



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

Mark Lauren, Maggie Greenwood-Robinson

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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 of exercise routines, *Body Fuel* will change the way you think about food, transforming your life and your body.

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Tyler Cote:

Playing with family within a park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Body Fuel: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition, you may enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't

understand it, oh come on its called reading friends.

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