

The Zero Salad Diet

How Women Lose 15 lbs In 4 Weeks, Increase Energy, And Feel Years Younger

Without Starving, Giving Up Snacks, Or Training Cardio

This is Kim Eriksson and she lost 54 pounds without giving up pizza or chocolate - here's how:



Over 1,147 Women Have Already Made This Simple Diet Switch And Flattened Their Bellies. Read On To Become One Of Them:

If you're a woman, did you know that how many calories your body burns at night is controlled by a single gene?

Scientists from The University Of Southampton recently discovered a "fat-burning gene" in women's muscles that's activated with just 1 simple switch to your diet.

Today I'll show you how to turn this fat burning gene ON...

Because after you turn on your fat burning gene, you'll lose 15 pounds in 4 weeks even if you eat pizza and chocolate.

1,147 Women Have Slimmed Down And Regained Their Confidence By Turning On Their Fat Burning Gene



"I've lost 42 pounds and my friends say I look 15 years younger. I'm full of energy and confident with how I look for the first time in forever. Best of all, I can buy new clothes that I like and my friends say I look great."

- Mary H. 59 years old from Minnesota



"This program was fast and easy. I lost 18 pounds in the first 3 weeks and I'm down 220 lbs in total. I feel better and more confident than I have in years. I eat good food every day and I'm never hungry. This program has become a way of life. If you want to lose weight and make a healthy life change, then try this."

- Kate M. 63 years old from Texas



"I'm down 23 lbs and I don't find myself holding in my belly anymore. I finally feel confident about myself and people have noticed that about me too. I'm more energetic than I've been in years and my skin is actually glowing. Thank you so much!!"

- Jennifer E. 32 years old from Kentucky

Here's Why No Diet, Program, Or Coach Can Help Women Over 45 Lose Weight

Did you worry about every slice of pizza you ate in your twenties getting stored as belly fat?

Of course not...

Your metabolism was fast enough to burn it off.

But as you grow older and your metabolism slows down...

Unwanted weight creeps onto your belly and it can feel impossible to burn that fat off.

You might feel like the only way to lose weight is to starve yourself and never eat chocolate or pasta again.

But that's completely wrong.

Turning On This Fat Burning Gene Boosts Your Metabolism...

Making You Burn Fat As Fast As You Did In Your Twenties

It only takes one simple switch in your diet to turn on this fat burning gene...

Then you could grab dessert after dinner...

You could eat at a restaurant with your family...

You could even snack on your favorite chocolate in the evening...

And you'll still lose weight.

The best part about turning on this fat burning gene is that you'll get a lean body without exercising.

Now you might wonder...

“Is It Possible To Turn On A Gene?”

The answer is an exciting YES.

In 1990 there was a girl that was born with a deadly disease called SCID.

SCID shuts off your immune system...

And without your immune system, you can die from a simple cold.

A child born with SCID would rarely live more than 2 years.

But there was a doctor in 1990 called French Anderson who examined this little girl.

Dr. Anderson discovered that he could cure this disease by turning on a gene called the ADA gene.

So he invented a medicine that turns on the ADA gene... saving this girl's life.

After Dr. Anderson healed this girl, scientists saw how turning on different genes could help millions of people.

Since then, thousands of breakthroughs in gene research have been made which have improved countless lives.

And scientists just discovered how you can safely turn on your fat burning gene at home.

Meet Sara Wilson: America's Leading Nutritionist And Weight Loss Expert For Women



My name is Sara Wilson.

I graduated from Cornell University with a Phd in nutrition.

I've also worked as a nutritionist and a personal trainer for 7 years.

I've helped over **1,147 women** lose their unwanted fat and get a flat belly.

In the Memphis area where I live, I'm one of the top nutrition specialists that doctors call for help when a patient of theirs can't lose weight.

Because I always help the women that come to me reach their weight loss goal.

Whether they want to lose 10 lbs or 100 lbs...

Women always get their dream body after I give them a non-restrictive and starvation-free weight loss plan.

Scientists From The University Of Southampton Just Discovered The Master Gene That Controls How Much Fat A Woman's Body Burns



This gene's real name is *the COASY gene*...

But I like to call it the fat burning gene.

If you're a woman, this *fat burning gene* is like the master switch of your metabolism.

Because when this gene is turned on, your body burns fat.

When this gene is turned off, your body stores fat.

So if you want a flat belly and lean body, you need to turn on this gene.

How Does This Fat Burning Gene Melt Inches Off Your Waistline Without Diets, Exercise, Or Counting Calories?

The way you burn fat is a LONG process involving hundreds of chemical reactions.

But this process is bottlenecked by one step.

Researchers at Southampton University discovered that this step is turned on and off by one gene...

Also known as the fat burning gene.

What does this mean?

Fat Burning Gene Turned ON = Skinny Girl Metabolism

Fat Burning Gene Turned OFF = Fat Storing Metabolism

Take Karina Villarreal from Texas for example.

She used to eat snacks, sodas, and fast food to cope with her anxiety.

This made Karina weigh 248 lbs and become pre diabetic.

She realized that she had to lose weight so she turned on her fat burning gene.

Now Karina still ate Mcdonald's every day...

But with her fat burning gene turned on, she lost 86 lbs.



What Turns On This Fat Burning Gene?

Some lucky women are born with their fat burning gene switched on all the time...

Making them naturally skinny.

Now you can turn on your fat burning gene with cardio and weight training.

But the fat burning gene turns itself off after you've cooled down...

So you don't burn fat all day and night.

But there is one way you can turn on genes and keep them on forever...

Scientists Recently Discovered That Certain Foods Turn Genes On And Off

This is a new field of scientific research called *epigenetics*.

For example...

Dark chocolate turns on genes that protect you from heart disease.

Blueberries turn on genes that can stop you from getting Alzheimer's disease.

Tomatoes turn on genes that slow down your eyes' aging so your eyesight stays sharp.

And when we looked into what turns on this fat burning gene, we were shocked.

The University Of Southampton Just Discovered That Eating Animal Protein Turns On Your Fat Burning Gene

Any kind of beef, chicken, pork, or eggs turns on your fat burning gene.

Making you lose weight even if you eat a cheesecake after dinner...

Even if you order a pizza on a saturday...

And even if you eat lunch at a restaurant with your co-workers.

So Why Isn't Your Fat Burning Gene Turned On Right Now?

Because most women don't eat enough animal protein...

We've been told that eating less carbs and more vegetables is the way to burn fat.

Diets like keto tell you to stop eating pasta and rice...

Nutritionists on social media tell you to eat salads for lunch...

You've probably tried to eat more vegetables and cut out carbs...

But you couldn't lose weight.

Even if you did lose a few pounds... they didn't stay off.

So let's take this moment to set things straight...

Can Vegetables Make You Gain Weight? Sounds Like A Ridiculous Idea Until You Read This...

We're all taught to eat our greens so we'll be skinny and healthy.

And since 40% of India's population are vegetarian...

They should be in perfect health, right?

Actually... 73% of Indian people are overweight or obese.

Indian people also make up for 60% of the world's heart disease deaths.

'... everyone I know has had an overweight father, mother, sibling, or friend die from a heart attack or stroke,' said one Indian woman to the New York Times.

This shocked me.

Even though 40% of Indian people are vegetarians, they are one of the world's most overweight people.

This shows that eating too much vegetables might make your body hold onto fat instead of burn it.

We Took 65 Overweight People And Fed Them Enough Animal Protein To Turn On Their Fat Burning Gene...

Then Let Them Eat Chocolate And Pizza Every Day

Each Person Lost 19.6 lbs On Average

These 65 people ate fast food and sweets like this every day:



And they lost 19.6 pounds on average in a few weeks without starving.

The University of Southern California saw how much weight you lose when you turn on this fat burning gene.

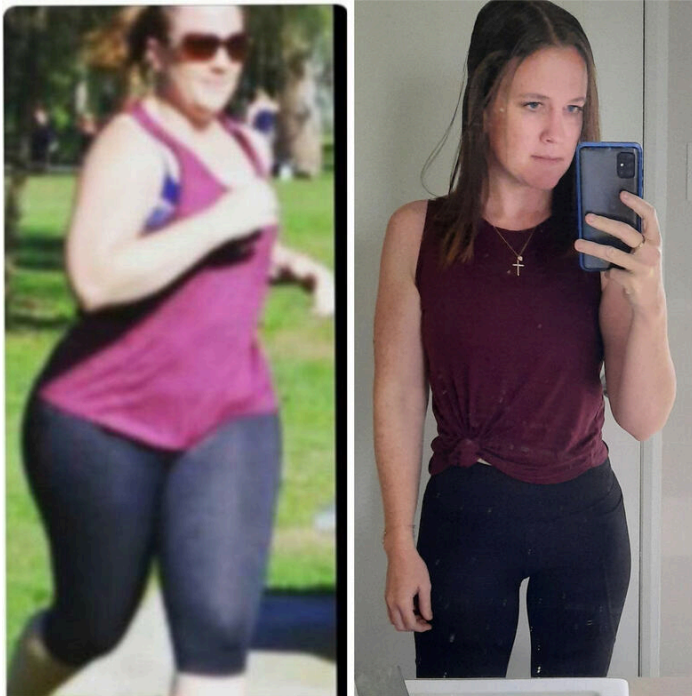
But they wanted to see how fast the fat burning gene makes women lose weight with their own eyes.

So the university ran its own study to turn on women's fat burning gene with animal protein.

The study was a success.

Here's a few before and after pictures of the women that turned on their fat burning gene:





In short: turning on your fat burning gene lights your metabolism on fire so you burn fat even if you eat a pizza or grab dessert.

How Much Protein Should You Eat To Turn On Your Fat Burning Gene?

The average woman eats around 12% of her calories from protein.

That's only enough to turn on your fat burning gene for a few hours per day.

This means that you'll have a slow, fat-storing metabolism.

Now...

If you want to turn on your fat burning gene and keep it on the whole day...

So you can melt off 15 pounds in 4 weeks without starving...

And without giving up on your favorite foods like pizza, chocolate, or wine...

Then you need to eat 30% of your calories from animal protein.

And as a bonus... eating this much protein also shown to:

- Improve your sleep.
- Grow your hair thicker.

- Boost your energy.
- Remove wrinkles, clear your skin, and make you look years younger.
- Clear brain fog.
- Strengthen your bones.
- Lower bad cholesterol.
- And heal joint pain.

“But Isn’t Too Much Meat Bad For Your Health?”

Yes, meat *can* hurt your health...

But only the processed kind from McDonald’s, Chick-fil-A, Taco Bell and other fast food restaurants.

Meat like natural beef, pork, and chicken is the best thing you can eat for your body...

Let me introduce you to 52 year old Lisa Duncan from South Carolina.



While many women over 30 have low energy, high blood pressure, or are on medications...

52 year old Lisa is as healthy and skinny as a 20 year old.

But how is Lisa as skinny and toned as 20 year old models?

Her secret is that she only eats beef, eggs, and chicken breasts.

“You’re in perfect health” is what Lisa hears at every doctor visit.

And it’s because Lisa keeps her fat burning gene turned on by eating enough animal protein that she stays skinny, healthy, and confident year after year.

Lisa looks forward to her future because she knows that she’ll be proud of her body in 5 years.

And she knows her husband will look at her like she’s the most beautiful woman in the world year after year.

Turning On Your Fat Burning Gene Is The Easiest Way To Lose Weight...

You Don’t Need To Starve, Exercise, Or Give Up Your Favorite Foods

After you’ve turned on your fat burning gene...

You’ll lose 15 lbs in four weeks without starving...

Or giving on your favorite foods like pizza, chocolate, or wine.

In a few short weeks you’ll look in the mirror proud of your flat belly and slim figure.

And you turn on your fat burning gene by just eating 30% of your total calories from animal protein.

My Personal Clients Lost Over 7 Pounds The First Week They Turned On Their Fat Burning Gene

But there was a problem...

Every dinner became a math test.

Because my clients had to weigh and calculate every meal...

They had to type in numbers into their phone for 15 minutes to make sure they ate 30% of their calories from animal protein.

Their food often got cold before they started to eat.

My clients wanted to give up because daily math problems and cold food weren't sustainable.

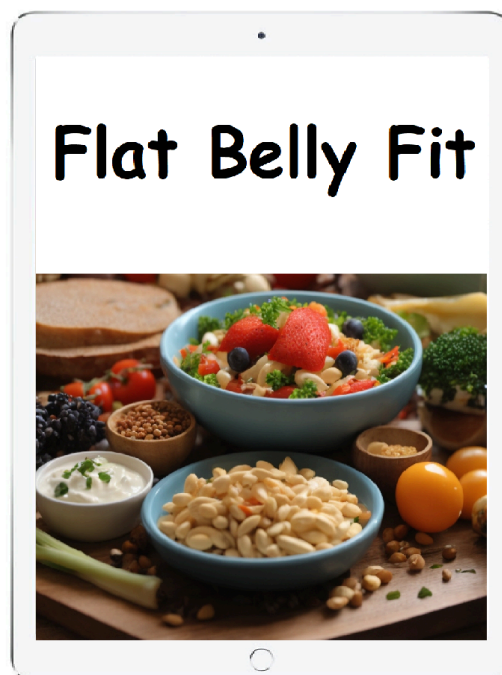
That's why I created a done-for-you meal plan so you can turn on your fat burning gene and reach your weight loss goal without calculating a thing.

This meal plan has done all the math for you.

Just follow the step-by-step recipes and your fat burning gene will turn on...

Then you can burn fat even if you eat chocolate, pizza, or drink a glass of wine.

Introducing: **Flat Belly Fit**



The 4 Week Program For Women Over 50 That Want To Burn 15 Pounds Of Fat Without Starving Or Giving Up Their Favorite Foods

Flat Belly Fit is a step-by-step program that helps women lose 15 lbs in 4 weeks.

Without starving themselves...

Or giving up their favorite foods like ice cream, burgers, or chocolate.

This is possible because the Flat Belly Fit is different from any other program you'll find.

Just eat 30% of your calories from animal protein and your fat burning gene switches on...

Then you'll burn fat even if you eat pizza...

Even if you have a slow metabolism...

And even if you've gained and lost the same 10 pounds for years.

Over 1,147 Women Have Flattened Their Bellies, And Toned Up Their Waists, Thighs, And Arms Thanks To This Program





These Women Can't Believe How Easy It Is To Lose Weight When You Follow Flat Belly Fit:

"I've lost 24 lbs and I've never starved. I've been able to go out and eat or have a snack after dinner and still lose weight. I have so much more energy than before. I never nap in the afternoon anymore thanks to Flat Belly Fit."

- Jane R. 38 years old from Georgia

"I've dropped 13 pounds and my old clothes finally fit again plus I feel several years younger. I still have a few pounds to lose until I'm at my dream weight but I know I'll get there with the Flat Belly Fit Program... I never starve and I still eat my favorite chocolate pancakes every week. I love this!

- ***Helen T. 52 years old from North Carolina***

"I've never managed to stick to a diet before but I can eat pasta and chocolate and still lose weight thanks to this program. I'm down 19 lbs and it doesn't even feel like I'm on a diet."

- ***Emily A. 40 years old from England***

Flat Belly Fit Makes The Number On Your Scale Drop Even If You Eat Pizza, Chocolate, Or Wine

This is the first program where you don't have to feel guilty about eating your favorite foods.

Because if you order pizza on a friday night...

And even if you grab a bowl of ice cream for dessert...

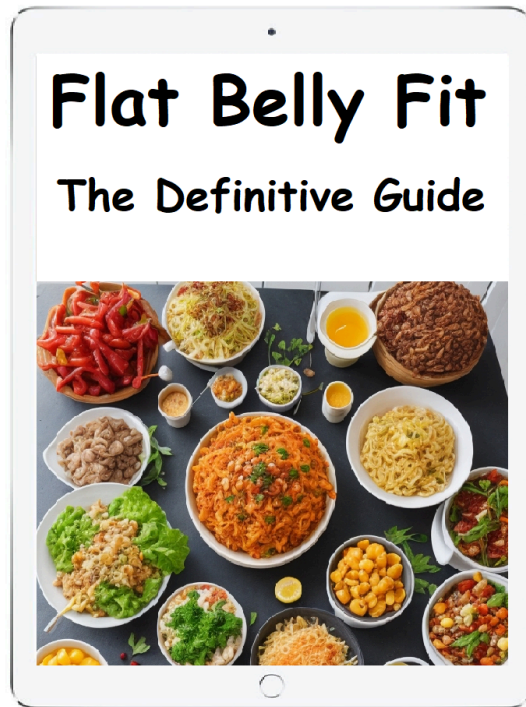
You'll wake up the next day with a flatter belly than the day before...

Because this program boosts your metabolism by turning on your fat burning gene.

So you'll never need to force down salads or jog on a treadmill to lose weight.

Everything You Need To Lose Weight Is Inside The Flat Belly Fit Program

Component #1:



Flat Belly Fit The Definitive Guide To Slimming Down And Burning Fat For Women

This is a digital ebook that you can download to your computer and phone.

This guide has everything you need to know about to lose weight with the Flat Belly Fit.

This guide is made up of 3 modules...

Module #1 Metabolic Reboot

Inside module 1, you'll learn what proteins you should eat to lose the most amount of weight.

You'll learn how to keep off the fat without starving yourself and while still eating pizza, ice cream, and all your favorite foods.

This way you'll go the rest of your life smiling when you look in the mirror and you'll feel confident wearing dresses or showing off a bikini.

You'll also discover how to lose more than 15 pounds after your first 4 weeks if you still have a few pounds left you want to lose.

Module #2 Metabolic Hacks

Inside module 2, you'll learn how to adjust your diet when you eat food like pizza so you'll keep your fat burning gene turned on and lose weight without starving.

You'll discover how to remove hunger and cravings in under 60 seconds with a simple kitchen trick anyone can do.

You'll learn how to order your favorite dish and dessert at restaurants and still lose weight.

And you'll learn a bonus way you can burn an extra pound per week without breaking a sweat.

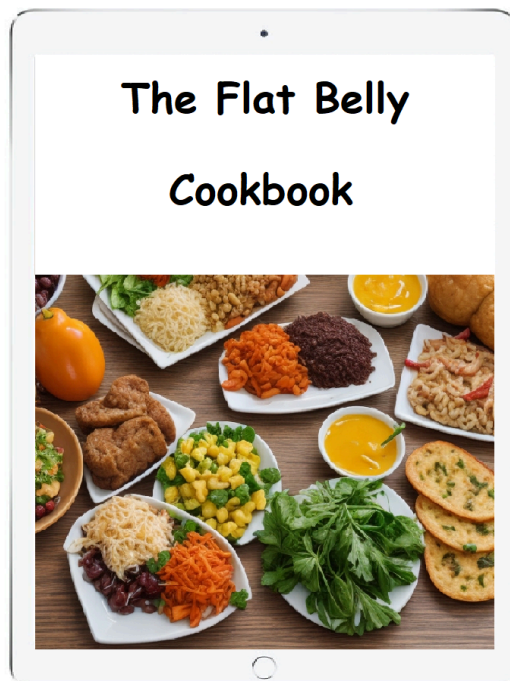
Module #3 Flat Belly Meal Timing

In this module you'll learn what time you should eat breakfast, lunch, and dinner to lose 15 lbs these next 4 weeks.

There's one meal plan each for those that work day shift... night shift... from home... and traveling.

So you'll know when to eat breakfast, lunch, and dinner no matter what your life looks like.

Component #2 The Flat Belly Cookbook



The Flat Belly Cookbook has every breakfast, lunch, and dinner you'll eat these next 4 weeks to lose 15 lbs...

It's filled with 33 recipes created by a professional chef so you'll love each meal.

But don't worry because these recipes are simple and fast to cook.

The breakfasts take as little as 5 minutes to make...

And no lunch or dinner takes over 32 minutes from start to finish.

Plus you'll get clear step-by-step instructions with every recipe.

- The Flat Belly Cookbook is filled with 33 recipes so you'll eat new and tasty meals every day.
- This cookbook contains healthy bonus-snacks that slim you down while satisfying your cravings.
- The Flat Belly Cookbook makes losing weight simple, fast, and tasty.

Component #3

The 4-Week Flat Belly Meal Plan



Lastly you'll get a meal plan that shows you what to eat every day and at what time...

And with The Flat Belly Cookbook, you'll know how to cook each breakfast, lunch, and dinner.

Now there's one meal plan each if you work day shift, night shift, at home, or traveling.

So this meal plan removes all guesses and guarantees you'll lose weight without starving.

And each recipe is super easy to read and follow.

When I Coached Women Through The Flat Belly Fit Program One-On-One...

I Charged \$1,499 For This Program

I've coached hundreds of women one-on-one using this system and 94% of them lost 15 pounds in 4 weeks...

These women burned their unwanted fat and got a lean body while eating pasta and ice cream.

And I've seen the smile on my clients faces when they flatten their belly and feel beautiful in their dresses and bathing suits for the first time in years.

That's why I've decided to give the Flat Belly Fit Program to more women than just the few I personally coach each year.

And since most women don't have \$1,499 just laying around...

I've put the secrets of this 4 week fat-melting program on paper for the first time and slashed the price...

You Won't Even Pay 20% Of Flat Belly Fit's Original Price

At first I priced Flat Belly Fit at \$247.

While my personal clients would think that getting this program for \$247 would be a steal...

My friends said they *would* buy this system for \$247 but 2 said that they couldn't afford it.

So I cut down the price to \$99.

My friends agreed that almost anyone could afford Flat Belly Fit for \$99.

But I don't want *almost anyone* to afford this program.

I want *everyone* to afford this 4 week system so they can flatten their belly and smile every time they look in the mirror...

So I lowered the price one last time from \$99 and in the end...

I Priced The Flat Belly Fit Program At \$67

Flat Belly Fit helps you burn 15 pounds in 4 weeks without starving...

Without giving up your favorite food like pizza or chocolate...

And without running a second on a treadmill.

That's because this program is designed to turn on your fat burning gene.

[\[Buy Flat Belly Fit Now\]](#)

**The Flat Belly Fit Has Helped 1,147 Women Lose
Their Unwanted Weight And Feel Beautiful In Their
Clothes Again...**

**That's Why I'll Give You This 30 Day Money-Back
Guarantee**

How does this guarantee work?

If you think the recipes are too hard...

If you don't like the font on one page...

Or if you aren't happy with Flat Belly Fit for any reason at all...

Just email my team and we'll refund you your money.

No questions asked.

This guarantee lasts for 30 days.



Because after 30 days on this program you'll have lost 15 lbs without starving.

How Much Longer Will You Wait?

You've tried to lose weight for a few months... a few years... or even over a decade.

And if you leave this page, your unwanted fat will stay on your belly, thighs, and arms...

You'll keep hiding your body under loose clothes...

And you'll keep feeling like you've let yourself down when you look in the mirror.

But if you buy Flat Belly Fit today...

You'll have the flat belly and slim waist you've dreamed of in 4 short weeks.

With this weight loss system, you'll fit your old clothes and feel proud of your body just *30 days* from now.

Even if you have a slow metabolism...

Even if you eat pizza...

And even if you've gained and lost the same 10 pounds for years.

Buy Flat Belly Fit Today And Melt Inches Off Your Waist, Arms, And Thighs Without Starving Or Giving Up Your Favorite Foods

After you've clicked "buy now" you'll fill in your name, email, and card number into our secure order form.

Once you've paid for Flat Belly Fit, our system will process your payment for 60 seconds.

And right after your payment goes through...

The program will be sent to your email so you can start burning fat and flatten your belly today.

Our payment process is 100% secure.

We use the same secure payment system giants like Apple and Netflix use.

So if you want to lose 15 lbs and flatten your belly in 4 weeks...

Without starving or giving up your favorite foods like bread, pasta, or ice cream...

[Buy Flat Belly Fit today.](#)

Check Out These Women That Slimmed Down Following Flat Belly Fit





"I'm down 23 pounds and I'm keeping the weight off. It's amazing, I don't feel guilty or like I'm gonna gain all the weight back when I go out to eat with my family or friends."

- **Jennifer E. 32 years old from France**

"I feel like a different person with all my new energy and confidence. I recently went to my doctor and my blood pressure looks good. I have lost 17 pounds and feel like I have control of my life and body again thanks to this program."

- **Mary H. 59 years old from Minnesota**

Flat Belly Fit Is Becoming The Most Popular Weight Loss System For Women Over 35

Even if you've been heavy your whole life...

Even if you've never followed a diet for more than a day...

And even if you have a slow metabolism...

You'll flatten your belly and lose 15lbs in 4 weeks with this program.

Because Flat Belly Fit is the only weight loss program designed to turn on your fat burning gene.

And when your fat burning gene is turned on...

You'll burn fat without starving...

Without forcing down salads or running on a treadmill...

And without giving up on your favorite foods like pizza and ice cream.

Over 1,147 Women Have Lost Their Unwanted Weight And Feel Beautiful In Their New, Lean Bodies Thanks To Flat Belly Fit...

Will You Give It A Shot?

You won't pay \$1,499 for the Flat Belly Fit Program like my personal clients did...

You'll just pay \$67...

And your purchase is backed up by our 30 days no questions asked money-back guarantee.

So if you want to flatten your belly and tone up your thighs, arms, and waist without starving or risking a dollar...

Click the button below and buy Flat Belly Fit today.

[\[buy now button\]](#)

What Happens If You Don't Buy Flat Belly Fit?

You can try to weigh every potato, carrot, and chicken breast you'll ever eat.

You can calculate and make sure that you eat 30% of your calories from animal protein every day so your fat burning gene is switched on...

Turning every breakfast, lunch, dinner, and snack into a math problem...

Instead of an enjoyable break from your stressful job or chores at home.

But no one I know wants to waste an hour every day to weigh and calculate how much animal protein they eat.

So if you don't buy Flat Belly Fit today...

You'll keep wearing loose clothes to hide your body...

You might never fit the pretty dresses or skinny jeans you want to wear.

And you'll keep looking in the mirror at your unwanted belly fat.

Flat Belly Fit Guarantees You'll Burn 15 Pounds And Flatten Your Belly In 4 Weeks Without Starving Or Giving Up Your Favorite Foods

Even if you eat pizza...

And even if you've gained and lost the same 10 pounds for years.

And even if you have a slow metabolism...

You'll slice inches off your body and fit in your old clothes after following Flat Belly Fit for 4 weeks.

Because every breakfast, lunch, and dinner in this program is calculated to turn on your fat burning gene.

Just follow the simple step-by-step recipes that even a complete beginner in the kitchen can follow...

You'll never weigh and calculate your food when you follow this program.

Now it's up to you.

You can leave this page and keep looking in the mirror at the unwanted fat on your belly, thighs, and arms.

Or you can decide...

Today Is The Day You Become A Lean, Energetic, And Confident Woman

A Woman that's proud of her body...

That's confident wearing dresses and skinny jeans...

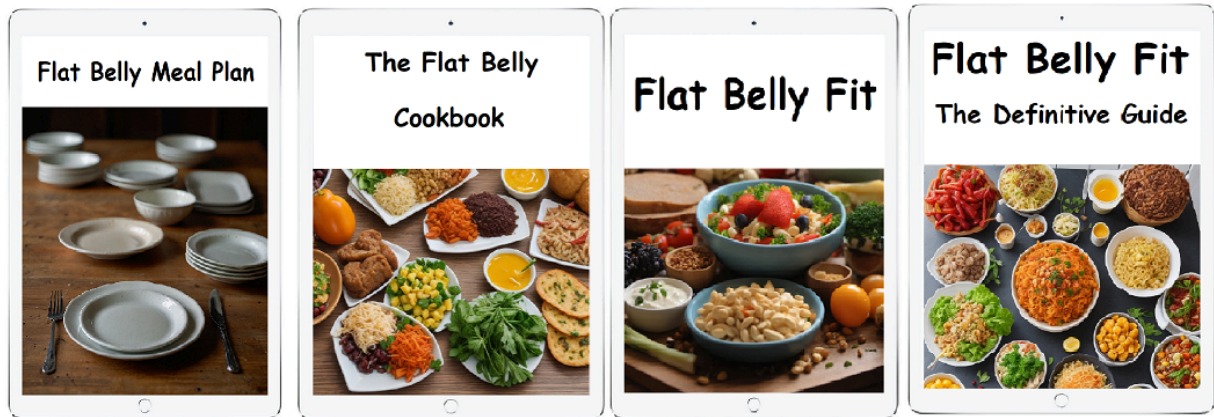
The kind of woman that sees her flat belly in the mirror every morning and can't help but smile.

If this is the woman you want to become...

Buy Flat Belly Fit now and lose 15 lbs and in 4 weeks...

Without starving or giving up your favorite foods.

You've always got our money back guarantee, so there's really no risk at all.



[\[Buy Flat Belly Fit today\]](#)

Frequently Asked Questions

Question: Will I really lose 15 pounds in 4 weeks with Flat Belly Fit?

Answer: Yes. Flat Belly Fit turns on your fat burning gene by making sure that 30% of the calories you eat are from animal protein. This turns on your fat burning gene so you can burn fat without starving or giving up on your favorite foods. This program is the fastest and easiest way I've found for women to lose weight and keep it off.

Question: Will Flat Belly Fit help me lose weight even if I have a slow metabolism?

Answer: Yes. Take Kim from Sweden for example - she had tried cutting carbs, fasting and every other diet she could find online but she didn't lose weight. Then she tried Flat Belly Fit and turned on her fat burning gene... she lost 15 lbs after 4 weeks. And a few weeks after that, Kim had lost 54 lbs total.

She didn't give up pizza, chocolate, or wine. She didn't force down salads every day.

Kim had been overweight her whole adult life. But Flat Belly Fit was the only program that helped her flatten her belly.

Question: How will I know if the Flat Belly Fit will make ME lose weight?

Answer: Flat Belly Fit has helped over 1,147 women flatten their bellies and help them fit in their old jeans again. Some of these women are short and some are tall. Some had been overweight their whole life. Others wanted to lose their pregnancy weight. Some of these women were 30 years old and others were over 70. If Flat Belly Fit worked for all these different women, don't you think this program will help you lose weight too?

Question: Is the Flat Belly Fit covered by a money-back guarantee?

Answer: Yes. If you don't like the Flat Belly Fit for any reason we'll give you your money back.

Just email my team saying you want a refund and we'll wire you your money no questions asked. This money-back guarantee lasts for 30 days after your purchase.

Question: I have to think about it. Will I get the chance to buy the Flat Belly Fit later?

Answer: Don't wait. Buy Flat Belly Fit today risk-free. Try the program and you'll lose 15 pounds and have a body you're proud of.

If you don't like Flat Belly Fit you can just ask for a refund and get your money back. There is no risk.

Question: Flat Belly Fit sounds amazing... I'm in! What do I do now?

Answer: Click the button below and fill in your info on the next page... then you'll have Flat Belly Fit sent to your email within 60 seconds so you can start burning fat today.

[CTA]

