

# Weight Loss Checklist

Many of us have tried to lose weight over the years only to be met with strict diet instructions or impossible exercise routines. Those that mastered the strict diet or exercise routines and lost weight often found themselves back up to their original weight after going back to a normal diet.

Let's face it, sticking with strict plans don't work for most people!

This is going to sound very odd to you, but there is a weight loss coffee that is being used successfully by thousands of people. Most of us are just drinking 1 slim roast coffee each morning and seeing results. Others are following the 12 in 24 plan which uses more products but quicker results.

Either way, drinking just one coffee a day is getting great results.

The best part:

**You just eat regular food!**

**The coffee contains:**

No sugar  
No artificial sweeteners  
No chemicals  
No pesticides  
No GMOs  
No preservatives  
100% kosher

- Dramatically diminishes appetite
- Reduces sugar cravings
- Reduces sugar absorption
- Burns fat
- Elevates mood
- Promotes mental alertness
- Increases focus

**Yes, weight loss CAN be as easy as drinking one coffee a day!**

Want more info?

[www.coffeeslimroast.com](http://www.coffeeslimroast.com)

Want your own 3 box coffee set?

[www.coffeeslimmer.com](http://www.coffeeslimmer.com)

Want to know more about the company? [Click here!](#)

Drink 1 cup of Slim Roast coffee in the morning 1 hour before breakfast.

Mix packet with hot water (don't microwave it) or cold water and add creamer/almond milk and/or liquid stevia to taste.

Drink a minimum of 2-3 quarts of pure water during the day.

Pay attention to your appetite during the day. Eat 3 meals, but stop when you are full.

That's it! Do this for 6 days & take 1 day off each week.

You can have great results just like my friends and I are having! I know it sounds too good to be true. Check out the links to the left or text me at **419-677-5718**.