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by **ANGELA MADER**

# 3 Day Kickstart For The Healthy Goal Getter

**Chris Lutz**



### **3 Day Kickstart For The Healthy Goal Getter:**

*The 17 Day Kickstart Diet* Mike Moreno, 2022-12-27 The author of *The 17 Day Diet* returns with a three step weight loss program that promotes plant based eating and other accessible strategies that will effectively reset your bad habits and help you learn how to automatically make healthy decisions for life [Summary of Dr. Mike Moreno's The 17 Day Kickstart Diet](#) Everest Media, 2022-05-15T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The first principle of the Kickstart Method is to eat more of what you know is good for you and less of what you know is bad for you This gives you room to be human and makes you more likely to succeed It removes guilt from the equation and inspires you to keep going 2 The goal of this diet is to fuel your body with healthy plant based foods and reduce processed food By processed I mean that it s manufactured in some way If it s sold in a bag box or can it s likely been processed to some degree 3 The most important aspect of weight loss is diet but exercise is also important It helps maintain circulation which helps the body fight off pathogens 4 We must respect stress as a serious issue It can hinder our ability to lose weight because our body is living in a constant heightened state and it s like we ve clicked into survival mode What does the body do when it s trying to survive Store fat *30 Kick Start Meal Plan* Chris Lutz, 2014-10-20 30 Day Kick Start Meal Plan Do you want to lose a significant amount of fat this month while building muscle Do you want to know exactly what to eat to do that How about raise your metabolism That s exactly what you ll get in our 30 Day Kick Start Meal Plan for Men We ll teach you to figure out exactly where you are now with your BMI body mass index Your body fat% Your body composition fat to muscle ratio Your calorie needs Optimal body fat ranges And your metabolism We then supply you with a complete 4 full weeks of easy to follow tasteful and manly meal plans that are created by registered dietitians You can easily substitute foods in case you don t like one in the plan You ll also be getting access to Food substitution lists Delicious high protein recipes Tips on how to maintain your results 4 Weeks of Metabolic Resistance Training Routines Women s 30 Day Metabolic Resistance Training Routines Week 1 Full Body Intensity Metabolic Routine Week 2 Intensity Sexy Leg and Thigh Routine Week 3 Intensity Abdominal and Slim Mid section Routine Week 4 Intensity Hip and Butt Routine Men s 30 Day Metabolic Resistance Training Routines Week 1 Full Body Metabolic Resistance Training Routine Week 2 Intensity Arm Routine Week 3 Intensity Trap and Shoulder Routine Week 4 Intensity Big Chest Routine All workouts can be performed on conventional gym equipment or a well equipped home gym If you find there are exercises you don t have access to use our easy exercise substitution lists and choose a comparable option Who says you need a high priced trainer who doesn t know what they re doing anyway You don t What you need is good information and direction The best part about having a trainer is the accountability Well we ve got that covered too You ll be on a weekly schedule and keeping track of each exercise in your workout routines so that you can make progress at EVERY workout This is some of my most thorough and comprehensive diet and exercise information to date This has been an extremely successful plan for many of our clients Pick up a copy today

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




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