



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

By Mark Lauren

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Body Fuel: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition, Mark Lauren, Fitness phenomenon Mark Lauren has shown thousands of people around the world how to get in shape fast through his bestselling book, You Are Your Own Gym. Now, for the first time, Lauren reveals his unique eating plan to supercharge your metabolism, build and preserve muscle, burn fat and boost energy. The Body Fuel diet is made up of three, easy-to-follow blocks. You'll learn how to 'cycle calories', and how and when to eat slow-fuel carbs, fast-fuel carbs, proteins and fats to get the most from your workouts and steadily lose weight. Designed to trick the metabolism, keeping the body in fat-burning mode, the programme won't let you fall into common diet ruts that stop you getting the best from your body. The perfect companion to You Are Your Own Gym, Body Fuel includes: fully anglicised text, menus for each of the three eating blocks, 50 deliciously easy recipes, advice on supplements, a meal planner, and the advice you need to customise the plan for your own needs, including a section dedicated to Veganism. With Body Fuel,...



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