

Truth About Fat Burning Foods Diet Is Out And The Reviews Are In

/EINPresswire.com/ Nick Pineault's 24 Hour Diet Makeover is now available. But is the diet as good as all of the reviews are saying?

Nick Pineault has officially released his diet manual, Truth About Fat Burning Foods. Unlike other diet programs online, this diet has a much different focus. How so?

Instead of directing his clients to eat low carb, paleo, vegan or any other mainstream classification for a diet, Pineault has dedicated his entire program towards a scientific approach. What this means is that while there are undeniable pros to eating low carb, that is not the only way to eat. There are certain types of carbs, proteins, fats, drinks and so on that are acceptable and safe to eat, while there are others that one would want to avoid. And this is where the diet program really shines.

Nick provides many scientific citations throughout all of the individual books and bases the entire program off of his scientific research and personal coaching successes.

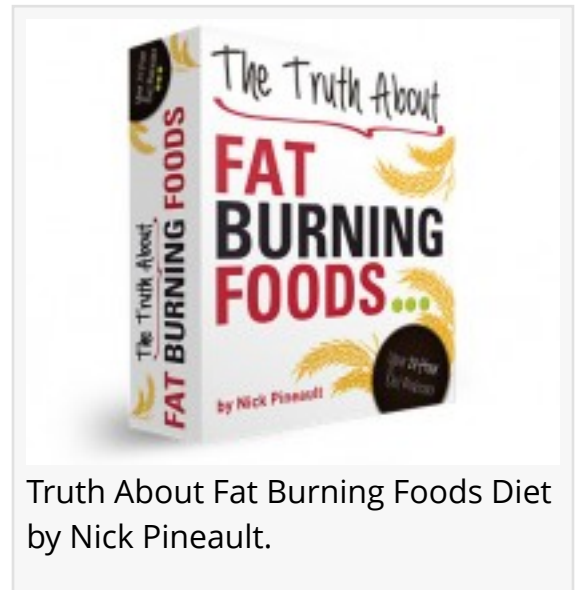
Some of the interesting truths revealed in the program include how identify the 20% of fake olive oil sold in the USA, which "healthy" fish one should never eat, how many gluten free foods make one store more fat, the only only all-natural calorie-free sweetener available and more.

Although discussed in more detail on the TruthAboutFatBurningFoodsReview.com website, here is a review of what is included with the program.

The main diet course comes with seven books which discuss the scientific truth about how different types of foods effect the body and the fat loss results.

Here are the books that come with the course:

1. 4 Step Diet Makeover (this is the main book)



2. The Truth About Condiments, Snacks & Seasonings
3. The Truth About Drinks
4. The Truth About Protein, Fat & Carbs
5. The Truth About Superfoods
6. The Truth About Supplements
7. The Truth About The Grocery Cart

In addition to these seven PDF books, Pineault also offers training videos and recipe books. The optional recipe books are for the following categories, as well as a Grocery Shopping Checklist:

1. Fat Burning Breakfasts
2. Fat Burning Salads
3. Fat Burning Dinners
4. Fat Burning Soups
5. Fat Burning Shakes

Among the many different recipes included in the various books, some that stand out are the Italian Pork Chops, Chicken Pilaf, Spicy Chicken On Crunchy Coleslaw, Tangy Bacon Salad, Hearty Flourless Pancakes, Chocolate-Raspberry Protein Muffins, 5-Minute Stovetop Coconut Flour Cookies, Orange Splash Shake, Blueberry Blast Shake, just to name a few.

Click here to visit the [official website](#).

Who is the Truth About Fat Burning Foods diet for?

Whether one need to lose as little as 10 or 20 pounds, or even as much as 50+ pounds, this program will work when applied. Although the program is aimed for anyone who wants to know what foods are good and what foods are downright bad for fat burning, there is one warning.

This is not a "quick fix" or even a short cut to fat loss diet. One must be prepared to make good food choices. This means that the processed and deep fried foods that are available in delis and gas stations are not on the list.

Truth About Fat Burning Foods Review is a specialized website which focuses on delivering quality and informative information about the new diet by Nick Pineault.

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