

RSFIC Group Coaching Mastermind: Bonus Video

Your Nutrition Part 2 - Advanced Techniques Cheat Meals and Refeeds - How They Are Essential To Fat Loss

Adding variety to your plan is the **ESSENTIAL CORNERSTONE to long-term success.**

And establishing habits that not only will change your body in the here and now... *But also change it over your lifestyle.*

Today's video is going to explore **exactly HOW to add cheat meals** to the equation, and how it is actually a crucial step for fat loss. We'll also take a look at the *benefits of refeeds* - and exactly when to apply this dieting tactic.

Don't have time to watch? Listen to the podcast version below. You can also download it by clicking the download button on the audio player.