

The Ultimate Tea Diet: Burn Fat and Lose Pounds Fast and Forever

By Mark Ukra

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> It's proven! Tea can be a powerful tool for fast and lasting weight loss.

The Ultimate Tea Diet harnesses tea's incredible weight-loss potential in a straightforward plan for losing weight in a safe and healthy way. Tea's ability to encourage weight loss comes from the synergy of its three main ingredients: caffeine to stimulate, L-theanine to neutralize the harmful side effects of caffeine and act as an appetite suppressant, and EGCG, which causes you to burn fat faster and more efficiently. In other words, tea reduces your appetite and stimulates your metabolism.

Don't worry—you won't go hungry on the *Ultimate Tea Diet*. The food plan includes tea-based meals for breakfast, lunch, and dinner as well as tempting choices for midday snacks and sweet treats. All are made with tea so not only is your food incredibly flavorful, but you're also getting the weight-loss benefits in every single bite you enjoy.

Drinking tea—and maintaining a conscientious focus on good health—can easily become a way of life. Slim down to a leaner, more energetic, and healthier you with the *Ultimate Tea Diet*.

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