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Strong Enough For A Women But Made For A Man

Weight loss and diet plans are an extremely effective way of losing excess fat and reaching your solid core that you've been dreaming about. BUT...Diet and exercise weight loss plans Start here.

Do you know why I can't lose weight? I've got a big problem with cravings: I simply can't eat diet foods when my family is eating all those good, delicious meals I like so much. Besides, I cook for them, so the temptation gets even bigger. Unfortunately, the other members of my family are thin, so I really can't put them all on a diet only because I need to lose 40 pounds. So, my problem with diets is their lack of variety in the first place. Second of all, I can't control my hunger. If I don't eat enough, I feel dizzy and I can't function properly. If I go to bed on an empty stomach, I find it impossible to fall asleep, so I need to get out of bed and grab something from the fridge. Under these circumstances, there's no wonder I'm overweight. An independent study done by National Business Research Institute in October 2008 has shown that you can't lose weight if you're hungry all the time.

Variety: my brain gets bored if I feed myself with the same foods repeatedly. I need variation, I need creativity in all my life, meals included. That's why fad diets are a big no-no for me: who can eat cabbage soup for a month and not die of boredom in the 31st day? A typical Acai Force Max day could include a chocolate chip scone for breakfast, a vegetable beef soup at lunch, macaroni and cheese at dinner, pretzels for dessert and light yogurt with fresh blueberries as snacks.

I wouldn't feed those to my dog. What they do is convince your body that it doesn't need food. Basically painless starving. If you consistently continue to train your body in forgetting itself, how exactly is that going to help your success?

Convenience: I'm busy, so I can't afford spending half day in the kitchen, preparing complicated diet recipes. That's probably one of the reasons of my actual weight: too much fast food, too often. Acai Force Max allows online ordering, so I can save time on shopping and the best of all is that I can choose those fresh-frozen meals which take only a few minutes to prepare. I don't need to count, I don't need to measure and I don't have to measure anything, so preparing meals is as quick as possible with this weight loss system.

Alternatively, there are now a number of natural fat burners on the market that combine the power of extremely high anti-oxidant ORAC compounds providing a natural energy boost whilst increasing your metabolic rate.

One needs to feel full in order to allow the brain to focus on something else than eating. That study was about the Acai Force Max program, and it proved that 80% of the subjects were never hungry while following this weight loss program. I suppose that's because of it's high flexibility: what other weight loss plan allows you to eat pizza or desserts? Or to take a snack between the main meals? These are the main advantages of Acai Force Max, as I see them:

[Acai Force Max](#) is strong enough for a woman but has been manufactured to meet a mans needs. For a full report on Acai Force max please GO TO [Acai Force Max Review](#) and to get your free trial for thirty days.

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