

# New Weight Loss Meal Plan Conquers “The Fat Trap”

David Tyler April 27, 2013



Weight Loss Meal Plan

**Losing weight and getting in shape can be extremely difficult. According to New York Times “The Fat Trap” is a vicious cycle that millions of Americans go through of losing weight then over time gaining it back. Therefore, a quality Weight Loss Plan is necessary to attain long-term weight loss success.**

(Newswire.net April 28, 2013) Dallas, TX-- In today’s fast-paced society losing weight is becoming harder and harder to do. With so many fast food franchises dominating our food

industry it has never been as easy and convenient to pick up a fat-fueled meal and be on your way in less than 5 minutes. However, if you’re serious about conquering that That Fat Trap you must stay as far away as possible from these fast-food restaurants as much as possible and develop a quality weight loss meal plan that you can stick to.

When we asked Dr. Proietto, a physician at the University of Melbourne about Americans who slip into the Fat Trap he said the following, “*It has always seemed strange to me. These are people who are very motivated to lose weight, who achieve weight loss most of the time without too much trouble and yet, inevitably, gradually, they regain the weight.*” So it is evident that proper dieting and consistency is key to remaining fit.

One weight loss program we did extensive research on was the [Metabolic Cooking Program](#) by Karine Losier and Dave Ruel. The program is a bit different from your usual weight loss program. It focuses on Metabolic Thermo-Charged foods that allow you to eat many of your favorite foods while making a few simple changes to the recipe in order to burn more body fat without sacrificing taste.

When we spoke with Karine Losier, who has a Masters degree in psychology, the co-author of Metabolic Cooking and also known as the “Lean Kitchen Queen” she gave us valuable insight on her [Metabolic Cooking Course](#). We asked how do you feel about developing a program that strongly differs from most of the weight loss meal plans out there? “*I get excited about challenging the commonly used techniques that most chefs turn to while seeking out healthier alternatives. I find it fascinating to challenge the ‘professional’ methods using my self-taught trick and produce recipes that taste just as good, if not better than what these chefs create*”

As the author of the program her opinion may be slightly bias so we decided to ask Liam Mailer, an avid user of metabolic cooking of his experience with the program. “*Dave and Karine’s unique approach to nutrition allowed me to hit fat loss goals I never thought possible*”. Tess Grise’ from Indiana said, “*Karine’s and Dave’s approach was so easy to follow, which made all the difference in helping me to stick to my nutrition plan.*”

All in all the [Metabolic Cooking Program](#) is arguably the Best Weight Loss Meal Plan in 2013.