
The Magic Dessert That Makes You Lean

*******Special Report*******

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Bonus Report: The Magic Dessert That Makes You Lean



It's called "fluff" but only enough... it makes you lean.

I'm talking about an almost magical dessert you can use to shed fat. Seriously, the most of this stuff you eat, the leaner you'll get. Like I said, it's practically magic.

Listen...

I like to eat. But I also like having abs.

And on the surface, those two desires are typically in direct conflict. When I say eat, I don't mean nibble. I mean "eat!"

I like to eat until I'm uncomfortably full. My favorite holiday? By far it's Thanksgiving.

Because, as we've already established, I like to eat.

This can be a problem when trying to get lean. Because I can eat more than the average bear. I can eat an entire pizza by myself. One time I went to a bar with some friends and I ate 50 chicken wings by myself.

From time to time, when dining at a restaurant I'll actually order TWO dinners instead of getting 1 dinner and 1 dessert.

Perhaps this is why I've never been a fan of cheat meals or cheat days. They might be fine for the average person. But for a guy like me that can eat and eat and eat without getting full? I can often "wipe out" an entire week of super strict dieting with one proper cheat meal.

So until recently, I was forced to suffer. If I wanted to get lean, I had to swear off cheat meals.

Until I discovered...

The Magic Dessert That Makes You Lean

It's called "Protein Fluff" and I've heard a few people talking about it the past few years on the internet. But for one reason or another, I never felt all that motivated to actually try it.

But recently I finally got off my butt and made my first batch of Protein Fluff. Keep in mind, I was skeptical at first. But after that first batch I became a believer. And now I'm thrilled to include "protein fluff" in my arsenal of tools I can use to get (and stay) lean while still eating enjoyable foods in enjoyable amounts.

Here are the ingredients:

- 3 cups of frozen strawberries
- ¾ of a cup of milk (I used almond milk as that's what we had in the house. Any milk is probably fine.)
- 1 scoop of protein powder. (I used a scoop of chocolate protein powder as that's what I had available. But again, any type/brand is probably fine as long as the flavor doesn't "clash" with the strawberries.)
- 1 egg white

You'll want to let these thaw first. To thaw frozen strawberries, you just let them sit on the counter for 30 minutes. Although if your mixer is strong enough it won't make a difference.

Here's the milk, strawberries, milk, protein powder and one egg white all dumped into the mixing bowl. Now, to make this meal you really need a "stand mixer." I happen to have an awesome stand mixer at my disposal as my grandmother bought one for us when my wife and I got married.

(My grandma was a big-time baker and used her stand mixer every week.) I can honestly say this is the first time I've ever used it.)

It was convenient having one already on-hand but even if I didn't I would go out and buy one just for this recipe. I kid you not.

Anyway, so you dump it all into the mixing bowl of your stand mixer and then mix at a medium speed for about 7 minutes.

Then the magic happens.

This small amount of ingredients magically “fluffs” and turns into a full-bowl of stuff.

I included the can of pop in the photos so you can see just how large this bowl is that comes with the mixer.

It's about the size of a basketball or soccer ball. And the small amount of ingredients have “fluffed up” to almost fill the entire bowl.

The consistency of the “fluff” is difficult to describe. I would say it's a little like a frozen slurpee or slushee but you need to eat it with a spoon. You could not drink it through a straw.

So I finished making the protein fluff. When I'm making this it is about 7pm at night. I have not eaten anything all day. Technically I have not eaten anything since 11pm the night before, so when the fluff was finished I hadn't eaten anything in roughly 20 hours.

In other words, I was hungry.

I started eating the fluff. Tastes decent enough. A lot like strawberry ice cream actually. And I kept eating. I'd heard from others that protein fluff can be “surprisingly filling” but I didn't believe them. So I thought I'd wolf down the entire bowl and then enjoy the other food I had planned for the evening.

Well, I was able to eat the entire bowl. But it wasn't easy. I actually had to force myself to choke down the last few bites. The taste was fine. But this stuff really was incredibly filling.

I don't know for certain but it felt like it was expanding in my stomach. Making me more and more full with each bite. When I was done, I was completely stuffed.

Now here's where it really gets shocking because here is the nutritional information for the entire bowl of strawberry protein fluff.

Strawberry Protein Fluff

Nutritional Information

Calories: 360

Protein: 46 grams

Carbs: 30 grams

Fat: 7 grams

I don't know about you but I've never had the experience of not eating for nearly 24 hours, and then eating only about 300 calories and being completely stuffed. That just doesn't happen.

Six oreo cookies clocks in at around 300 calorie and I can tell you for certain that after not eating for 20 hours, a handful of oreo cookies will NOT fill me up. Not in the least.

Yet a similar amount of calories delivered by way of "protein fluff" had me practically bursting at the seams. So if you're not as lean as you want to be and you feel like having a big appetite is an obstacle standing between the body you have and the body you want, give protein fluff a try.





Matt

Matt Marshall
www.FitnessUnderOath.com

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The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.