

3 of the WORST Foods to Eat in the Morning

The E-Factor Diet

More information: Twi.la/efactordiet

A close-up photograph of three golden-brown blueberry muffins sitting on a white plate. The muffins are slightly domed and have visible blueberries on their surfaces. The background is a plain, light-colored surface.

1. Muffins

Most store-bought muffins are giant, which means they can sometimes contain over 600-700 calories that have absolutely **NO protein** or healthy fats to keep you feeling full and satisfied.



2. Bagels

***Would you sit down and knowingly eat
FOUR slices of bread?***

Well, MOST bagels have the equivalent of four servings of bread, which will quickly convert into sugar making you store fat and feel lethargic in no time.




3. Cereals

Over-the-counter cereals are, by far, one of the worst foods for your waistline and your health.

The majority of over-the-counter cereals are empty calories, simple carbs and sugar, cleverly disguised as a “healthy” breakfast.

There are a few rare exceptions, like some of the cereals in the Ezekiel 4:9[®] line from Food for Life[®], but I NEVER eat cereal when I’m trying to get leaner.



If you wake up and eat ANY of the above 3 foods to start your day **it's like being stung by a bee.**

Seriously, they'll make you literally swell up, while making you feel fat and bloated the entire day.

They also FORCE your body to depend on sugar all day—instead of burning fat.

However, there are certain foods that you can eat in the morning that are guaranteed to turn your fat burning switch to ON as soon as you wake up.

They're called **E-Factor Foods**, which are specifically designed to make you look and feel leaner—all while holding LESS water.

You'll quickly see why adding these 4 E-Factor Diet Hacks into your day can make you look and feel leaner in less than 24 hours from now

Look and Feel LEANER in LESS
Than 24 Hours From Now

Stay fit and keep learning.

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