



THE AMAZING TACO BELL HOT SAUCE PACKET DIET



Free, Fast and Effective!

If you're like me you have tried every weight loss diet on the market and probably spent tons of money with no weight loss to show for it.

Am I right?

That's why I believe, I don't just think, I know you will love my new **Amazing Taco Bell Hot Sauce Packet Diet!**



The revolutionary new way to lose weight!

Warning: This diet has not been endorsed by **Taco Bell** or any of its subsidiary companies or current, past or future employees.

But how can such an **Amazing Weight Loss System** be absolutely **Free**?

Every packet, and I can't stress that enough, **your entire dieting menu** is free for the taking. At any Taco Bell, conveniently located every half mile across most of the United States and Canada, simply bring your own bag and fill it up with all remaining **Taco Bell Hot Sauce Packets** located in their free condiment section.

You see, **Free**.

Each Taco Bell hot sauce package is 43 grams of delicious weight loss goodness. At 15 calories a piece you can pound back the Hot Sauce packets all day long and see no effect on the waist line.

Or should I say *Waste Line*?

Most of that excess fat you carry around your middle is wasting your life, **FACT**: Over weight people are more likely to have hypertension, arthritis, stroke, high blood cholesterol levels, diabetes and some kinds of cancer.

While all foods have some calories the amazing secret of the **Taco Bell Hot Sauce Packet** is that is considered a **Negative Calorie Food**. To prove it here is a picture of the Human organs known as the **Stomach** and **Intestine**.



Look at the picture for Proof!

As we stated no food is actually "negative calorie" food. But the overall effect of certain foods in our body, like the **Taco Bell Hot Sauce Packets**, is that of "negative calories". Negative calorie foods are foods, which *use more calories to digest than the calories the foods actually contain!*

Calories from these foods are much harder for the body to breakdown and process. In other words, the body has to work harder in order to extract calories from these foods. *This gives these foods a tremendous natural fat-burning advantage, and are also known as fat burning foods.*

There are a wide variety of these negative calorie fat-burners in existence besides the amazing **Taco Bell Hot Sauce Packet**. In fact, there are a large number of foods that combine low calories and excellent negative calorie properties. You can eat a lot of these foods to lose that extra fat and to become slim naturally. Some of these **natural foods** are **asparagus, apple, beet, berries, broccoli, cabbage, carrot, cauliflower, celery, chili, cucumber, garlic, lettuce, grapefruit, lemon, mango, onion, orange, papaya, pineapple, spinach, turnip, zucchini, etc.**

But who in their right mind would want to eat vegetables?!?!

*So if you want a **Taco Belly** Get yourself to **Taco Bell** and get started right away on the **Amazing Taco Bell Hot Sauce Packet Diet!***



So what exactly is the Diet?

I'm glad you asked, I was just about to get into the **Amazing Secret** behind this **Truly Awesome Weight Loss Diet**.

The slower your metabolic rate, the greater your weight gains will be. Fortunately there are metabolism booster foods, **Taco Bell Hot Sauce Packets** are one of these foods that will boost your metabolism.

Your metabolism can be speeded up so that *your body will burn fat even while sleeping!*

With **Taco Bell Hot Sauce Packets** its easy to turn your body into a **Fat Burning Machine!**

Each package is filled with a delicious mix of water, tomato paste, jalapeno peppers, vinegar, salt, spices, dehydrated onions, xanthan gum, .1% sodium benzoate and natural flavoring (which may include soy products)

Enjoy 1 **Taco Bell Hot Sauce Packet** every 15 minutes throughout your waking day. Or enjoy the packets at a more frequent rate for greater weight loss gains.

Don't worry about the 160 grams of sodium per serving because with only 3 grams of carbohydrates per package this diet can fit in with any regular Atkins approved diet. Though we do not suggest consumption of anything besides **Taco Bell Hot Sauce Packets** maximum dieting effectiveness.

Each **Taco Bell Hot Sauce Packet** also contains 6 % of your recommended daily allowance of Vitamin A, 4% for Vitamin C and 4 % of Calcium. After pounding back several hundred packets every day your Vitamin intake will be off the chart.

Say goodbye to Sickness and Aging!

Warning: Consumption of large amounts of Hot Sauce may cause Rectal Burning, also known as the Ring of Fire.

The Amazing secret behind the **Taco Bell Hot Sauce Packet Diet** is that you aren't eating vegetables or any other **GROSS** foods.

Lose Weight Today!

Start the **Taco Bell Hot Sauce Packet Diet** for yourself and see results within hours!



Warning: This diet has not been approved by the FDA.

Warning: This diet was created by an overweight man living in his parents basement and has not been tested on actual human beings, action figures aside.



Taco Bell Hot Sauce Packets - Coming to you from the lovely city of Irvine California.



Eat Taco Bell, get the shits, and lose weight! - **Monica D.**

About the Author:

Chris Miller is a bored, very depressed (hopefully temporarily) young man who has nothing better to do than write ebooks on random topics and drink all day because it snowed last night and I'm unemployed. I have Season 8 of SG-1 to watch but needed something else to distract me. Luckily the **Amazing Taco Bell Hot Sauce Packet Diet** only took an hour or so to create. I apologize in advance to Monica for the use of the Dufar starving woman as her picture but this whole Taco Bell Diet was injected into my brain from a phone conversation we had earlier.

P.S. Read my blog <http://www.thingsgoingsmoothly.com>

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