Weigh to Go!

Dolvett Quince tells how to drop the pounds in 3-1-2-1.

September 8, 2014 By Kate Ferguson

For years I've been giving this diet to my clients, and it's been highly successful. It involves three days of clean eating, followed by one cheat day, then two days of clean eating, and one more cheat day. You stick to that pattern of eating, week after week, and the pounds will melt off. I won't be forcing you to do anything drastic, like super strict dieting or meal-planning pyramids or fat-gram counting. I tried all that early in my career, and my clients rebelled—and so did their bodies, by clinging on to fat rather than releasing it.

Instead of depriving you and denying you foods, I'm giving you permission to eat virtually any food you want. Granted, I'll give it to you in doses and moderation. But I won't take away from your lifestyle. I'll enhance your lifestyle and show you how to form new, realistic habits that will stay with you for a lifetime. I take a lot of pride in getting real results for real people, and that's what you'll get on this diet. In fact, you can lose up to 10 pounds in just 21 days! You'll keep losing until you reach your goal weight—and I'll show you how to finally keep it off forever.

The 3-1-2-1 Diet works by manipulating your body's natural tendency to slow its metabolic rate in response to severe calorie restriction. It takes a new approach to getting lean—one scientifically based on changing up food and calories to tap into your body's potential to burn fat. You'll lose weight fast, and you won't plateau. While unconventional, my diet will give you great amounts of muscle and less fat than practically anything you've ever tried.

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