



SPECIAL REPORT

[Video transcript](#) on how to lose up to 4 to 9 pounds a week.
By Jorge Cruise, Creator of TheBellyFatCure.com

All right, a lot of us are trying to lose belly fat these days, and I'll tell ya, it has been my passion to figure out how to do this without having people go on a diet or without having to exercise. And I'll tell ya, a lot of what we're doing right now in our country is, unfortunately, we're counting calories, and we're obsessed with eating less and exercising more. And it's crazy. It's just something that doesn't work. So I'm in Times Square. This is kind of the center of true craziness and people that are swamped and busy and running around. **And what I want to show to you is how you can lose belly fat without counting calories, without eating less and without going to the gym. And it's totally possible. It's based on a new program I have called *The Belly Fat Cure*, and what the program's gonna do is gonna change the way you think because, instead of counting calories, what you're gonna discover is that insulin is everything to losing weight, especially around the waist.** And that if you have chronic high insulin levels, what you do is you lock in belly fat, keep the belly fat you have and you will never lose the belly fat. So the goal is keeping insulin levels low by eating the right amount of sugar and carbs, what I call the right S/C value – 15 grams of sugar, 6 carb servings. You do that, belly fat disappears.

And a lot of people say that's impossible. No, I'll show you how to do it and that's why I'm in New York, guys. Normally I'm in San Diego, but I'm gonna take you to some fast food restaurants, literally no cooking options, that you can do tonight or for lunch or whenever you want. You can go anywhere! And so, I'm gonna take you with me to look at food, all right? I'm gonna show you Belly Good options and Belly Bad as well so you can learn. And you can start applying these into your life right away. And what my promise is, if you start eating this way, you're gonna start to be able to **lose 4 – 9 pounds of belly fat in a week** with the Belly Fat Cure program. So, if you're ready, let's hit it.



Option 1 – McDonald's

All right, the Golden Arches. What do you do if you go to McDonald's? Well, I like to go there with my family on occasion and you can definitely go right there – you can go Belly Good – or you can go Belly Bad. And so I want to show you a Belly Bad first. This is shocking. What's in this bag right here has 81 grams of sugar and 9 carbohydrate servings. Not 9 grams of carbs but 9 servings of carbohydrates in here and 81 grams of sugar. And it is shocking what's in here. Let me show you what I've got. I've got – this is the Premium Crispy Bacon – or, I'm sorry, Chicken – Sandwich. It doesn't look that bad. You would think, no, it's chicken, it's not even meat, right? So, this is part of it. I've got the Apple Dippers, which are full of sugar from the naturally occurring sugar and the caramel. And then, the thing that really drops it over the edge is this drink. If you combine this combo, which is something you would typically just do at McDonald's, this is 81 grams of sugar and 9 carb servings. And this a large hazelnut coffee, shocking, 53 grams just in there, the Dippers with low fat caramel dip, 15 grams of sugar with this combination. And the sandwich – 13 grams of sugar. So you combined it all and you look at carbs, bottom line is the only number you need to know, is 81 and 9 servings of carbs. 81 sugars so this is, definitely, unfortunately, Belly Bad. It even has protein in it and it still is not good for you. It's got too much sugar and carbs. You just want to skip it.

So, what's the solution? Well, funny thing, I have it here. Check this out. Here's what I would do if I were going to McDonald's. I will get, yes, French fries. Actually, what is that? That was a French fry. And you can eat French fries, and I do. Not a lot, but you can. This is what I love. This is the Angus bacon cheese burger – protein style – wrapped in lettuce – with a little extra bacon and cheese. Look how indulgent that is with the meat there. This is Belly Good. And I'm actually going to take a bite, because this looks absolutely delicious. Mmm...this is what you want to be eating. This, and you get to eat French fries – where'd my French fries go? – you can even do one ketchup. They always say when you're filming TV, never to talk and eat, so I apologize. I'm being rude. But you can do this together and it's perfect! You can do it with ketchup or without it. And, the best idea, order a large coffee with cream, heavy cream, it has no sugar. And you're set. So you can have this instead of what I just showed you. And guess what the S/C value of all what I've just showed you – for the angus bacon and cheese – it's a 2/2. only 2 grams of sugar and 2 carb servings. That's pretty darn big. That is a big difference, so this is the bottom line, guys. Eat this. This is Belly Good right here. Avoid the other one, and you'll be rockin' and rollin' at McDonald's – the Golden Arches. Golden Arches Belly Fat Cure-style.

Option 2 – KFC

All right, KFC. I love it; it's finger lickin' good and I've been eating KFC for many years. Unfortunately, back in the day when I was 40 pounds overweight, I was eating the wrong kind of KFC. So I want to show you a Belly Fat Bad, a Belly Bad, example and a Belly Good that's going to shock you because it's so darn healthy and you can eat it right here at KFC. Check this out. This right in front of me is the Belly Bad. This sandwich right here with this cole slaw and this drink – get this – 105 grams of sugar and 7 carb servings. It's absolutely shocking. This is what they call and Honey BBQ Sandwich. There it is, a Honey BBQ Sandwich, with the cole slaw and a Tropicana lemonade right there, this combination 105 grams of sugar and 7 carbohydrate servings. Remember, a carbohydrate serving, one, is 5 grams to 20 grams, so that'll tell you how many carbs here. This is definitely something you want to skip.

And over on this side, this is what I have for Belly Good. Check this out. Over on this side I've got all this as the good option. this whole combination I'm about to show you is 1 sugar gram. So you go from 105 to one and 2 servings. What do you get? You get a chicken breast, all right? There it is. A nice grilled chicken breast. Very healthy, very good. You get potatoes with gravy. It's got good fat on it. you get green beans so you stay healthy. And you get a Lipton iced tea. This is a Lipton brisk iced tea. This whole combination right there, guys, again, a 1/2 on the S/C value for our Belly Fat Cure. This is Belly Fat Cure-approved at KFC. There you have it.

Option 3 – Jamba Juice

All right. So what do we do if we're at Jamba Juice? Well, let me show you what I got. This drink right here is the Peanut Butter Moo Smoothie. Now, as much as you may think peanut butter isn't bad for you, because it isn't, and I'm gonna show you a make-over I have over here, Belly Good versus Belly Bad, this was recently voted by Men's Health magazine as one of the worst drinks in the country, which is crazy, but I'll tell you why because it's shocking. This has 108 grams of sugar in it, 108!! That's insane. So you want to toss this out and you want to go with what I've created. It's just my – we call it Jorge's Peanut Butter Smoothie – and all it is is 2 scoops of peanut butter, 2 scoops of whey and 2 scoops of fiber with ice and water. And you just say that to the – you go to Jamba Juice and tell them that's what you want – they'll make it for you. They'll make whatever you want. So, 2 scoops of peanut butter, 2 scoops of whey, 2 scoops of fiber. So, you ready for the make-over? This had 108 – the S/C value, the sugar/carb value of this – is 108 grams and 7 carb servings. This one is a 3/2 – three grams of carbs – I'm sorry, three grams of sugar – and two carb servings. This is awesome. This is Belly Good. This is a Belly Fat Cure-approved shake. It is actually more and bigger and it's awesome. It's really tasty, real peanut butter just like this, but without the 108 grams of sugar and the 7 carb servings. This is what you gotta do. This is what's gonna get rid of belly fat.

Ready for *more* Carb Swaps?

Join my [FREE e-mail club](#) for more Carb Swaps from places like Starbucks, KFC, Taco Bell, Burger King, Subway, Domino's Pizza, Pizza Hut, Dunkin' Donuts and homemade recipe excerpts from my new Belly Fat Book. You will also get my outrageous brownie and 8-minute home made bacon pizza! Really yummy food. And all meal ideas will have the *right* amount of sugar and carbs. Losing belly fat has never been more delicious.

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