and**
- **except corn and potatoes, you can eat as much as you want of them and still lose weight.**



For example, 1 pound of **steamed broccoli** has only 99 calories and 14 grams of protein and only 9 grams of carbs, so you can eat as much as you want to.

Eating a lot of vegetables on a daily basis will **increase your energy level**, will **balance your hormones**, will **strengthen your immune system** and of course, will **make your skin younger and more elastic!**

Many of our clients, all women over 55, **fell 10 years younger** after just a few weeks on our programs because our meal plan is loaded with fresh veggies.

Some of the top vegetables to include in your diet are:

Spinach, Lettuce, Collard greens, Broccoli, Cabbage, Peppers, Mushrooms, Onions, Cauliflower, Brussels sprouts, Celery, Cucumber, Asparagus, Artichokes, Tomatoes.

VERY IMPORTANT: consume cruciferous vegetables — such as kale, cauliflower, broccoli, cabbage, and Brussels sprouts, **IN MODERATION if you suffer from thyroid issues.**

These vegetables have been shown to interfere with the production of thyroid hormone — mostly by disrupting your thyroid's use of iodine.

The Truth about Fats and How Women Over 55 Can Eat Them to Lose Weight

Many people often fear eating fat because they think if they eat fat, it will automatically turn into fat, but **this is not true**.

In fact, diets with moderate amounts of fat often produce better results than those with no fat. Why?

First and foremost, fat will help to **boost your overall level of satiety**. Basically, it helps ensure that you are not going to be hungry shortly after eating a meal.

While protein slows down digestion considerably, fat slows it down even further, and **eating enough of the right fats** is key to easy long term weight loss.

Fat also has no influence on blood glucose levels, so you don't have to worry about it releasing any insulin either.

At the same time, because while on **Slim Over 55 plan** you will consume **only the right fats**, you will also **look and feel younger and healthier!**



But since a gram of fat has 9 calories, **you must keep track** of how much fat you eat if you want fast results!

When it comes to choosing fat, you want to focus on eating **unsaturated** sources along with foods that are rich in **omega 3 fats**.

Saturated fats, which are mostly found in animal products, should make up **no more than 10%** of your total calorie intake, and **trans fats**, which are found in processed foods and are a man-made type of fat, **are to be avoided at all costs**.

If you see the term, '**partially hydrogenated vegetable oil**,' on a label, you know it contains trans fats, **so stay away from it**.

Good fats are the following:

Avocado oil, Extra virgin Olive oil, Coconut oil,
Nuts and nut butter, Seeds, Avocados and Fatty
Varieties of Fish.

Before we finish the fats chapter, there is **one type of fat** that has been proven to **help dramatically in weight loss**, and even though it is a saturated fat, it will **help you a lot**. And I am talking about **coconut oil**.

The first time people realized coconut oil has **amazing fat loss properties** was around 1920.

A few Australian farmers decided to fatten their sheep with coconuts, which they had too much at their farm. However, they were stunned to see that all their sheep **became leaner after just a few weeks** of eating coconuts daily.



If you search the internet, there will be **thousands of testimonials** from people who have lost weight by consuming coconut oil **daily**.

It also reduces cholesterol, visceral fat, blood sugar; it increases your metabolism with 5-10% and helps prevent cancer, heart problems and acts as a natural antibiotic.

So, how much coconut oil should you consume daily?

My tests were with 20-30 ml per day and have given wonderful results for many women over the age of 55 in our test group.

My recommendation is to use only coconut oil for cooking and to start by taking 2 teaspoons per day because each body will respond differently.

Also, be sure only to buy **virgin & organic coconut oil!** You can also find organic coconut oil supplements and swallow them. Normally, each soft gel has around 1 gram of coconut oil.

WATER AND HYDRATION FOR WOMEN OVER 55

Water is essential to our body's general health, and it is truly **essential for weight loss**, not only for cleansing your body, but also for keeping your metabolism fast.

Even slight amounts of dehydration can have a very negative influence on both your **energy level** as well as your **total calorie burn**. Most of the times when you feel that you have **less energy** than you are normally used to, it's because **you are dehydrated**.

A lot of people confuse thirst with hunger, so **from now on** I have **a recommendation for you: each time you will feel hungry, drink a big glass of water**, and only eat if after 10 minutes, you will still be hungry.

When it comes to **how much water to drink per day**, my recommendation is to go for **3 liters per day**, even more if you can, since most people simply forget to drink water.

Have a bottle of water with you **all the time** and set your alarm so that it **beeps every 30 minutes**, reminding you to drink water. You will be **less hungry**, you will have **more energy** and you will **look younger!**



4 HERBS THAT CAN DOUBLE FAT LOSS IN WOMEN OVER 55

During my research, I found **4 powerful herbs** that can double fat loss in women over 55, reduce inflammation, detoxify the body and burn belly fat... I have **tested them on my clients**, and **their results were amazing**.

All you have to do is to consume them in the morning, right after your morning workout – **just add them to your protein shake** and they will **increase your energy, vitality**, and **will make you feel 20 years younger**.

The 1st One is Chlorella

Chlorella is a microscopic, blue-green algae that lives in fresh water. Scientists have shown chlorella to be **enormously beneficial** in weight loss and overall health.

A research team in Kyoto, Japan, found that chlorella helps in weight loss because it changes the expression of the genes that are responsible of controlling your metabolism, fasting glucose levels, and total circulating cholesterol.

Here's **a short list of the incredible health benefits of taking 5-10 grams of chlorella daily**:

- Improves digestion and helps with constipation
- Boosts your immune system and cleanses the blood
- Relieves inflammation and promotes optimal blood pressure
- Can reduce cancer risk
- Effective for hormone imbalances and increases white blood cell count
- Detoxifies harmful radiation from your cells
- Reduces body odor



The 2nd One is Cacao

Cacao (cacao) is a raw form of chocolate. Cacao can give you enough energy to replace your morning cup of coffee. Here are the **amazing health benefits** of taking **a few grams** of cocoa daily.

- It has more antioxidant flavonoids than **any other food tested** so far – including blueberries, red wine, and both black and green teas. In fact, cacao has up to four times the quantity of antioxidants found in green tea.
- Promotes **heart health** and protects you from environmental toxins:
- Promotes a sense of well-being by increasing your mood as it stimulates the secretion of endorphins, producing a pleasurable sensation. It also promotes relaxation, and helps us feel good longer.
- Cacao beans are rich in a number of **essential minerals**, including magnesium, sulfur, calcium, iron, zinc, copper, potassium and manganese.
- Raw chocolate actually has **appetite suppressant properties** and is often added to weight loss products to help control hunger.

The 3rd One is Goji

Goji berries have been a staple of traditional Chinese medicine for thousands of years. You can Goji berries **raw** or soak them in hot water, and add a teaspoon to your morning shake.



Goji berries are **loaded with antioxidants, Vitamin C and beta-carotene** – an important nutrient known to help **promote healthy skin**.

Goji berries can also help **boost the immune system** and protect the eyes.

They are low in calories, fat-free and are packed with fiber, so they will help you go the bathroom on a regular basis.

The 4th One is Cinnamon



Here's how **taking a few grams of Cinnamon daily**, can help you lose weight faster:

- It Controls insulin levels (which means less calories stored as fat).
- It Speeds metabolism (so you burn more fat, even at rest)
- It Helps to burn belly fat (cinnamon is said to impact abdominal fat more than other fats found in other parts of your body)
- It Suppresses appetite (so you stay full longer)

You can add a bit of cinnamon to your daily coffee or tea to enjoy these powerful metabolism boosting effects...

THE SLIM OVER 55 DIET FORMULA

Now, let's look at **THE FORMULA** to structure your diet so that you can reach your ideal weight **in record time**.

To calculate **your fat loss calorie needs**, multiply your weight in pounds with 9. However, **do not go** under 1200 calories per day.

I recommend all my Slim Over 55 Clients to go for a meal plan of **1300 calories per day** if they weigh over 140 pounds and 1200 calories per day if they are below 140 pounds.

Here's the Slim Over 55 Meal Plan formula:

45% from proteins – 146 grams of protein, the equivalent of 585 calories



35% from carbohydrates – 113 grams of carbohydrates, the equivalent of 455 calories, and



20% from fat – 29 grams of fat, the equivalent of 260 calories.

All you have to do is **weigh everything** and prepare your meals.

I recommend eating **6 small meals a day**, but if your time won't allow it, you can have **3 bigger meals**, and you'll lose the same amount of fat!

DAILY MEAL PLAN EXAMPLE

Here's a meal plan example for **1300 calories a day!**

Day 1	
Time	Meal
Immediately after the workout	1 scoop 80% Whey protein powder mixed with 8 fl oz Fat-free Milk + a few grams of the 4 herbs (15g carb, 28g pro, 2g fat, 189 calories)
1.5 hours after the workout	4 oz 93/7 lean ground turkey with one sweet potato, baked and topped with 1 teaspoon of coconut oil and ½ teaspoon of ground cinnamon. (27g carb, 23g protein, 13g fat, 324 calories)
12pm	1 cup of plain non-fat Greek yogurt mixed with 1/2 cup sliced strawberries and 1 stevia sweetener packet (28g carb, 10g protein, 0g fat, 147 calories)
3pm	5 oz chicken with ½ cup zucchini and ½ cup green beans. (6g carb, 29g pro, 4g fat, 165 calories)
5pm	Grilled Shrimp kabobs with 5 oz cooked shrimp, 10 mushrooms, ½ cup chopped red pepper, ½ cup cherry tomatoes, and 1/3 cup pineapple chunks. (22g carb, 37g protein, 3g fat, 250 calories)
7pm	5.5 oz salmon with 12 steamed asparagus spears and 1 light string cheese. (11g carb, 40g protein, 4g fat, 226 calories)
TOTALS	1301 calories, 108g carbs (33%), 167g protein (50%), 26g fat (17%)

My Favorite Weight Loss Recipe

Here's a recipe that you can eat **as much as you want off**, without gaining any fat: **Delicious Chicken Kebabs With Garlicky Yogurt Sauce** - especially if you serve it in lettuce leaves!

- 300 grams organic chicken breasts
- ½ tsp dried oregano
- ½ onion, thinly sliced Juice of half lemon
- ½ cup organic Greek style yogurt, 1% fat
- ½ tsp dried mint
- 2 garlic cloves, minced
- 2 large whole lettuce leaves
- ½ cup cherry tomatoes, halved
- ½ tsp chili flakes
- 2 tsp olive/unflavored coconut oil
- Sea salt and pepper



Preparation of 2 services

Protein: 45 g, Carbs: 2 g, Fat: 9.5 g (per serving)

1. Cut the chicken into thin strips.
2. In a non-stick pan, warm the olive oil and add 1 garlic clove, chili flakes and chicken. Sauté for about 5 minutes until chicken is thoroughly cooked. Leave to cool down.
3. In a bowl, combine the tomatoes, onion slices, chicken strips and lemon juice.
4. Add each lettuce leaf in a separate shallow serving plate, and fill it with the chicken-salad mix.
5. In a mug, combine the yogurt, 1 garlic clove, mint and salt and stir well.
6. Pour the yogurt sauce on top of the chicken-salad.

Fat Loss Lasagna Recipe

You'll love this Fat Loss Lasagna!

Here are the ingredients for 6 servings!

- 2 cups Pasta Sauce Tomato Basil (from 25.5 oz jar)
- 1 medium zucchini, shredded (1 cup)
- 15 oz low-fat cottage cheese or low-fat ricotta cheese
- 9-oz. frozen spinach, thawed, squeezed to drain well
- 1/3 cup grated fat free Parmesan cheese
- 2 tablespoons chopped fresh oregano or 1 1/2 teaspoons dried oregano leaves
- 8 oven-ready lasagna konjac noodles
- 1 (4-oz.) can mushroom pieces and stems, drained
- 8 oz. (2 cups) shredded fat free mozzarella cheese



1. Spray 12x10-inch sheet of foil with nonstick cooking spray. In medium bowl, combine pasta sauce and zucchini; mix well. In another medium bowl, combine cottage cheese, spinach, Parmesan cheese and oregano; mix well.
2. Spread 1/4 cup sauce mixture in ungreased 8-inch square baking dish. Top with 2 lasagna noodles. Spread about 1/2 cup sauce mixture over noodles. Drop 1/2 cup of spinach mixture by small spoonfuls over sauce mixture; spread carefully. Sprinkle with 1/4 of mushrooms and 1/2 cup of the mozzarella cheese.
3. Repeat layers 3 more times, beginning with noodles. Cover with foil, sprayed side down; refrigerate at least 8 hours or overnight.
4. Heat oven to 400°F. Bake covered for 45 minutes.
5. Uncover baking dish; bake an additional 10 minutes or until lasagna is bubbly around edges. Let stand 10 minutes before serving.

Protein: 25 g, Carbs: 12 g, Fat: 4.5 g per serving

Magic Spicy Chicken Sweet Potato Dinner

Here are the ingredients for 8 servings!

- 2 lbs. boneless skinless chicken breasts, cut into small pieces
- 3 tablespoons spicy seasoning mix*
- a few tablespoons of olive oil
- 3 sweet potatoes, peeled and diced
- 5–6 cups broccoli florets (broccolini FTW)
- coarse sea salt and freshly cracked pepper
- avocado / hummus / lemon juice / chives / olive oil for serving



1. Preheat the oven to 425 degrees. Toss the chicken pieces with the spices and a quick stream of olive oil. Stir to combine; store in the fridge for about 30 minutes while you prep other ingredients.
2. Arrange the vegetables on their own sheet pans (preferably ones with edges to catch drips, etc.). Drizzle with olive oil and sprinkle generously with salt. Arrange the chicken on a separate sheet pan.
3. Bake all ingredients for 12-15 minutes. Remove the broccoli and chicken. Stir sweet potatoes and roast another 15 minutes or so.
4. Done! Divide your servings out into containers and be happy you have meal starters ready for the week!

Protein: 28 g, Carbs: 15 g, Fat: 6.7 g – 237 calories per serving

THE CHEAT DAY

Every 7 days, in order to keep their metabolism fast, **women over 55 should double their carbs** in order to **keep their Leptin levels elevated!**

It is the day you can **indulge yourself** and eat the foods you love the most, **but try to follow the example below!**

Cheat Day	
Time	Meal
Immediately after the workout	1 scoop 80% Whey protein powder mixed with 8 fl oz Fat-free Milk and the 4 herbs. (15g carb, 28g pro, 2g fat, 189 calories)
1.5 hours after the workout	Turkey sandwich with 2 slices of whole wheat bread, slices of turkey deli meat, 2 slices turkey bacon, 2 of tomato, and one lettuce leaf. Served with one medium banana and 10 baby carrots. (65g carb, 26g protein, 9g fat, 422 calories)
12pm	¾ cup of high fiber cereal (fiber one) with 8 fl oz. non-fat milk and 1/3 cup blueberries (58g carb, 11g protein, 1g fat, 208 calories)
3pm	5.5 oz chicken cut into strips and dipped in 2 tbsp. of barbecue sauce. Served with one medium baked potato and one light string cheese. (45g carb, 41g protein, 7g fat, 388 calories)
5pm	Spaghetti plate with 5 oz of 93/7 lean ground beef, 1.5 cup of cooked konjac root spaghetti, and ½ cup of spaghetti sauce. Served with 1 cup of broccoli. (35g carb, 36g protein, 13g fat, 402 calories)
7pm	5 oz cooked shrimp on 1 cup of spinach with 1 fresh squeezed lemon. (5g carb, 31g protein, 2g fat, 159 calories)
TOTALS	1768 calories, 223g carb (47%), 173g protein (37%), 35g fat (16%)

A Fat Loss Dessert For Your Cheat Days

Here's one **of my favorite desserts** that you can eat **during the cheat days!**

Chocolate - Peanut Butter Oat Cookies

- 1/3 cup oats, uncooked
- 1/4 tsp. baking powder
- 1 tsp. coconut oil
- 1/4 cup monk fruit sugar – zero calories
- 4 scoops vanilla whey protein powder
- 2 tbsp. sugar free peanut butter
- 3 egg whites
- 1/4 cup skimmed milk
- 4 tbsp. cocoa powder
- 2 tsp. sugar free vanilla extract



Preheat oven to 300 F. In a mixing bowl, mix all the ingredients together until well blended (except oats). Mix in the oats and drop by tablespoons onto a non-stick paper. Bake in preheated oven for 10-12 minutes.

Serves 8. 138 calories/serving, total for 8 servings: protein 109 g, carbs: 49 g, fat: 29g

Fat Loss Cheesecake

Below are the ingredients for 8 servings:

- 2 eggs + 2 egg whites
- 3 cups non fat Greek yogurt
- 1 small box instant fat free/sugar free cheesecake pudding mix
- 1 tbsp imitation vanilla
- 3 tbsp Monk Fruit Extract
- 1 serving of unflavored whey protein powder

Preheat oven to 350 degrees

In a medium sized mixing bowl, add eggs, vanilla, and monk fruit extract until blended well

Add in yogurt, whey protein and box of cheesecake pudding mix until well combined

Spray a pie dish or 9 inch spring form pan with non stick cooking spray and pour ingredients in, then Bake for 30 minutes

Let cool for 15-20 minutes before covering with plastic wrap

Chill overnight in the refrigerator! **Enjoy!**



MORE WAYS TO INCREASE FAT LOSS

There are a few more actions that you can take to increase your metabolism **even more** and to burn up to **an additional 200 calories a day**. And below, you'll find them!

1. Accelerate Fat Loss in your trouble spots with Cellulite Cups!

Not only that you will **increase blood flow** and **fat burning** on your thighs, belly, or arms, but you will also **reduce your cellulite**.

Massaging your trouble spots with cellulite cups, **breaks down fat deposits** and **increases blood flow** in those areas, and **15 minutes per week** is more than enough!

I put coconut oil on my skin before and after the massage. Do it and you will see your trouble spots having less and less fat, and you will become sexier than ever!

You can buy **your cellulite cup set** from **Amazon** for only **\$7.99** as I made **a special deal for you** with the seller of **the product you see below!** I bought **many sets** from them as presents for my friends and **I really recommend them!**

Just go to [amazon.com](https://www.amazon.com) and search for "**anti cellulite cup set**". You'll find it **between the first results on the 1st page**. They've set a special price so that you get it with **only \$7.99. a 50% OFF!**



amazon.com
Prime

2. Stay Active Throughout The Day

If you can't go out because of a lockdown, simply do 2 of our workout daily instead of only 1. Do the 2nd one in the afternoon!

Here's what Lisa, one of our Slim Over 55 clients did...

During her **lunch breaks**, she used to **walk for 15 minutes** to the park and had her lunch there. When she was really busy at work, and didn't have time to take a break, around 6-7 pm she used to walk near her house for 15 minutes.

As soon as her fitness level increased, she would even **walk to work** or sometimes park her car 2 blocks away from her bank, so that she could walk...

Studies have shown that active people burn on average **300 more calories per day** compared to people who are not active - which means **that in 1 year**, you'll develop a calorie deficit of **100.000 calories** – the equivalent of losing **almost 30 pounds of fat**.

Here's what you must do to be considered as an active person:

- **walk to work** or park a few blocks away so you can walk a little.
- **wash the dishes by hand** instead of having them done with the washing machine
- **walk to your favorite restaurant** for lunch or have it in the park.
 - **climb the stairs** instead of taking the elevator.
- **take dancing lessons 3 times per week**, as this will make your blood moving, plus a salsa class can burn **up to 500 calories** – it's also **fun** & you'll **meet lots of new people!** **You can also do them online!**



A SLIM OVER 55 TYPICAL DAY

Below, I will share how **a perfect** Slim Over 55 Day should be!

You wake up filled with energy, drink a big glass of **the morning fat burning tea**.

You feel great, and then, you do **one of our Slim Over 55 workouts**.

After the morning workout, you **drink a protein shake** in which you **add the 4 herbs**, as they can double fat burning and will prevent you from getting sore the next day.

Then you take a shower and you already feel how **all your clothes fit you better**.

Then you start your day, drink 3 liters of water and eat the rest of the Slim Over 55 Meal plan and you stay **active throughout the day!**

Your last meal is around 7-8 pm, and it is low on carbs, and all night long, your body will use your fat deposits for fuel.

Sometimes, you have so much energy that you do 2 or 3 workouts per day **instead of just 1!**

And in just **a few weeks**, the Slim Over 55 guidelines have become **your new way of life** and now it's time to **start my advanced weight loss program** so that you **lose 20 pounds or more per month!**



THIS WAS A GREAT INTRODUCTION!

Slim Over 55 is the best introduction to my **ACCELERATED** weight loss program called **Morning Fat Melter**, designed for the women over 55 who **have lost a few pounds** and are already adjusted to exercising, but want to lose **over 20 pounds per month**.

Before it **sold out on amazon.com**, my **Morning Fat Melter** program was **amazon's choice** for 'best weight loss program'.

And even though you'll get a **great start** with Slim Over 55, if you want to be **100% successful on the long term**, you need a **detailed weight loss plan** for **at least 60 days**.

And the truth is that my Morning Fat Melter program has already helped **thousands of women OVER 55 lose over 20 pounds per month**.

My clients lose **over 15 pounds in their second month** and **over 13 pounds in their 3rd month**, while **most women hit a plateau**, and **gain back** all the weight they previously lost.

All our clients achieve a sexy and toned body, so I am really sure that our **ADVANCED 2 MONTHS PROGRAM** will do **the same for you too**.

And because **you have already invested** in my beginner program, Slim Over 55, and you showed me that **you are really motivated**, I want to **give you access** to my advanced 2 months program with a **huge 85% discount!**

Just click this link <https://alinepilani.com/slimover55-advanced> to get a **guaranteed plan** to **lose 35 pounds or more** during your next 2 months.

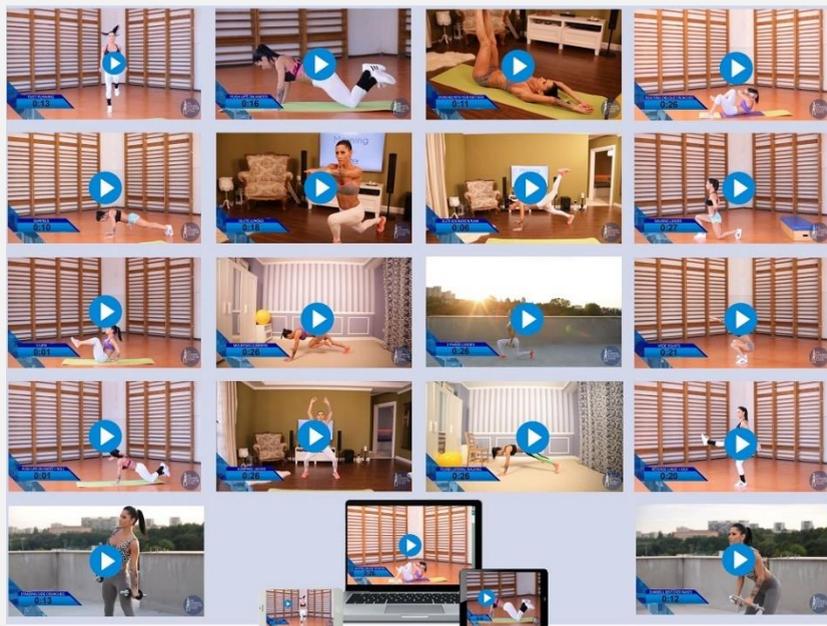


Amazon's Choice

for "best weight loss program"



amazon



You get an **Additional 18 Workout Videos** and **the exact schedule** to do them for the next 60 days plus **our daily success checklist!**

Each workout video is **shorter** than the Slim Over 55 workouts and **a bit more intense!**

They are full body **18 minutes** videos, and you just have to hit the play button and follow my lead to transform your body into **a fat burning machine.**

You also get **the Morning Fat Melter Meal Plan**, in which you'll get a **detailed grocery shopping list** and the **precise meal plan for the next 60 days.**

So, if you want to **completely change your body** over the next 60 days **IN AN EASY AND ENJOYABLE WAY**, to increase your confidence, get toned, increase your health and energy level, lose over 35 pounds and many inches off your belly and thighs, **just click the link below!**

<https://alinepilani.com/slimover55-advanced>



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*It's important to note, specific results are not typical and are NOT guaranteed, and the sweet thing is, your results may vary, because every woman is unique, of course... especially when we consider how many different female "body-types" there are...

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Consult with a qualified medical professional before starting to follow the guidelines in this book!

