



CARB-SWAP REPORT

[Video transcript](#) on how to lose up to 4 to 9 pounds a week.

By Jorge Cruise, Creator of TheBellyFatCure.com

So many of us today are trying to lose belly fat and, unfortunately, what we're trying to do is what we've been told to do and that is eat less or/and exercise more. And we've been told this for 40 years. Where's it gotten us? Well, we're more overweight than ever before and I'll tell you, this conventional way of thinking does not work. It's been now my passion for the past 10 years to figure out a way that doesn't involve having to eat less or go to a gym.

So what's the solution? It's simple. **What the breakthrough science has shown and without a shadow of a doubt, that it has nothing to do with how many calories we eat, but rather, the kind of calories we eat.** And what I want to show you right now is a quick little demo – what I call a “carb swap” – that you can do right now, today, to start losing 4 to 9 pounds of belly fat at home this week. It's part of my new program called *The Belly Fat Cure* and it's gonna show you how, if you can carb swap foods, without giving up carbs and without giving up the foods you love, and with still satisfying that sweet tooth, you will lose belly fat by learning that keeping your **insulin level** – which is a hormone – high is the thing that locks in the belly fat. And it keeps it there, and it will never let you lose the belly fat.

So the meals that I'm about to show you – one of them is what I call a Belly Bad Meal Day, which locks in the



belly fat because it spikes **insulin** because it's so much sugar you're eating. Then, the one I'm gonna show you after that is the Belly Good Meal Day, which will almost have *no sugar* at all, is still super delicious, will still satisfy that sweet tooth, and will melt and keep the belly fat off your body.

So check this out. This first sample I have here, this example day here, is a day that most of us would do if were trying to be healthy. Now check this out. This is an example of a simple meal. I see a lot of my clients, before working with me, trying to eat. I have a yogurt and a banana. The problem is the banana has 14 grams of sugar; the yogurt 31 grams of sugar. This plate right here – this light, low fat meal – you know, it says it right here “fat free” almost, 99 percent fat free, this is 45 grams of sugar. This is insane, because I tell people on my program not to exceed 15 grams of sugar total a day. So right here, you've got almost three or four days worth of sugar! So this is a



meal you don't want to eat.

Now, you may then, if you've eaten something healthy, continue eating healthy, you may go to Jamba Juice and get a smoothie, which typically are full of vitamins and minerals from the fruits.

Unfortunately, most of the smoothies out there, and this one in particular, this one has 84 grams of sugar! That is suicidal if you're trying to lose belly fat. I would skip this complete smoothie and skip it and I'll show you what to swap it with in a minute. This is too much sugar.



Then, you may have a little snack. This is an Oreo cookie, and you may think Oreos aren't good, but this one is one of the healthy ones they say, right? It's no longer the devil; it's a little angel because it's one of these Nabisco 100 calorie snack packs, which looks super

healthy, right? And it's only 100 calories. The problem is, this little cookie has 10 grams of sugar, not a good thing for a little cookie this small, all right?



Then, you might go back to eating super healthy again and look at this meal. This is pure health. This is what you think someone at the gym is definitely eating all the time – grilled chicken, no carbs. Everything's wiped out, just a little sauce. But this little sauce – 17 grams of sugar. If anything, you should eat it with a ranch dressing or something; we'll talk about that in a minute. But this plate right here, 17 grams of sugar, not a good plate if you're trying to keep belly fat off.



And then, you may indulge, and you may think you're being healthy with a little glass of chocolate, fat-free milk, but this little glass of fat-free chocolate milk has 54 grams of sugar. Again, 54 grams of sugar in this little class of fat-free milk. This whole day – are you ready for the drum roll? – it is shocking, but check this out, has 200 grams of sugar. That is insane and this is why, as a culture, we do not get rid of belly fat. And look at this meal! None of this looks like it's unhealthy! It's a banana, it's a yogurt, it's a smoothie, it's grilled chicken, and a little bit of indulgence, but it's fat-free everything and a 100 calorie snack pack. Yet, it's 200 grams of sugar. You cannot lose belly fat if you do this because you will spike that insulin and you will never get rid of the belly fat.



So, you say, “Jorge, what do I do? What am I gonna eat?” well, let me show you. Check this out. **This is what I call a do-over.** This is how my program works. For example, breakfast – you get a wonderful egg omelet, a vegetable egg omelet with a little cheese on the inside, feta on the outside. Coffee, with cream; cream has no sugar at all, and then you can sweeten it with a little Truvia or a XyloSweet, which is a really great, healthy sweetener, without any sugar, nothing artificial. This whole plate – zero grams of sugar.



Pretty cool, huh? Nothing there.

Then, you may go to lunch. Lunch is gonna be this wonderful grilled Panini chicken sandwich. It’s got cheese in it, a little bacon, some pickles. Guess what? Everything on this plate – zero grams of sugar. Now I recommend Zevia; I love their sodas. I drink one or two

each day. Nothing artificial, no sugar, sweetened with something called stevia, which is a great sweetener from South America from a natural herb. Great, great, great product. This whole thing, again – zero. No sugar.





Then you might have a snack. Check this out. You could have a little cheese ball or two. These are great! Zero grams of sugar. If you want a little gum, this one is a great gum called Spry and you can get this anywhere – health food stores have ‘em in particular with Xylitol, which helps get rid of bacteria in your teeth, no sugar, nothing artificial. So great ways to stay happy.



Then dinner. You get pasta – yeah! It’s not just that grilled chicken with the sauce. You get this with the actual veggies, so you stay healthy. You’ve got your chicken in there but no sugar at all, zero sugar, and you get a salad. No sugar there as well and then, it doesn’t stop there.

You get to end the day with some dark chocolate. And if you do this one – Ghirardelli’s 86 percent chocolate – it only has five grams of sugar. And guess what? This is the first thing on the whole day that has any sugar! And it’s five grams, which is totally fine. And a glass of wine if you’re over 21. If not, have an iced tea or some water or something light like that.



But this whole day on the program here – in this Belly Good program – has only five grams of sugar and it's only from the chocolate. But it's good chocolate that has bioflavins. So all of this, right here guys, has this much sugar. Check it out – five grams. That is it. that is how, on this program, you lose the belly fat because, my friends, this much sugar will not cause insulin to spike. And that's what causes the belly fat. You have to be released. This is how you can lose 4 to 9 pounds of belly fat every single week and this is the Belly Fat Cure program, my friends.

Now, if this sounds like something you could live with because it's not a "diet" as I have created it to not be a diet because I hate dieting. And this is something you want to learn more about, I want to invite you right now to join our community. We have a free e-mail club, where I share breakthrough information like this, examples, interviews with some of the most important people out there about the

science of the Belly Fat Cure, about insulin, about sugar, even carbohydrates. It's all there, and it's completely free.

I extend this invitation to start the new year, a healthier new you, by [joining our club](#). And with that, you'll be ready to rock and roll. All right? I hope you enjoyed this video and I look forward to seeing you on the inside. Take good care.



Ready for more Carb Swaps?

Join the Belly Fat Cure revolution (over 370,000 people so far) and I will email you new Carb Swap videos as well as my newest *discoveries* to curing belly fat without dieting or having to go to the gym --ever. And right now also get my carb swap recipe for guiltless 100% natural ice cream.

[Click here to join our FREE email club at JorgeCruise.com.](http://JorgeCruise.com)