Fat Burning Fingerprint is a 94-page weight loss guide. It has been designed with one key goal in mind — to help you shed fat and lose weight, for good. The days of yo-yo dieting are over. By focusing on what Gary Watson’s power of three, you will learn the best possible foods for your specific body type. Other than the main manual, you will get another 3 eBooks: The Fast Track Guide, Seven Super Fat Burning Hormones, The Bermuda Triangle of Foods.

Are you looking to shed those excess pounds, but have been struggling for months, or even years?
The reality is, that it often takes a long time to become overweight. Once it’s time to shed body weight, it can seem like a never ending uphill battle. Can you relate to this struggle?

There are so many ‘miracle’ solutions and trendy diets on the market, but why waste your time, energy, and money? With this program, you can easily and naturally lose more weight.

What’s the secret? Well, believe it or not — it lies within your specific metabolic type. Depending on your unique fat-burning fingerprint, you can tap into the best possible solution for your body. By following three simple principles, which are outlined in this powerful guide, you will become a healthier, slimmer version of your self.

In fact, you’ll lose the weight quickly, but keep it off long-term.

About Fat Burning Fingerprint

You must learn what your nutritional fat-burning fingerprint type is. As Gary Watson states, “one man’s food is another man’s poison.” Second of all, you must learn the power of Intelligent Eating — optimizing your specific fat-burning hormones. Lastly, you’ll learn the foods you should avoid.

By following this guide, you will learn how to maximize your weight-loss results, based on your unique nutritional metabolic type. After discussing the multi-billion dollar food industry, highlighting the three main taste points — fat, sugar, and salt, Watson addresses reasons why we need to “Wake the Fork Up.”

The program offers the complete nutritional weight-loss guide, as well as a fast-track guide, in addition to an overview of the ‘seven super’ hormones + a mini ebook describing the three foods you must avoid.
About The Author

**Gary Watson** is a #1 bestselling author — known to be one of today’s leading experts in total body transformation. Helping thousands of individuals completely transform their mindsets and bodies, he’s a leader, mentor, and most importantly, a coach.

Although he began his career as a personal trainer, he wanted to help more people reach their goals. In 2014, he wrote *Wake the Fork Up* — focusing on years of research, simplified into three easy fat-burning steps. Over the next 10 years, Watson wants to transform a million bodies, and in turn, a million lives.
What the Fat Burning Fingerprint Entails

For those who have not yet read Gary Watson’s book, Wake the Fork Up, or the fast-track guide, it’s important to start from the beginning. After you identify which fingerprint type you are, being either S-Fat, F-Fat, or M-Fat, you can then identify your ideal metabolic meal plan. When you find your favorite meals from your meal plan list, stick with them to achieve optimal results.

The complete guide first highlights the ways in which the food industry manipulates consumers’ minds. They are not concerned about malnutrition or consumer health — they simply want to make money. It’s important for consumers to understand the Bermuda Triangle of processed foods, identified as: sugar, trans fats, and estrogenic additives.

Watson does an excellent job of breaking down the myths and simplifying complex research. Before we suggest specific meal plans, he thoroughly explains the power of macronutrients, focusing on the importance of protein. Next, he helps readers determine their unique nutritional metabolic type.

After all, an effective weight loss plan isn’t a one-size-fits-all approach. To better determine what your specific metabolic type is, Watson asks 25 critical questions. Based on your score, you will be assigned to either Carbo, Protein, or Mixed type. Once this important factor is identified, you can dive in to learn more.

- **S-Fat Carbo Type** — These individuals have a very slow oxidative system, allowing them to handle carbohydrates more effectively than someone within the F-Protein-Type or the M-Mixed Type. In general, if this is you, you require macronutrients as a ratio of 60% carbs; 25% protein; and 15% fat. The key is consuming the right types of carbs, making the best possible decisions, as outlined in the guide.

- **F-Fat Protein Type** — These individuals generally have a strong appetite, craving fatty, salty foods. If this is you, you’ll need a ratio closer to 40% protein, 30% fat, and 30% carbs. You also need to eat every 3-4 hours throughout the day, focusing on foods such as salmon, grass-fed beef, barley, lentils, and avocado.
• M-Fat Mixed Type — Being a combination of S-Carbo and F-Protein types, if this is you, you’ll benefit from a ratio of 50% carbohydrates, 30% protein and 20% fat. You should focus on mostly low to moderate starch vegetables, like kale and squash.

After helping readers identify the right meal plan for them, samples are provided. The three-week reset helps increase both leptin and insulin sensitivity, enhancing your fat-burning abilities. When cooking, use only organic butter or organic coconut oil, rich in healthy fats. Sample menus are effectively laid out, making it easy for readers to follow.

The Benefits Associated with the Fat Burning Fingerprint

With so many people struggling with their weight, this is an informative and important guide for all to read. Whether you want to lose 10 pounds or 200, Gary Watson will help you get on-track. Sharing critical information about the foods we consume and how our body processes them, you can better understand the concept, you are what you eat.

This weight loss program can benefit you in so many ways. Of course, weight loss is the primary goal, but in addition to fat burning benefits, you will also enjoy positive health and overall well-being. When you start
feeding your body what it truly needs, those excess pounds will fall off — without restricting food intake.

Conclusion

Overall, this guide and related content will help you reshape your life. How can you put a price on that? If you’re not satisfied with the guide, all you need to do is let them know within the first 60 days.

**Buy the Fat Burning Fingerprint** today for just $37 — a small price to pay, when transforming your body.