



## Module 10: Everything You Need To Know About Fats!

No matter how far you go down the clean eating path there is always a little fear around fats. Is it *really* okay to eat a lot of fat each day?

And how much is a lot anyway? How much, on the other hand, is *enough*? You know that you need to eat fat to lose fat, but do you know which ones are best? And whether to eat them every meal? Whether you need to *add* fat once you've cooked in it already?

Hmmm. Lucky I have this module for you hey ☺

**MODULE 10 GOALS AND OUTCOMES:** Eliminating fats from your diet completely would result in death. So obviously we need them, but which ones are best? And how much should you really have in order to strike the balance between eating fat to lose fat and eating fat 'cause you just can't stop? Learn all this and more in module 10.

**SUGGESTED MODULE 10 EXERCISE:** Vary your fat intake and track your appetite, cravings, and measurements. We will do this in Week 2 of this module.

**MODULE 10 SUPPLEMENT:** [CLA](#)

**MODULE 10 BONUS:** A PDF listing my top 5 fat burning fats, and why they are my top 5!

**WHAT ELSE?** [Go to the forum \(Transformation Tools\)](#) and click on the Module 10 thread. Answer the discussion question I've left there for you, or just share any thoughts you have!



## **A LITTLE MORE ABOUT MODULE 10**

In this three-week module I'll be teaching you:

- An overview of fats
- Which fats are best and how to choose the right quality
- How much fat to have
- How to vary your fat intake and track your appetite, cravings, and measurements
- Some great supplements to enhance fat intake
- The truth about mixing fats and sugars
- Understanding fat digestion
- AND MUCH MORE!

This module will allay any fears and questions you may still have around fats and how to properly include them in your diet.

*Life is Now. Press Play.*

Kat

**PS: Don't forget to add your thoughts on the forum! [Go to 'Transformation Tools' and click on the Module 10 thread.](#)** You can answer the discussion question I've left there for you, ask questions, or leave some feedback.