



Body Fuel: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition (Paperback)

By Mark Lauren, PH D Maggie Greenwood-Robinson

Ballantine Books, 2016. Paperback. Condition: New. Language: English . Brand New Book. A no-frills, fail-safe, easy-to-follow calorie-cycling eating plan designed to jumpstart your metabolism, stimulate weight loss, define your body, and keep you fit for life--from the bestselling author of You Are Your Own Gym FUEL UP, BURN FAT International fitness phenomenon and U.S. Special Operations Forces trainer Mark Lauren has worked with everyone from soldiers to civilians who want to get into top shape fast--without pricey equipment or gym memberships. Now he turns that same disciplined focus and straightforward advice to using the right foods to fuel your body. In Body Fuel, Lauren reveals for the first time his cutting-edge concept of calorie cycling, the secret weight-loss weapon that employs a simple week-by-week schedule of calorie and carbohydrate increases and decreases to trick the metabolism and keep the body in fat-burning mode. Lauren provides a helpful meal guide and more than fifty delicious breakfast, lunch, dinner, and snack recipes, formulated around the Magnificent 7 --meats, fish, vegetables, fruit, grains, nuts, and seeds. Complementing this new eating plan is a series of ten-minute workouts that use your own body for resistance. Drawing on the latest nutritional research and including photos...



READ ONLINE
[6.95 MB]

Reviews

The book is simple in read through safer to understand. I could comprehended everything out of this published e pdf. I discovered this book from my i and dad advised this pdf to learn.

-- **Maud Kulas I**

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

-- **Alphonso Beahan**