

12 Week Guide to becoming Lean - The Diet

Researched and Composed by Jacob Wilson, BSc, (Hons), MSc, CSCS.

Introduction

Bodybuilders are a strange breed. Most of the time we work on packing on as much mass and weight as possible. However, every once in a while, we get the strange urge to shed the water and fat we put on while bulking and get a clean look at the muscle that lies beneath it. Whether your goal is to prepare for a contest, or even for the beach, my 12 week dieting guide is sure to do the trick!

Diet

You must first understand that you will not lose weight--and probably not an appreciable amount of fat--unless you burn more calories than you consume. However, too many people get hasty and end up reducing their calories way too much, which will completely backfire and ultimately make you fatter!

You see, extremely low calorie diets end up burning almost as much muscle as they do fat. When your muscle mass drops, your metabolic rate slows with it! Secondly your thyroid gland--which is responsible for how quickly our bodies process food--will basically shut down on you, which will completely cancel out the effects of your low calorie diet. Therefore, you stop burning fat. Then when you raise your calories back up to even your old maintenance, you start gaining a ton of fat. This explains why the traditional diet does not work. I've seen people who starve themselves end up gaining weight on anything over 1,000 calories a day because their metabolic rates had slowed so drastically! What a nightmare! Don't go down this path!

The ideal way to shed fat without causing your metabolism to completely nose dive is to make very slight reductions in your daily caloric intake. What we will do, is cut back on your calories by 250 percent. So if you maintain your current weight at 3,000 calories a day, we will reduce your calories to 2,750 calories. This will help your body to select body fat as fuel without tapping into our muscle mass. Remember, the more muscle you have, the higher your metabolic rate you will be.

Protein Intake

Protein is a bodybuilders number one ally when bulking and the same holds true when dieting! You see, if we do not get enough protein, then our bodies will steal it from our muscles. A reduction of lean mass means a drop in our metabolic rate. In order to prevent this, we need to consume at least a gram of protein per pound of bodyweight during this program. So a 200 pound man would need 200 grams of protein a day and a 130 pound woman would need 130 grams of protein a day. Just

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reduce weight that's simple, convenient and long lasting. The LEAN and GREEN Diet Cookbook is your key to living your healthiest lifestyle yet while losing weight and reaching your goals. Your health and body transformation begin in the kitchen. By following this cookbook, you will have access to more than 500 recipes for lean and green meals, allowing you to follow your beloved high protein diet while experimenting with new dishes every time. If you answered yes, keep reading because this is the book for you. Lean Green diet is a weight loss or maintenance regimen that incorporates lean and green foods. The overall calorie intake of adults is lowered to 800-1000 Kilocalories per day with this diet, resulting in a weight loss of 12 pounds on average for 12 weeks. In this cookbook, you'll find a step-by-step guide to preparing recipes on your own, adapting your favorite dishes to adhere to all the requirements of the diet. This is the ultimate guide to Lean and Green cooking with over 550 pages and recipes that will inspire you. Let's take a closer look at what's inside the cookbook. What the Lean and Green Diet is and how it works so you can learn everything you need to know about this incredible way of eating and how it can make you feel healthier than ever. Over 500 possible variations of lean and green meals that are healthier and easier to prepare, including delicious smoothies, breakfast, lunch, appetizers, and dinners. Start eating in a way that eliminates late night binges, keeping you satisfied and full and never bloated. Lose weight quickly and safely when you make the recipes included and follow the meal plan. Enjoy the health benefits of eating healthy meals carefully chosen to fit into your high protein nutrition plan so you can enjoy delicious home-cooked meals without breaking the rules. And much, much more. Are you ready to begin your health and body transformation to live a happier and healthier lifestyle? You'll discover the many benefits of the diet and understand why it's so popular. A really helpful 21-day meal plan to be more effective in planning what to eat each day and avoid last minute shopping. Starting with breakfast and ending with dinner, you'll have the opportunity to cook and taste the best lean and green meals, all of which are easy to prepare and inexpensive, including vegan, vegan-friendly dishes and healthy drinks. In addition to weight loss, what sets this diet apart from others is that it teaches you how to develop the skills you'll need for a healthy and happy life by helping your body and mind cooperate. With this cookbook, you'll be able to cut costs while promoting healthy weight reduction with delicious, simple lean and green meals. So what exactly are you waiting for? The book contains all the information you'll need to get the results you've been looking for. Now it's Time to Get Your Book and Start Living a Happy Life.

12 Week Guide To Becoming Lean The Diet 3600 Calories Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**12 Week Guide To Becoming Lean The Diet 3600 Calories**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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