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The Chalean
Extreme results
can be measured
through the
maintenance
phase that is
about keeping
you lean for
life! In the
maintenance

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phase, you add
extra 100
calories to one
of your meals
per day and
continue adding
those each week,
until the weight
loss has
stopped.

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The Chalean
extreme
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ensures that you
are taking the
right foods that
are low in fats,
and provide
moderate amounts

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of proteins, and carbohydrates to foster a healthy lifestyle. Let us have a look at how Chalean Extreme Fat Burning Food Guide acts like a fuel to run your workouts.

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The Chalean For Chalean

extreme

Nutrition Guide ensures that you are taking the right foods that are low in fats, and provide moderate amounts of proteins, and carbohydrates to foster a healthy lifestyle. Let us have a look

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at how Chalean
Extreme Fat
Burning Food
Guide acts like
a fuel to run
your workouts.

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For . . . When you
receive the
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Extremesystem,
you get an all-
inclusive
program packed
into the Fat
Burning Food
Guide. This book
contains more
than 100 pages
of recipes and
meal plans that

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are simple
enough for even
the most amateur
chefs to follow.

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entails the list
of items you are

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Supposed to eat during each phase. The first month is the hardest since you will be focusing on a menu that will make you burn the initial fat from the body. The next two phases are all about

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maintaining
portion sizes

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calculation in
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determine my
caloric intake
and matched that
value to my
bracket from the
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just substitute
mainly yellow
containers
because I eat a
gluten free diet

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So I make sure
all my container
options follow
those
guidelines.

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translate the
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It has meals with recipes and snack ideas specific to each of the three phases. This will help you know what to do and not do as far as your diet goes. You will determine your calorie needs before you begin

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and tailor your meals to fit in with that goal in mind.

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programs. The
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