ONE DAY DIET

Cheat Sheets

Josh Bezoni
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WARNING:

Before we begin, it is important to know that this is NOT another one of those long, “free reports” that teases you with a few partial weight-loss tips and then tries to sell you another complicated diet program that gathers dust on your shelves.

Nope… Instead, in today’s short yet information-packed report, I’m going to GIVE YOU the complete and EXACT details about an amazing, new ONE DAY DIET. That’s right, the entire diet, step-by-step, laid out for you right here in this short report for FREE… including precisely what inexpensive, flat-belly foods to eat, and when to eat them… so be sure to pay close attention to the very end.

What’s more, I want you to know that you can place your worry and frustration aside because this simple, little ONE DAY DIET is guaranteed to work for 100% of the men and women who receive access to it, just like you have today. And here’s the best part: it doesn’t matter how many times you’ve failed at losing weight in the past with starvation diets, exhausting exercise programs, or questionable diet pills. If you follow the incredibly simple plan that I’m about to lay out in full detail for you, you WILL get results, guaranteed.

But first, I want to quickly introduce myself so you know you’re in trustworthy hands. My name is Josh Bezoni (my dear clients call me Coach Josh) and I’m a best-selling weight loss author and celebrity nutritionist who, over the past 15 years, has shared my highly effective eating strategies with over 1,000,000 good folks worldwide… That’s an entire city of men and women FINALLY losing weight and feeling great with my simple diet tips and tricks—uncommon strategies that are often the EXACT OPPOSITE of the boring and frustrating approaches other so-called experts tout.

More importantly, I want you to realize that I know your struggles. I’m definitely NOT one of those traditional diet gurus who was born with “skinny genetics,” allowing me to eat junk food all day long while preaching about the benefits of carrots and other health foods. (It happens all the time.)
Nope. In fact, as this “fat photo” shows, even as a professionally trained nutritionist I wasn’t immune to piling on pounds of belly fat as my days became LONGER and more STRESSFUL with work and family obligations… and as my calorie-burning metabolism got SLOWER with age…

Maybe you can relate to these challenges…

But the good news is, today I’m going to show you the simplest and fastest way I’ve discovered to go from fat… to fit…

My friends and family will tell you that one of my core values in life is to always be honest. That’s why I can say, without a doubt, that another BIG REASON I was overweight was because, well… let’s face it… DIETING SUCKS. (I bet you don’t hear many nutritionists admit that!)

It’s no secret that I LOVE going out to eat great-tasting food (I’m too busy to cook much), and just the thought of restricting food intake for long periods of time sends many people, including me, into a mini panic attack… and all that stress makes me want to eat even MORE…

After all, not only do most diets require you to deprive yourself of great-tasting foods (or at least your favorite junk foods)—like a thick, rich ice cream milkshake for me—but counting calories and knowing WHAT foods to eat, and WHEN to eat them, is downright confusing and often frustrating.

Beyond that, in today’s fast-paced and crazy-busy world, most of us don’t have the required extra time to shop and cook healthy meals, then clean up and do it all over again day after day.

With realizations like those, it’s no wonder that 9 out of 10 dieters fail. Even more, it’s not surprising that almost NO ONE on the entire planet gets excited about dieting. (“Yippee, I get to EAT LESS and stress myself out MORE with a confusing and time consuming diet plan!”)
So overall, traditional dieting represents an insurmountable PROBLEM for most men and women that they’ll unfortunately never overcome.

But what if I told you that there is a very simple (dare I say EASY), 24-hour eating program that you can use to get an attractive flat belly while removing ALL of the time, guesswork, and frustration found with regular dieting?

And then what if I also went on to explain that this diet REQUIRES that you indulge in desert-like meals that you can’t wait to enjoy?

You’d probably say I’ve lost my marbles, right? Well, maybe that’s true… because when I share my ONE DAY DIET secrets with my clients, they tend to think I’m a bit crazy at first. (But hear me out, it will ALL make perfect, scientific sense in just a minute.)

So without further ado, let’s jump right into the 3 simple secrets that lay the foundation for your new ONE DAY DIET plan.

**Secret #1:** Harness the power of **intermittent fasting.** Eating frequent mini-meals (including breakfast) used to be recommended by most weight loss experts as the key to rapid weight loss; however, NEW research is showing that you can actually send your fat-burning and anti-aging hormones into overdrive by skipping breakfast and eating higher protein meals during a specific window of time during the day. This trick is called intermittent fasting, or I.F. for short. I won’t bore you with all the scientific details right now, but just know it’s a cool trick to remove that pesky flab by increasing powerful weight-loss and youth hormones.

**Secret #2:** Eat “Fast Food.” Now, I’m not talking about chowing down on a greasy McDonald’s burger, but I am talking about cutting out costly and time-intensive meal preparation (which is the death of most diets), by enjoying two homemade and delicious all-natural 60-second fat-burning “milkshakes” during the day. (By the way, the key to these “super shakes” is that they are high in protein… something that’s critical to your success on the One Day Diet.)

But don’t worry, in just a moment I’m going to GIVE you the two recipes I used today and then I’d also like to give you my favorite recipe book, **53 Fat-Burning Smoothies & Milkshakes** for FREE as well…so make sure you keep watching...
Secret #3: Eat a balanced dinner comprised of lean protein, slow-digesting carbohydrates, and lots of veggies. In just a minute, I’ll even give you detailed instructions on how you can easily order this type of meal at just about any restaurant.

Sounds easy enough, right? Nothing too complicated. Simply enjoy two delicious fat-burning milkshakes at precise times during the day and eat a balanced meal at the correct time at night.

Again, that’s just two delicious, fat-burning milkshakes and a balanced dinner... easy, effective, and FAST!

Now, with those fundamental principles out of the way, let’s get right into the nitty-gritty details of my One Day Diet meal plan—and don’t worry about taking notes, in just a minute I’ll share the secret location where you can get the full and expanded version of the One Day Diet, also for free.

So, let's begin....
MEAL ONE: First, I start the day by SKIPPING BREAKFAST. Again, although it flies smack dab in the face of traditional diet advice, new science is showing that skipping breakfast and increasing the amount of time you fast overnight can really “flip on” your fat-burning and anti-aging hormones, while flipping OFF your fat-storing hormones. This step is part of the Intermittent Fasting secret I spoke about earlier, but be careful: this only works IF you also do a few other tricks I’ll reveal soon.

With that in mind, your first 60-second fat-burning meal will be at 12 noon, and again it will consist of a GREAT TASTING, all-natural, fat-burning homemade “milkshake” (and boy oh boy, do I LOVE milkshakes!).

I change up the recipe for this “fat-burning super shake” almost daily, so if you don’t like the flavor used, there are plenty of other choices. Here’s what I enjoyed today and it took me just a minute to prepare:

**Dark Chocolate-Covered Raspberry**

*Ingredients:*

- 2 scoops of all-natural BioTrust Low Carb Milk Chocolate Protein
- 1 cup unsweetened chocolate almond milk
- 3/4 cup frozen raspberries
- 1 tbsp unsweetened cocoa
- 5 ice cubes

*Notes: Put all ingredients in a blender and enjoy!
MEAL TWO: Three hours later, at around 3 p.m., you will have your second 60-second, all-natural, “Fat-Burning Super Shake” meal. Here’s the other no-hassle, super easy recipe I used today:

**Strawberry Cheesecake Milkshake (delicious!)**

*Ingredients:*

- 2 scoops of **all-natural** BioTrust Low Carb Vanilla Protein
- 1 cup unsweetened vanilla almond milk
- 1/2 cup nonfat Greek yogurt
- 1 cup frozen strawberries
- 1/2 tsp cinnamon
- 5 ice cubes

Notes: Put all ingredients in a blender and enjoy!

Just a note, if I’m pressed for time, I simply enjoy a BioTrust protein shake anywhere… at any time… without the extra ingredients. It is hands-down, bar-none the best nutrition shake I’ve ever tasted all by itself!
MEAL THREE: Three hours later, around 6 p.m., I have a healthy dinner which consists of:

1. A portion of a lean protein source (like chicken, grass-fed beef, wild salmon, or turkey) equal to the size of my palm and the thickness of a deck of playing cards

2. A half-cup of a nutrient-packed complex carbs like half of a sweet potato, quinoa, barley, or beans

3. As many fibrous veggies as you want, like asparagus, broccoli, cauliflower, peas, or a big dinner salad. (Use a bit of olive oil and seasonings to flavor.) Eat your heart out!

Stick to those 3 simple rules and you can even easily order this type of meal while dining out...there are no social restrictions on this meal plan!

I also drink at least 8 large glasses of water per day (important)... and I enjoy a cup of green tea or organic coffee most mornings.

Then, one day a week (typically Saturday), I go “off” the One Day Diet plan and eat regular meals and splurge with my favorite foods. I follow the One Day Diet for 30 days, then take a full week off and repeat.

To keep things interesting, I constantly switch up my BioTrust fat-burning milkshake recipes, and as mentioned, in just a minute I’m going to give you the opportunity to get the same recipe book I use called “53 Fat Burning Smoothies & Milkshakes”... for FREE!
Is the One Day Diet really that simple and easy? YEP!

And does it really work to fight flab fast? DOUBLE YEP!!

How fast? Well, besides your nightly meal, this diet only takes a measly 60 seconds, twice a day to perform—that's just 2 minutes of your time—and unlike other diet plans, as part of this One Day Diet, you are FORBIDDEN to starve yourself or do endless exercise...

Sound crazy, I know, but the science of Intermittent Fasting makes it all possible.

So to recap, you simply enjoy two GREAT TASTING, all-natural, flab-fighting super shakes a day... and then you eat a nutrient-packed, balanced dinner. Again, simple, effective, and fast.

But the key is to stop eating after your third meal and not eat again until your first meal the next day in order to send your fat-burning and anti-aging hormones into overdrive while turning OFF your fat-storing hormones.

In the end, you burn more fat and shed MORE pounds while doing more important things than slaving over a stove or being consumed with the inconvenient task of trying to find something healthy to eat every 2 hours. (Not the life I want to live—sorry!)

What's more, this sneaky eating trick will also help to naturally shrink your stomach so you'll feel more satisfied without being tempted to overeat...a much easier, natural alternative to controlling your appetite than those expensive and painful “stomach stapling” procedures...ouch!

Now, I'm sure you have questions about this fast-acting One Day Diet. But before we get to them, let me answer the #1 most frequently asked question I get. Folks want to know: “Is it important to use all-natural BioTrust Low Carb protein for my Fat-Burning Super Shakes?”

And as my moral duty as a healthcare provider, my answer is always a resounding, definite “YES!” Here’s why...

First of all, most protein powders on the market advertised as “healthy” are in fact
stuffed with “fattening” and toxic chemicals that can actually damage your health while increasing your waistline.

Believe me, it’s almost impossible to find a protein powder that does NOT have one or more of the following problems:

- Protein products loaded with artificial sweeteners, flavors, and colors (that can actually increase body fat and derail your health)
- Proteins sourced from cows treated with potentially dangerous growth hormones like rBGH and rBST
- Other products too high in sugar and/or processed carbohydrates like maltodextrin that CAUSE fat accumulations
- The use of cheap soy protein (Thyroid problems, low testosterone levels for men, and an increased risk of breast cancer for women just aren’t worth it)
- The use of cheap, worthless, and denatured proteins resulting from high-heat processing
- Bloating, gas, and other G.I. issues
- Awful taste
- And more…

So, instead of settling, my partner and fellow nutritionist Joel Marion and I had our own elite protein powder developed by one of the top nutritional supplement formulators and Registered Dieticians in the world, Brett Hall.

Now, if you were to look over Brett’s resume, you’d have to set aside hours of your time to go through the countless number of A-list celebrities and professional athletes he’s worked with, but even more important than that is the work Brett has done over the last 2 decades developing extremely high-quality, health-promoting, results-producing nutrition products for everyday folks like you and I.

If anyone could fulfill the tall order of creating a protein product that had everything we wanted (while getting rid of all the garbage in other products that we DIDN’T want), all while achieving our #1 non-negotiable “must” in that it MUST taste amazing, we knew it was Brett.

The end result? BioTrust Low Carb—a true, honest, and delicious premium blend of exotic proteins that solves ALL of the previously mentioned problems, and then some.
For starters, it’s the best-tasting protein on the planet, period. If you’re going to be drinking milkshakes daily, you want to make sure you’re using a brand that you truly enjoy and look forward to. This stuff is like dessert... literally.

Beyond that, it’s gluten-free and 100% All Natural. That means it contains no artificial additives, colors, flavors, preservatives, or sweeteners... at all. Instead, it’s naturally sweetened with all-natural stevia extract and a naturally sweet form of fiber called inulin that adds a sizable 4 grams of fiber per 25 grams of protein.

Next, BioTrust Low Carb is Certified Hormone-Free, sourced from cows not treated with dangerous growth hormones like rBGH and rBST (not the case for 99% of all other protein products).

On top of that, it’s a true time-released blend of 4 different fast- and slow-acting proteins that provide your body with quality nutrition for up to 8 hours, without the insulin-spike associated with whey-protein-only products.

And by the way, don’t waste your time and hard-earned money on other “time-released” protein blends unless they specifically list the exact amounts of each protein on the label, like we do with BioTrust Low Carb. Why is this SO important? You see, one of the most common “dirty tricks” that deceitful protein manufacturers play on hard-working consumers like you is to load their product with cheap protein and then only include the high-quality “time-released” proteins in microscopic amounts.

Not us. Instead, we transparently SHOW you on the label that our time-released protein blend is a true, equal-parts blend of four of the highest quality fast- and slow-acting milk proteins, including exotic Micellar Casein, the Rolls Royce of ANY protein available.

Sure, it costs us a LOT more to produce BioTrust Low Carb than these other low-quality, imposter products (including many of the popular brands that you see online and at your local vitamin store), but we’d rather deliver to you a true, honest protein blend that WORKS than to deceptively pad our profit margins at the expense of loyal customers like you.
Lastly, and perhaps one of the coolest aspects of BioTrust Low Carb, is its use of a new breakthrough enzyme blend called ProHydrolase that has been shown to more than DOUBLE protein absorption over other products.

That means you can use half as much as regular protein supplements while getting even greater results...

Beyond that, Prohydrolase completely eliminates the bloating and gas that many complain of with whey protein supplements. Instead, BioTrust Low Carb is about as easy on your GI tract as a glass of water!

And lastly, I’d be remiss if I didn’t mention once again that it tastes absolutely amazing. In fact, BioTrust Low Carb has been rated as the **#1 protein for taste and quality** by Fitness Professionals World-Wide, and we literally have thousands of rave reviews from customers just like you!

And finally, unlike other potentially “contaminated” protein powders, BioTrust Low-Carb is manufactured in an FDA-registered facility for optimum purity and potency. The facility is also certified by the National Nutritional Food Association’s (NNFA) Good Manufacturing Practices (GMP) to ensure its quality. We also use an independent, FDA-approved laboratory to make sure that each container of BioTrust Low-Carb contains **exactly** what is stated on the label and that it’s free from harmful byproducts and contaminants.

All of these practices are **extremely rare** in the supplement industry—in fact, they are almost nonexistent—as they all substantially drive up costs and decrease margin, but once again, at BioTrust we feel that furnishing you with an **honest, pure, and potent** product that **works** and meets label claims is by far the most important part of helping you get the results you deserve.

At this point in the report, most viewers are super excited to discover how they can get their hands on the premium and delicious BioTrust Low Carb Protein Shakes to get started on The One Day Diet immediately… but many are worried that a premium product this good is going to be extremely expensive. After all, you almost always get what you pay for in life.
Well, you will be thrilled to discover that BioTrust Low Carb is very affordable. In fact, our best price on Bio Trust Low Carb is less than $3 per serving. Hard to believe, isn’t it? After all, you can’t even buy a fattening dollar menu meal consisting of unappetizing mystery meat, soggy fries, and a flat soda for that low, low price.

Now let me ask you: would you be willing to invest a couple bucks for a simple, effective, and fast fat-burning “super shake” meal to help you rid yourself of all your unwanted belly fat? I bet you would. It’s such a small price to invest in feeling younger, healthier, and lighter—pocket change a day, really.

Beyond that, I will guarantee you this: if you follow the One Day Diet, and replace high-cost groceries and dining out with 2 delicious, fat-burning BioTrust milkshakes each day, you will undoubtedly, positively, absolutely SAVE a massive amount of money by cutting down on your weekly food expenses.

So in the end, investing in BioTrust Low Carb and following the One Day Diet costs you NOTHING...in fact, it SAVES you money every single day you follow it...not to mention the priceless health and waist-slimming benefits you’ll experience.

And as if that weren’t enough, you’re also going to get a TON of free bonus gifts with your BioTrust Low Carb order today to make getting started on the **ONE Day Diet** even easier. Check this out:

1. We’re going to GIVE you a free downloadable copy of 53 Fat Burning Smoothies & Milkshakes with your order, so you have a near-endless variety of milkshakes to enjoy on the ONE Day Diet plan.

2. While our limited supplies last, we’re also going to include a BioTrust Blender Bottle with any and every BioTrust Low Carb order. With its patented wire whisk ball, you can mix and enjoy an extra-smooth and delicious shake anywhere, anytime. This will really make it extra convenient for you while following the One Day Diet plan, but don’t delay, these will go fast as we only have a limited amount on hand. And finally...

3. I’m also going to GIVE you a FREE downloadable copy of the full and expanded version of the ONE DAY DIET program. You’ve got the basics already if you own the Cliffs Notes version of the One Day Diet, or by simply reading this report to this point,
but this expanded version goes a step further by answering all of your questions in detail so you’re guaranteed to get the best results possible.

These three bonus gifts are valued at over $100… but they’re yours FREE when you order now.

And the best news is, the more containers of BioTrust Low Carb you buy, the more you save. Just check out our special MONEY-SAVING PACKAGES available at the link below.

»» BioTrust Low Carb + ALL Bonuses (Click Here for Special Discounted Packages and FAQs)

If you have more than 20 lbs to lose, I suggest investing in at least three containers of BioTrust Low-Carb so you don’t run out and have to pay more along the path to your ideal body and weight.

What’s more, Joel and I insist on protecting you and your investment in BioTrust Low Carb with an industry-leading, 1-YEAR 100% satisfaction-guarantee...

It works like this: if you don’t lose your unwanted belly fat fast using our premium product combined with the One Day Diet… and if you don’t agree that it’s the BEST TASTING protein powder on the planet… at any point over the next 365 days, for any reason whatsoever (or no reason at all), you can get a prompt, courteous, unconditional refund of even empty containers by contacting our customer support at 1-800-766-5086, or by e-mailing Support@BioTrust.com, or by using the quick contact form on our website. And if you didn’t jot that down, don’t worry; our contact information will be on your receipt and we’re very easy to get a hold of.
With all of that in mind, you’re now standing at a fork in the road, staring down two distinct possible paths to choose from. The first path is the same one you’ve always followed in the past. It’s full of complicated and time-consuming diet and exercise programs that leave you feeling hopeless and rejected as more and more fat overtakes your body. Eventually you’re forced to give up on your efforts, and in turn give up on your hopes and dreams.

However, I think you will agree that the other path—the one which I’ve outlined in this report today—is a simple, effective, and fast solution that will really work for you and your busy lifestyle. I guarantee that following it will leave you feeling accomplished, inspired, and looking (and feeling) like a million bucks!

You see, this path is the path I chose for myself and have easily maintained for years now, and I’m extremely confident that you will love using BioTrust Low Carb and the ultra-simple ONE Day Diet every day just like I do…

To avoid disappointment, now is the one perfect time to CLICK THE “ADD TO CART” BUTTON at the link below, next to the money-saving package you most desire, before today’s special discounts end.

»» BioTrust Low Carb + ALL Bonuses (Click Here for Special Discounted Packages and FAQs)

What’s more, the special bonus gifts that come with your order can’t be guaranteed past today, so waiting until even tomorrow could result in missing out.

I speak for Joel and myself when I say that we couldn’t be more excited to work with you and help you completely change your body and your life. You see, at BioTrust Nutrition, that’s our sole purpose and only goal: you, and your results.

So make it a great day. Select your money-saving package at the link below and then click the “Add to Cart” button to secure your discounted purchase of BioTrust Low Carb today.

»» BioTrust Low Carb + ALL Bonuses (Click Here for Special Discounted Packages and FAQs)
WHAT REAL BIOTRUST LOW CARB USERS ARE SAYING...

And in case you think we’re biased in saying BT Low Carb is the absolute best tasting, highest quality protein powder on the market (nothing else even compares)—we wanted you to hear it straight from the horse’s mouth: REAL BioTrust Low Carb customers!

“LOVE LOVE LOVE BioTrust. I honestly wasn’t expecting that much – so many protein powders out there claim great taste but you might as well mix the shipping box with water. BioTrust really does taste awesome! So much so that my 3 year old son is helping me use it up – he loves his new “chocolate milk” made with chocolate BioTrust!”

— Michelle Vanderwel

“So to be honest I was skeptical as no matter what you put in them, protein shakes are relative chalk…but I was so pleasantly surprised with this product! In fact, the entire house now drinks it!”

— Stacy James

“I went out on a limb and ordered 3 containers of the BioTrust Low Carb, knowing full well I’ve had bad experiences with other similar products. I’ve always gotten nothing more than stomach bloating and gas when trying proteins before, so when I began using BioTrust, I was skeptical to say the least. Well, I tried the vanilla first and it was the best tasting protein I’ve ever tried, bar none. Ok, so the taste was great, but how is this product going to work for me? Well, I used it twice a day for a little over a week, along with a sensible, clean diet and I lost 6 pounds! Even my kids like it! Fantastic product!”

— Jeanie

“BioTRUST Low Carb is a SUPER FOOD!! I can’t say enough great things about this product – I alternate the vanilla and the chocolate each morning - it’s the BEST possible start to a day! I feel so much better and am never hungry before lunch. Another huge plus is I have converted my husband and he feels exactly the same. Joel and Josh, you guys rock! :-)”

— Susan
“This is by far the best protein powder I have ever used. The ingredients are of the highest quality and the taste is fantastic. I drink mine first thing in the morning and I’m ready for whatever the day throws at me. Hard to believe this great chocolate treat is so good for me!”

— Rita

“BioTrust Low Carb is hands-down the best protein powder I have tried – to be honest, I could order a Vanilla shake at a restaurant, be served a BioTrust protein shake and actually enjoy it extensively without being wiser to the fact that its actually insanely good for me. That is how I feel when it comes to the taste – awesome, awesome, awesome!”

— Ankit

“We are all really enjoying the taste of BioTrust! Other powders have a really chalky taste & this does not at all. My 18 yr old uses it everyday & I make breakfast smoothies for the younger ones. It feels good knowing they’re off to school with some great ‘ammo’ in their stomach!”

— Mary

“I’ve been drinking protein shakes daily for years. I reluctantly tried BioTrust (wasn’t sure about the hype)...well, not only did I love the taste, but I loved the way it made me feel. Even compared to some of the best out there this product was different. No more trying other products for me...I’ve now found the BEST. And I will be telling all my friends about Bio Trust!”

— Kim V

“GREAT JOB!!!!! I will never buy another protein product from anywhere else. It has been so good that it makes me want to try out all your other products as well since the quality seems to TOP SHELF!!! Thanks again!”

— Neal

“I have never used a protein powder before so I was a little skeptical, but I love the vanilla flavor. I’ve used it in smoothies, even in pancakes, and as part of my mini meals. I have already lost 10 lbs since I received Bio Trust Low Carb! And
as someone who has been trying to lose weight since forever, I am so pleased. Thank you!!!” — Darlene Gutierrez

“BioTrust Low Carb ties together the 2 most important things I look for in a product like this….1) GREAT taste – it is the most delicious, chocalately flavor! and 2) the best ingredients – they make a huge difference! Thank you!” — Amy

“I love Bio Trust Low Carb and so does my body! I love the taste and how it takes away my cravings for sweets while enjoying my protein! I have been using it for a couple months now and I love how the boys at the gym wish they had my arms lol; I am sure it’s the extra protein!!! Keep up the good work and keep the recipes coming! Thanks again!” — Lisa

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“I have always had to force myself to drink other brands and just tell myself to deal with the taste and side effects (i.e. bloating). But now there is BioTrust! Great taste, smooth, and no side effects. It stays with me and keeps me going. I recommend this to everyone even strangers at the airport when I see them mixing their product. It gives my body what it needs, in a formulation that works with my body. I couldn’t ask for more (except even more flavors!), thanks to you, your research, and your tea” — Rhonda

“LOVE THIS STUFF!!! First the vanilla goes with just about anything you can dream up; pancakes, smoothies, or even pumpkin pie…. still working on a cookie recipe. :) The chocolate is good in many things too… my favorite at the moment is hot chocolate with cinnamon. But not only does this wonder protein powder work with everything I love to eat, it works extremely well with my body. No bloating, or digestion problems.

I want to thank you Joel & Josh for creating something that not only my body loves just as much as my taste buds! BioTrust Low Carb is the only protein powder I will use.” — Bri G.
“I have tried pretty much every protein powder around…Bio Trust Low Carb is by far the best!!! It has no residual GI effects, has taken me to the next level as far as belly fat loss and keeps me full for hours. Thank you!” — Giselle Barrass

“For the limited time I have been using it I must say how much I love it. I can't believe how FABULOUS it tastes, especially when you just mix it with water. I have tried many other brands and literally have had to choke some of them down, but yours goes down like dessert! Also, it's so nice that it mixes immediately with the liquid you add. Even without using the great whisk shaker you sent me with my product for free :).Keep up the great work!” — Sandy

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“After a few short weeks using BioTrust Low Carb I have come to realize the hype. The taste is great and with my workouts it is exactly what I was looking for. I may have to keep a stock so I don’t miss a workout without BioTrust Low Carb!” — Phillip Sprague

“I absolutely love this stuff! It actually tastes good! And given that it is so healthy, good tasting is a huge welcome. I use it a lot at night, before bed. i go to sleep without feeling hungry and dont wake up with a grumbling tummy. I am very happy that they even thought to use non-hormone products. Biotrust protein has been the best nutritional product I have ever bought! Thanks guys for all the hard work you put in to make this and all the Biotrust products!!!” — Leslie

“This product blows my mind. I got it for my son recently, and he loves it. It’s amazing to see an honest company creating all natural products that work. The taste, I have to say, is amazing, and there is no comparison whatsoever to other products. This product is superior to all others in taste, quality, and affordability. The best part of all this is the fact that consumers know it’s real. BioTrust is the best supplement choice I’ve ever made in my life and I will definitely be back for more!” — Deborah

“Bio Trust low carb protein powder is the best protein powder I have ever tried!!!!! I've been trying protein powders for years, but always found at least something
negative about them. It was either the taste, the ingredients or the texture. With Bio Trust I have found by far the best tasting protein powder!! Both the vanilla and chocolate flavors taste like milkshakes, they dissolve easily and are very creamy even when mixed with only water. I can’t say enough about the quality of the ingredients which are 100% natural just the way I like it. I was kind of skeptical buying this protein because of all the negative experiences I’ve had especially taste and texture wise, but my search for a high quality ingredient and tasting protein powder ended the day I tasted Bio Trust Low Carb protein. I simply love it, it’s perfect!”

— Marie Negron

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“OMG! BioTrust protein powder is amazing! It’s the best protein powder I have ever bought. The vanilla flavor is so creamy and the chocolate flavor is just like eating milk chocolate. Which so helps with those chocolate cravings. Thank you so much Joel and Josh for being my saviors!”

— Carole Little

“The search is finally over! I’ve been searching for months and months to find the right protein powder. BioTrust Low Carb doesn’t let me worry about anything with my protein powder. It’s all natural and tastes better than any other I’ve tried. It also leaves me feeling better after my workouts so I can move on without being sore the next day.”

— Brian Hanson

“I am An American living in Thailand. I get your products here and they have made all the difference in the world. I feel renewed strength, vigor and energy. This product is so satisfying on so many levels and it tastes better than any other protein powder I’ve ever tasted before. And that’s coming from someone who used to work in a health food store back is CA. There is nothing to compare with BioTrust Low Carb and it’s the only protein powder I will ever use from now on. Thank you!”

— Agust Karlsson

“My search for a fabulous natural meal replacement that tastes great and has no artificial sweeteners or other nasties is finally OVER thanks to BioTrust. I ordered it from Australia and will keep on doing so, nothing else like it here. Thanks guys for a wonderful product. I love both flavors!”

— Val
And the feedback truly goes on and on. In fact, there are over 400 posts just like this over at our blog from ecstatic BioTrust Low Carb users.

Try it for yourself today, while getting ALL 3 bonuses...believe me you won’t be disappointed.

And if for any reason you don’t agree with ALL of these people, no worries, you have a full YEAR to get a refund if for any reason you’re not satisfied. That’s just our commitment to your, and the quality of the products we produce.

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Joel & Josh

Josh & Joel

Co-Founders, BioTrust Nutrition