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Cinderella Solution

QUICK START

by Carly Donovan



How Exciting!

Just think.

This is it.

This is the last time you will ever have to try to lose weight. It's a pretty exciting feeling, right? No more starving yourself on diets that don't work or workout routines that have you exercising for hours at a time...

Never again.

You are FINALLY going to experience what it looks, and most **importantly** feels like, when you permanently banish all the fat that has slowly crept around your tummy, waist, hips and legs over the years.

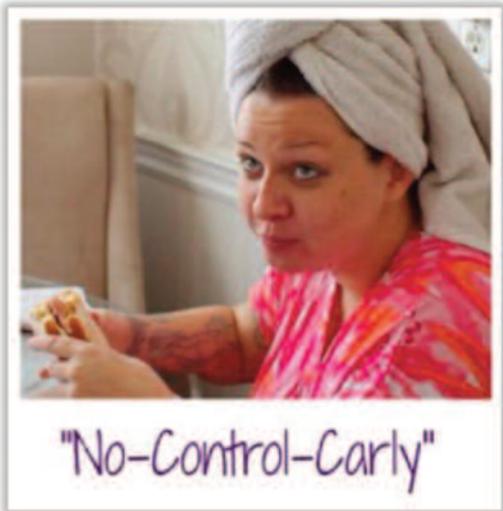
The best part is, by the time you are done you will have completely transformed your metabolism making rebound weight gain almost impossible.

Ask any Cinderella Success Story what the best part of finally building their dream body is and you will be shocked to hear that it's NOT all the weight they lost.

Although rapid, safe and permanent weight loss is inevitable on the Cinderella plan, the biggest gift you will receive by the time you are done is control.

As the original Cinderella Success Story, I promise you, words cannot describe what it feels like to finally be in control of how you look and feel every single day.





"No-Control-Carly"

I know sometimes it can feel like you've lost control of your own body.

I used to be controlled by my reflection in the mirror and it would send my confidence into the gutter every single day. My weight controlled the social situations I attended by

making me wonder who was going to be there, and if I wanted them to see me after gaining all the weight. I even felt controlled by what I wore... I would cut any tag off the clothes that had an "L" or "XL" on them, because just knowing those tags were on there made me feel ashamed.

I know to some of you that may sound extreme, but if you are reading this, then I know you have a motivation deeper than simply "losing a couple pounds". This is where I want you to dig deep and figure out your real "why".

Whatever your motivation may be, whether it is getting back the energy you had when you were a kid, or spending more time on this planet with your kids...

I'm here to tell you, you're in the right place and we are about to make that happen together.

Without further ado, let's get started on your very last weight loss journey and get empowered with all the information needed to regain control, while creating the body of your dreams.



let's do this woman!
x Carly

For the “Start NOW, learn later” ladies...

Alright, if you are reading this book first, then you’re in a hurry to get started. However, I just want you to know, no matter when you begin the Cinderella Solution, the weight is going to come off quickly!

Whether it’s tomorrow or next week, your scale will be shooting out numbers that are going to put an all-day smile on your face.

However, in order to keep those pounds rolling off and keep them off forever, it’s important to educate yourself on how weight-loss from the inside-out really works...

... With that in mind, go through this Quick Start Guide and get started as soon as you like – but PLEASE, PLEASE, PLEASE take advantage of all the Cinderella Resources in the full package when you have the time.



Of course, we designed this system so all you really need to get started is this book.

But if you just got your program and you want to get started burning fat as soon as tonight, be sure to empower yourself with all the information needed to **lose the weight FASTER AND FOREVER** by going through the Cinderella Solution Main Book & Owner’s Manual too.

When you get a chance, read through the rest of the material to get a complete perspective on why you are doing this, how it works and most importantly why it works so darn well! **Your chances of success will not only increase significantly**, but you will be able to execute with purpose and precision every step of the way.

You will find on your journey that everybody likes to pretend they are the “expert” on the subject of getting in shape. Once you are schooled on how your body and getting in shape actually works, you will be able to put the “know-it-alls” in their place and maybe even help some of them along the way.

OK... Now You Can “Quick Start”

These **Quick-Start** Instructions will give you a basic understanding of how your program works. I have done my best to ensure this book alone is as self-explanatory as possible.

If you are looking for more detail be sure to read the Cinderella Solution Main Book & Owner’s Manual.



The Cinderella Solution consists of two 14-day phases:
“Ignite” and “Launch”



The first 2-week phase, “Ignite”, is specifically designed to act as a cleansing detoxification that not only promotes fat loss, but re-ignites your fat burning hormones.

- Unlike traditional cleanses, you won’t have to starve yourself and deprive your body of the vitamins and nutrients that actually heal your hormones. Instead, you will consume fat-fighting foods that target the trouble spots around your hips, butt, and belly in a format that resets and “re-ignites” your metabolism.
- In the Ignite Phase, you will skip the starchy “power carbs” at breakfast to promote a 15 to 18-hour total fat-burning flush that starts from dinner the night before and lasts all the way until lunch the next day!
- You will boost all your primary weight loss hormones (Insulin, Cortisol and Estrogen) by eliminating foods that harm and increasing the foods that help.

During this 14-day phase, you will re-train insulin sensitivity by forcing your body to use fat for fuel, down-regulate your stress hormone cortisol for belly-fat elimination, and improve digestion for the purging of fat-binding and excess estrogen containing molecules.



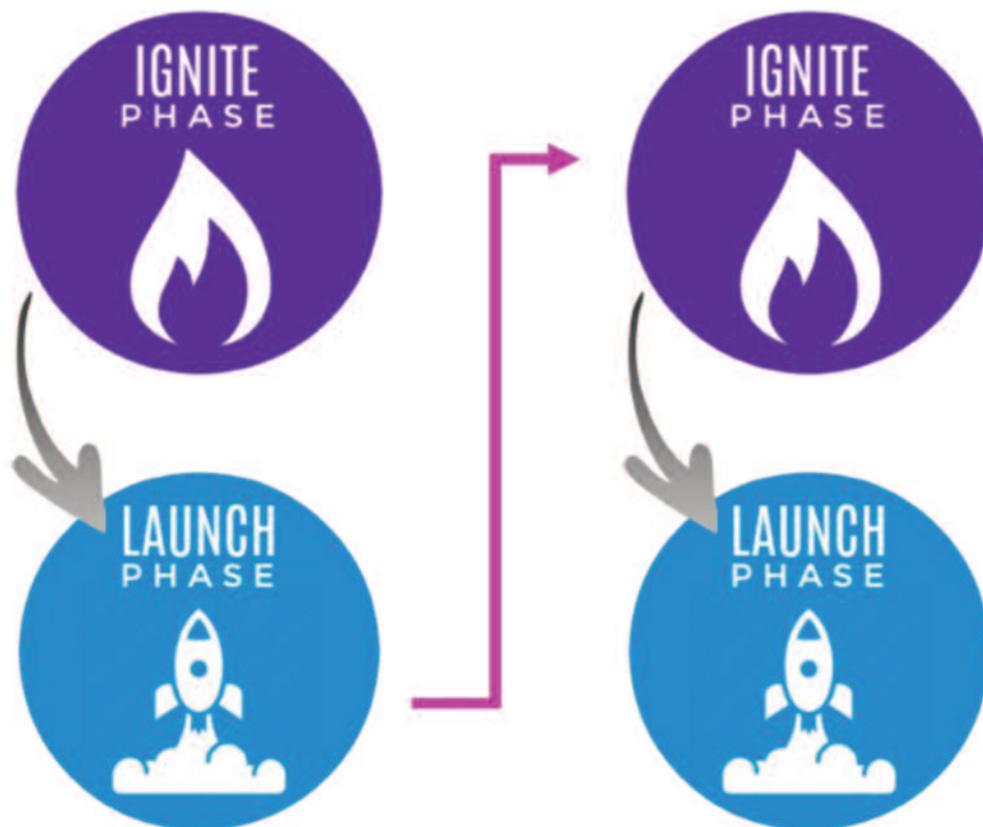
The second phase, “Launch” is designed to take weight-loss into overdrive by taking advantage of your body’s newly enhanced hormonal and metabolic environment.

- With a totally “reset” metabolism, we can add more power-carbs and starches. Expect explosive energy and an all-day feeling of wellbeing while your body continues to burn fat at an accelerated rate.
- Foods that may have caused weight gain in the past will actually help you unleash fat from all your trouble spots after priming your endocrine system during the Ignite Phase.
- We will switch up the timing, food pairing and carb placement just to keep your metabolism on its toes. Remember, your body can get wise to the same old tricks and we’ve got to keep it guessing in order to keep those metabolic fires burning.

Cycling the Ignite & Launch Phases

You will **start your program in the Ignite Phase first for 14 days, followed by the Launch Phase for another 14 days.**

If you haven't lost all the weight you feel you have to lose after completing the 2 phases (28 days total), then simply **begin again in Ignite for 2 weeks followed by another 2 weeks of Launch.** Follow this sequence until you reach your total weight-loss goal.



For more information on Cinderella's two-phase IGNITE & LAUNCH system and why it works so well, read chapter 3 inside the Cinderella Solution Main Book and Owner's Manual.

Alright, Get Going Girl!

Below are a couple of last-minute notes before you begin the program:



You can choose to follow the done-for-you plan or create your own meals using the food lists!



Review your grocery list based on your done-for-you meals and have a look at some of the key Weight Loss Rituals like the Flavor-Pairings & Food Combinations and prep some of the staples in advance for convenience.



When you get a chance, start reading the “Cinderella Main Book & Owner’s Manual” so you can understand the detailed explanations and tips to lose weight even faster, as well as clearing up absolutely any other question you may have.

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