

All  
**NEW**  
Fast Track  
Menu!

# JORGE CRUISE

#1 *New York Times* best-selling author  
Featured on *Oprah*, *Rachael Ray*, and *Dr. Oz*

The

# BELLY FAT CURE™ FREE MENU

Discover the  
**ULTIMATE CARB SWAP™**  
and drop up to 14 lbs.  
the first 14 days

#1 NEW YORK TIMES BESTSELLING AUTHOR. FEATURED ON OPRAH, RACHAEL RAY AND DR. OZ

# JORGE CRUISE

Home of The **BELLY FAT CURE**

Hello there!

Welcome to my FREE Menu featuring Fast Track meals excerpted from my all new book The Belly Fat Cure™ Fast Track. This revolutionary menu plus tasty recipes will help you drop 14 lbs. in 14 days. It **can be done anywhere in the world and contains no specialty products**. In fact, many of these foods may already be in your kitchen!

How did the Fast Track come about? Great question. When I first introduced the Belly Fat Cure™ two years ago the results were incredible. Many of my clients shared their success stories with me. They were thrilled to finally have a way to eat delicious foods *and* lose belly fat without counting calories. Still, the one question I kept hearing was “Can I lose the weight *faster*?” That’s when I started to dig even deeper.

About a year-and-a-half ago I began running Fast Track test groups based on my new research. If the Belly Fat Cure™ results were incredible, the Fast Track stories were absolutely *mind-blowing*. Lives were completely transformed. Not only did the majority of my clients drop 14 lbs. in just 14 days, they had more energy and felt more attractive than ever before.

That’s why I’m thrilled to premiere the same menu found in Belly Fat Cure™ Fast Track used by my clients to experience such extraordinary, accelerated results. Get ready to enjoy eating while curing belly fat *faster*. I look forward to reading your success story on Facebook!

Your coach,



# LOSE 14 LBS. IN 14 DAYS

My passion is to cure belly fat *deliciously*. True weight loss needs to be enjoyable, or it will not produce lasting results. That's why I designed the the Belly Fat Cure™ first-and-foremost to be completely delicious. Let's be honest, life is better tasty! Before I unveil my revolutionary Fast Track menu, let me give you a quick overview of Belly Fat Cure™ basics.

Conventional wisdom has taught us that we're tired and overweight because we eat too much and don't exercise enough. **In truth, weight loss is not about counting calories.** There's no need to spend hours on the treadmill (or spend hours feeling guilty about *not* being on the treadmill), and no need for a trainer yelling at you to "sweat more!"

**The true key to curing belly fat and gaining more energy is to avoid *hidden sugar*.** Why? Hidden sugar causes high levels of insulin in your body which locks in belly fat. By regulating your insulin levels daily with the magical sugar and carb value—or S/C Value—of 15/6™, you will stop the fat storage process. 15 *grams* of sugar and 6 *servings* of carbs each day. It's that simple.

Now, let's talk revolution. My all-new Fast Track menu is a complete game-changer for your waistline. This authentically delicious menu is the exact plan my Fast Track clients followed to lose all the weight in half the time. It can be done any place, any time, anywhere in the world. There are **no specialty products**. In fact, many of the foods may already be in your kitchen. Also, I've done all the thinking for you, so there's no need to track. It's quick and effortless. Whew. That's a lot of benefits!

Here's all you need to do: follow my FREE menu for 14 days. That's it! I've also included a page of Everyday Options for you to follow together with three Fast Track recipes for added variety. Hopefully I've got you as excited as a kid in a candy store. For good reason! Still, just to ensure there's not even a hint of skepticism, let me quickly address the most common question I received from my test group:

*Am I really losing 14 lbs. of belly fat in the first 14 days?*

It's actually a very apt question. Most of my Fast Track clients dropped 14 lbs. in those first two weeks, and that absolutely included a loss of belly fat. However, that amount also represents the loss of what I call "false belly fat". In reality, if your diet is full of hidden sugar, that often means you're not consuming healthy sources of fiber in the right amounts. This inhibits your body from effectively discarding waste. As a result, a build up occurs in your intestines and colon that can literally add inches to our waistline and pounds to the scale. I know, it's kind of unpleasant to hear. Here's the good news though: you're about to get rid of all that, um...stuff.

During the first three days of the Fast Track your body experiences a change. Consuming optimal sources of carbs (and subsequently fiber) combined with the absence of hidden sugar has a cleansing effect on your system. It truly is a detox. You should notice more frequent movements (one to three a day), as your body literally cleans up shop.

This transition in your body is a noticeable one. It's also crucial to complete health and true weight loss. By day four or five--after your body responds to this initial cleanse--you will experience an incredible sense of renewed energy. Many of my clients describe the sensation as a burst of energy. For some who've spent years of their life feeling tired, it's nearly euphoric. This newfound level of energy can be as rewarding as seeing the inches drop from your waistline.

I *could* keep talking this thing up, but it's probably best to iron out the details and get started.

## GUIDELINES FOR OPTIONS AND RECIPES

This FREE Menu featuring Fast Track meals makes accelerating weight loss *easy*. In fact, many of my clients found it valuable to follow the one menu exactly for 14 days. However, I understand many of you (myself included) take joy in eating a variety of foods. That's why I included an options list as well as three tasty recipes. Here's a few simple guidelines for mixing things up:

1. A meal or snack on the Fast Track menu can be exchanged for another meal or snack within its category from the Fast Track options. For example, if you're tickled by everything on the FREE menu except the pecans as your snack, enjoy cheese instead. In the same way, lunch can be exchanged for lunch, dinner for dinner, and treat for treat.
2. A food item within a meal can be exchanged with a like food item from another meal. Proteins can be exchanged for proteins, veggies for veggies, etc. For example, if salmon isn't exactly your cup of tea, not to worry. Simply substitute chicken for salmon. Is asparagus not your thing? Go with broccoli instead!
3. The Fast Track menu is all about easy, tossed together meals. If however, you want to spend a few extra minutes in the kitchen, I've included three recipes below. My delicious Sweet Ricotta Pancakes are a perfect breakfast substitution. The Belly Fat Cure Chopped Salad is yours for lunch or dinner, and my famous Chocolate Lace Cookies are perfect for an evening treat.

For even more variety I recommend you check out The Belly Fat Cure™ Fast Track. My all new book has the complete 14-day Fast Track menu, Ultimate Carb Swap recipes, and Belly Best Foods list. The Belly Fat Cure™ Fast Track is available wherever books and eBooks are sold.

## A FEW FREE MENU SPECIFICS...

While seeing those numbers drop on the scale is rewarding, the true measure of overall health is your waistline. Before you get started, take your preliminary waist measurement. Here's how:

Suck in your stomach and measure around your belly button. To determine your maximum healthy waist measurement, take your height and divide it in half. I am 6' tall (72") so I am aiming for a waist measurement less than 36". [Click here](#) and I'll email you my video with Dr. Oz to demonstrate exactly how to obtain an accurate measure.

You'll notice the menu I don't include serving sizes for all foods. While there is no need to track with the FREE menu, please understand no item is allowed in "unlimited" amounts. Even healthy foods need to be eaten in moderation. For those foods that do not have a serving size indicated, consider an amount equal to the size of your palm as a serving; eat no more than 2 servings of any one item in a sitting. By the way, a palm-size serving and a heaping handful are not the same thing!

Also, *always* ask yourself, "Am I hungry for the next bite?" about halfway through each meal. As soon as you're no longer physically hungry for the next bite, wrap up the leftovers and save them for later. Other things to keep in mind:

- If you feel "full," you have overeaten!
- Yes, you may skip snacks or even meals if you're *not* physically hungry.
- *Never* skip a snack or a meal if you *do* feel physically hungry.

One final note about flavor. The deal is this: I want every meal to be super tasty and absolutely enjoyable. That's why I want you to feel free to go wild with the spices and seasonings. My only caution is to be mindful of marinades. These can be potent sources of hidden sugar.

You're almost ready! Please take a moment to review the following menu, options, and recipes. After that, I encourage you fill out the Success Contract below and commit to following the Fast Track FREE Menu for 14 days. By doing so, you agree to become a healthier, more confident person for yourself and those that care about you.

The  
**BELLY FAT  
CURE™**

***FAST TRACK***  
**Success Contract**

I, \_\_\_\_\_, commit to following the Fast Track Menu and the principles of the Fast Track exactly for just 14 days, because my body and my life are worth it.

Regardless of all else, I am committed to loving myself and my body, and to releasing the need for validation from others. Everything I need in order to be happy is already in my heart, and I will remember that not only for 14 days, but for the rest of my life.

Signature \_\_\_\_\_

I currently weigh \_\_\_\_\_

My favorite quality about myself is \_\_\_\_\_

I'd love to see this number on the scale \_\_\_\_\_

I'll reward myself with \_\_\_\_\_

Someone else I'd like to help become healthier is \_\_\_\_\_

\_\_\_\_\_

# ***FAST TRACK***

## **FREE Menu**

### **BREAKFAST**

**2 eggs, fried**

**Bacon**

**Cheese**

**Coffee with half-and-half**

### **SNACK**

**Pecans (¼ cup)**

### **LUNCH**

**Spinach salad**

**Chicken breast**

**Bell peppers**

**Olive oil-and-vinegar dressing**

### **SNACK**

**Deli meat (1 serving)**

### **DINNER**

**Grilled salmon**

**Asparagus**

**Salt and pepper, to taste**

### **TREAT**

**Dark chocolate (85%, up to 1 oz.)**

**Hot beverage with low-sugar whipped cream**

# ***FAST TRACK***

## Everyday Options

### BREAKFAST

**2 eggs, scrambled**  
**Avocado**  
**Mushrooms**  
**Coffee with half-and-half**

### SNACK

**Cheese (1 serving)**

### LUNCH

**Lettuce-wrapped hamburger patty**  
**Avocado**  
**Cucumbers**

### SNACK

**Hard-boiled egg**

### DINNER

**Sautéed pork chops**  
**Broccoli**  
**Mushrooms**  
**Salt and pepper, to taste**

### TREAT

**Dark chocolate (85%, up to 1 oz.)**  
**Hot beverage with low-sugar whipped cream**

# Sweet Ricotta Pancakes

*Delicious breakfast pancakes without any flour.*

**Makes 4 servings**

## Ingredients

- 2½ cups ricotta cheese
- 8 large eggs
- 2 tsp. vanilla extract
- ⅓ cup xylitol
- 2 tsp. cinnamon
- ¾ tsp. salt
- 1½ Tbsp. coconut oil
- Butter, for garnish
- Fresh raspberries, for garnish

## Directions:

Place ricotta in a medium mixing bowl and beat in the eggs, one at a time, with a wooden spoon. Stir in vanilla extract, xylitol, cinnamon, and salt.

Heat the oil in a large nonstick skillet over medium heat. Working in batches, ladle the batter to make 6 pancakes. Cook until the pancake sets, about 4 or 5 minutes. (Note that the surface of the pancake will still be a little soft.) Flip pancakes and finish cooking, about 1–2 minutes more.

Can be kept warm in 200° F oven until ready to serve with butter and berries.



Recipe and Photo Excerpted from The Belly Fat Cure Fast Track.

# Belly Fat Cure Chopped Salad

*A classic recipe perfect for lunch or Sunday brunch.*

**Makes 4 servings**

## Ingredients

For Dressing:

- 2 Tbsp. chopped shallots
- ½ tsp. dried oregano
- ½ tsp. dried basil
- 2 Tbsp. red wine vinegar
- 3–4 dashes Tabasco
- ⅓ cup olive oil
- ½ cup good-quality blue cheese
- Salt and pepper, to taste

For Salad:

- 1 head romaine lettuce, chopped into ¼"-wide strips
- 4 hard-boiled eggs, chopped
- 2 avocados, diced
- 1 Roma tomato, seeded and diced
- 2 green onions, sliced
- 1½ cups diced turkey breast
- 1½ cups diced ham



Recipe and Photo Excerpted from The Belly Fat Cure Fast Track.

## Directions:

For dressing, combine shallots, dried oregano, dried basil, red wine vinegar, and Tabasco in a small bowl. Slowly whisk in olive oil until combined. Crumble blue cheese and stir in; season with salt and pepper to taste. Chill for an hour.

Arrange the salad ingredients on chilled plates. Spoon dressing over salads and serve.

# Famous Chocolate Lace Cookies

*These delicate cookies' edges look like lace.*

**Makes 24 cookies**

## **Ingredients:**

- 2 sticks butter, softened
- ⅔ cup xylitol
- 1 tsp. vanilla extract
- 2 large eggs
- 1 cup almond flour (about ½ cup almonds ground in a coffee grinder)
- ¼ cup unsweetened cocoa powder
- 1 cup all-natural whey protein powder
- 1 tsp. baking powder
- ½ tsp. salt
- 4 oz. dark chocolate (85% or greater), chopped
- 1 cup chopped walnuts

## **Directions:**

Preheat oven to 350° F. Line a baking sheet with parchment paper; set aside.

Beat together butter, xylitol, and vanilla extract until light and fluffy. Beat in eggs one at a time.

Whisk together almond flour, cocoa powder, whey powder, baking powder, and salt in a separate bowl. Stir dry ingredients into butter mixture. Stir in chopped walnuts and chocolate until combined.

Spoon heaping teaspoons of batter 2" apart on prepared baking sheet. Place in freezer for 5 minutes. Remove and bake for 9–10 minutes. Cookies will be lacy and spread during baking. Cool cookies completely on baking sheet.

Store in an airtight container—these cookies crumble when exposed to air.



Recipe and Photo Excerpted from The Belly Fat Cure Fast Track.

## DAY 15 AND BEYOND

All right, you made it through the first 14 days. Now what?

First of all, congratulations! Your commitment to a healthier, more confident self is something to celebrate. I promise, it gets even *tastier*. Cucumbers with avocado are delicious, but maybe you're ready to indulge in tortilla chips and guacamole and still lose belly fat without counting calories. That brings us back to the question. Now what?



After over a decade of curing belly fat, I've learned that without taste it's almost impossible to be successful long term. If I needed an excuse to make 15/6™ delicious, there it is. More importantly, however, is the encouragement and accountability of daily coaching. Incredibly, coaching is proven to make weight loss 300% more effective. And guess what? I want to be your coach. That's why I'm thrilled to announce the launch of the most powerful resource for curing belly fat I've ever created: my online coaching club!

Beginning in October, you're invited to experience a new coaching video, mouthwatering recipe, and a new menu *each day*. I want you to feel good. You deserve fresh, savory bites of all your favorites and still have a smaller waist. My online club allows you to take joy in eating, experience more energy, greater confidence and feel more attractive than ever before.

To give you a little taste of what recipes you can expect in my online club, I've included eye-popping photos of three devastatingly delicious meals. When I say things get tastier, this is what I'm talking about. I promise it's not to tease you. Photos are one of my teaching tools. They're a visual reminder of how zesty and savory 15/6™ needs to be in order for to be successful long term. Taste is important! One of my mottos is "Scruptious comes standard".

These recipes and many more are available through my online coaching club starting this October. Email <http://www.jorgecruise.com/bfc-club> to add your name and email address to our early-bird VIP list to learn everything about my online club as the launch date approaches.







## ABOUT JORGE CRUISE

JORGE CRUISE used to be 40 pounds overweight until he discovered the real cause of belly fat: hidden sugar. With the help of Dr. Oz, he awakened to the fact that he could lose weight without giving up the foods he loved. Today, he is internationally recognized as the leading expert on sugar and is the author of 6 consecutive New York Times best-selling series with more than 6 million books in print in over 15 languages. He has appeared on numerous television shows, including The Oprah Winfrey Show, The Dr. Oz Show, The Rachael Ray Show, the Today show and Good Morning America.

Jorge received his bachelor's degree from the University of California, San Diego and has fitness credentials from the Cooper Institute for Aerobics Research, the American College of Sports Medicine and the American Council on Exercise.

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