

How To Get Lean, Ripped, and Strong Quick!

Don't settle for fad diets and scam products. Use these actionable tips and strategies to help quickly and effectively shed stubborn body fat, and build lean muscle.

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Introduction

If you're reading this right now, one thing is for certain and that is that you are serious about getting lean.

Whether you've put in some time in the gym already working towards the goal of building lean muscle mass and are now looking to get cut and shredded, or you're fortunate enough to have always had a relatively muscular frame due to your natural body type or your athletic upbringing, you want to melt fat and finally reach the muscle definition you desire.

The great news is that by learning the correct technique to go about this process, you are positioning yourself one step ahead of the game.

With so many different quick-fix approaches out there in the fat loss world, it's easy to get swept up into an approach that just is not going to work if you hope to see success with your efforts.

Quick fix's, while tempting since they do tend to promise fast results, will only destroy your metabolism so that when you do come off them (and make no mistake about it, you will as they are nearly impossible to stick with), you will end up gaining all the weight you originally lost back – and then some.

You need an approach that is instead going to work with your body so that you can burn fat all day long, boosting your metabolic rate while you preserve your lean muscle mass tissue.

This is going to require a three-pronged approach, taking into account your diet, your workout, as well as the supplements that you are using.

One of the top things that you need to keep in mind as you go about this approach is that getting ripped is a 24/7 effort.

It's not something that you'll do for one hour a day while you're in the gym and that's that. You need to be 'on your game' all day long because everything you do is going to influence the results you get.

Now, this does depend, to some degree, on just how lean you want to get. Those who are really interested in pushing the barrier and reaching pure 'ripped' status, are going to have to push harder and be more precise with their approach.

The leaner you get, the harder your body is going to fight back to have you losing any more body fat as your body really does sense it as a threat to its survival.

If your body could have its way, you'd maintain a nice safety layer of body fat that it could then turn to whenever it needed a fuel source.

Without that layer of body fat, you are at a greater risk of starving to death should a famine occur, so in your body's mind, it's simply best to prevent this.

So just be aware right from the top that the leaner you want to get here, the less room for error there will be.

Fortunately, we will be teaching you some techniques throughout the course of this book on how you can outsmart your body's efforts to keep you fat so that you can burn through that last layer of body fat and reveal the chiselled body that you are going for.

We're going to start this guide out with a brief explanation of what it takes to get very lean successfully and from there, we'll move on to talk about the various exercises that need to be in place with your protocol.

It's a must to structure your workout properly so that you don't just end up wasting precious time in the gym.

From that point, we'll provide you with a clear plan of action for your workout sessions so that you can get started immediately.

These workouts will have the objective of challenging the body, boosting the metabolic rate, burning up body fat, as well as making sure that you maintain all your lean muscle mass – which is vitally important if you are going to see success here.

The last thing you want to do is burn off that precious lean muscle tissue that's going to help you look ripped and defined in the first place.

Sadly though, many diet approaches do cause this effect and thus many people wind up spinning their wheels and going nowhere with their approach.

After you've been given the workout program set-up, then we'll move on and cover the nutritional elements that you need to know in order to see best results.

Nutrition is a huge part of the game when it comes to getting lean and can easily account for up to 80% of the results you see.

While exercise is definitely an important component – there's no denying that, nothing is going to overcome a bad diet.

If you aren't eating properly, you can exercise all you want in the gym, but you are still not going to see the results that you're after.

We'll give you the in's and out's of proper eating strategies to get lean and how to keep your metabolism from plummeting like it does on most standard dietary approaches and then once that's sorted, we'll show you a meal plan that you can use to help realize your goals.

It's important you do have a plan in place because those who neglect planning their diet often wind up eating foods they shouldn't and once again, not seeing results.

Plan to succeed and success will be yours. From there, we'll finish up by talking about the key supplements that you can use that will take your fat loss up a notch.

While these aren't absolutely required, they can make the process move along more smoothly and quickly, so many people do choose to use them and will benefit from doing so.

Once we've finished this section, you should be all set to move forward and see the results that you're after.

So if you're ready, let's get started with a brief summary of what it takes to get lean in a hurry.

Chapter 1: The Requirements Of Getting Ripped

Now that you've set the goal to get ripped, you have a mission in mind and hopefully are prepared to attack that mission with everything that you've got.

You're ready to work hard, put forth full effort, and (provided you use the techniques discussed in this program), see the results that you're after.

Understanding the key requirements that must be in place for fat loss to take place is going to be step one to getting on the right track. So what's needed? What must you be doing to get results? Here are a list of things that you need to be getting into place.

A Reduced Calorie Intake

You've likely heard it before and it must be said again, when it comes to weight loss, calories matter most.

It doesn't matter what other gimmicky programs or certain weight loss supplements may tell you, if you want to see fat loss results, you absolutely must be consuming fewer calories than you burn off each day.

This is the basic laws of science as energy cannot be created or destroyed so if you're eating enough energy to fuel all your daily activities and body processes, why would the body start burning up body fat as a fuel source?

Clearly it wouldn't – it's needs are met perfectly fine-as is.

While the foods you eat will determine whether you burn up fat or muscle mass (which we will get into more details on shortly), it's your calorie balance at the end of the day that will establish which direction your body weight moves.

Sufficient Physical Stress

Second, the next element that needs to be in place to help ensure you lose body fat is a sufficient physical stress load.

Basically, if you don't tell your body to keep your muscle tissue – you don't send it any sort of message saying that it must maintain lean mass because it needs it on a day to day basis, your body will be happy to burn through it.

Muscle mass is highly metabolically active and if your body is sensing a fuel shortage coming in, it only is going to make sense to it to start getting rid of the type of tissue that consumes the most fuel.

If there's no reason to keep your muscle, why preserve it? It won't – it's that simple.

By doing a proper workout program, you will provide that stimulus so that you are more likely to burn up body fat instead.

Rest And Recovery

The third requirement that must be in place for successful fat loss is a good amount of rest and recovery.

Losing body fat is a stressful thing for your body. Make no mistake about this.

You are making it function on less energy than it would like and it's really not going to be so happy about that.

You're going to feel tired – this is normal and natural and while we can do things to minimize that fatigue, we can't completely eliminate it.

Furthermore, you won't have the recovery capacity you normally would when you are eating more calories for energy and as such, your overall workout volume needs to come down.

One of the biggest mistakes that many people make who have the goal of getting cut in mind is to go on some high volume, high rep workout program.

All this does is increase the chances that they burn up lean muscle mass.

Lower volume, heavy weight lifting is what you want. This will send that message to the body to save muscle and then give you sufficient time to rest up and recover.

The more volume you do, the harder it is to recover from, so always keep this in mind.

If you aren't recovering between your workout sessions, that too can increase your risk of lean muscle mass loss.

Perseverance

Finally, the last element of success is some good old perseverance. Getting really lean isn't easy by any stretch of the imagination so if you expect this to be a walk in the park, you may want to quit while you're ahead.

Get ready to put in some effort.

There will be times when you will, without a doubt, struggle to keep going on. You need to be prepared to push through those times, following the course.

While we've designed this program to produce optimal results so that you should naturally stay more motivated as you see success coming along, I'd be lying to you if I said it was going to be easy.

Any approach – a diet program, a workout program, or a claim by a supplement company that states that you can get ripped without much effort is downright lying to you.

The sooner you can accept this and prepare to put forth some effort, the sooner you can be off to seeing the results that you desire.

So there you have four must-haves for getting lean. If all of these are in place, working together, there will be no reason you can't achieve the body that you have been desired all along.

Let's now move forward and get the discussion about your workout program in place.

Chapter 2: Designing Workouts To Get You Ripped

As we mentioned earlier, while diet is going to account for up to 80% of the results that you see when you are trying to get ripped in a hurry, your workout is also going to be a big part of the game.

By doing an effective workout program, you will maintain a faster metabolic rate, which moves fat loss along more quickly, and more importantly keep your muscle mass as we just mentioned.

When it comes to your workouts, there are two variations of exercise to consider: strength training and cardio training.

Let's look at each individually.

Strength Training

If you had to choose just one form of physical training to do as you strive to reach your fat loss goals, strength training should be it. Strength training is what will provide the greatest metabolic enhancement and is, after all, what is going to best help keep you strong.

In the approach we are using however, we will combine both types of training in one day, which is going to yield the absolute best results possible. We'll start out with your weight lifting workout, which will help burn up all the glucose in your system (since weight lifting can only use glucose as a fuel source), and then once that weight session is finished, you'll finish off with cardio training.

The great thing is that because your body is now depleted of glucose, when you go to do that cardio training, you will begin burning up body fat immediately.

This makes it far more effective than if you had done a cardio session on its own – on a day entirely other than when you did your weight lifting.

This one-two approach is what makes this fat loss program so much more successful than most others that you see out there.

Now let's go into some further details on the specifics of the approach and the exercises you will use.

Workout Design

The overall workout design of this program is aimed at working both types of muscle fibers – your fast twitch muscle fibers, which are the strongest and largest, along with your endurance muscle fibers, which burn fat as a fuel source and are slightly smaller.

By working both though, you sustain strength levels and increase your ability to burn body fat at rest.

In order to stimulate both of these effectively, you are going to start out by performing one main compound movement, lifting as heavy of weight as possible.

You'll be executing four sets of this exercise to really push it to its limit while also keeping the rest periods slightly longer in order to ensure full recover.

These are your *muscle preserving* sets. Their sole purpose is to keep you strong and to keep your muscles intact. You really want to push yourself with these so you send that necessary stress signal we talked about earlier.

After this exercise is completed, then you are going to perform a second, more isolated exercise for that muscle group, only with this exercise, you are going to take the rep range higher and use a lighter weight.

This exercise is designed to target the endurance muscle fibers, helping you oxidize fat at a much faster rate.

These sets will be performed with a much lower overall rest period, which again, boosts fat burning and enhances the training stimulus placed up on them.

This set-up will then be repeated throughout the workout for all the main muscle groups each session is going to target.

To help assist with good recovery as you go along with the program, we will have you doing a body part split, that is going to divide the body up across four days overall.

Your protocol will look like this:

Monday – Chest And Triceps

Tuesday – Back and Biceps

Wednesday – Off

Thursday – Legs and Calves

Friday – Shoulders and Abs

Saturday – Cardio

Sunday – Off

Remember that as counterintuitive as it may feel to take days off of exercise when your goal is fat loss, it's really a must.

By doing so, you are going to ensure that you are coming back to each workout in a recovered state, maintaining your strength level over time.

Now let's talk about exercise selection.

Exercise Selection

The next element that you need to get in place to see good results is your exercise selection.

Since we are dividing each workout up into the muscle/strength maintenance component along with the endurance component, this is going to mean that you will use different types of exercise for each.

For the muscle strength component, compound movements will be chosen.

These are exercises that are going to work more than one muscle group at a time, therefore will evoke a greater metabolic response and allow you to lift more weight overall.

The main compound movements would include:

- Chest press
- Bent over rows
- Shoulder press
- Squats
- Deadlifts
- Lunges

- Step-ups

These are going to form the foundation of the program and where you really want to be putting in maximum effort.

Then in addition to that, for the second exercise of the protocol, your endurance exercise, you will turn to more isolated movements for these.

These are movements that will work just a single muscle group at once, so for example, a bicep curl, a tricep extension, a chest fly, a leg extension, and so on.

These exercises are going to be designed to bring the muscles to a point of maximum fatigue, before you move on and leave that muscle group.

In addition to that, you should notice that you get a relatively good muscle ‘pump’ from these exercises as well, which is going to be blood moving in to the muscles, expanding and enlarging them, giving you a fuller, more defined look.

So there you have the basic facts to know about your strength training workout session. It’s going to be very critical as well that throughout this workout, you are using proper form at all times.

If you don’t know what proper form is, now would be a good time to consult a trainer to teach you as this will be vital to your success.

If you use poor form on the exercises you do, that will dramatically increase your risk of injury and will make the exercises otherwise a lot less effective than they should be.

Remember that at no point should lifting heavier weight mean sacrificing good form.

It will always be more beneficial to use a lower amount of weight and good form than the other way around.

Now let’s talk about the cardio component.

Cardio Training

Because of the fact that your cardio training is going to be coming after your weight lifting workout session, you want to keep it at a lower intensity overall.

You won’t have enough gas in you to attempt high intensity interval sprints, nor should you try.

Doing so would likely just lead to muscle mass loss because the glucose that you need to complete this form of intense exercise is no longer there.

Instead, you should be using moderate paced, steady state training for 30 minutes total.

Basically, on a scale of 1-10, work at about a 6-7.

You should be feeling like you are working and putting in good effort, but at the same time, it shouldn't feel like you can hardly keep up.

If someone was next to you, you should be able to have a conversation –with just a little bit of struggle.

You can select any mode of cardio training that you prefer, whether it's biking, running, uphill walking, or using the elliptical.

Cycling and uphill walking tend to be best for most people since the body will be in a relatively fatigued state at this point, but if you prefer to run or use the elliptical, so be it – use whatever you feel you will be most likely to do.

The only one day of the week where you can do high intensity training if you prefer would be your Saturday workout.

Since you aren't doing weights beforehand, you can bump up the intensity and perform some interval training, which does tend to have a greater overall metabolic response on the body.

To perform this type of training, you will begin with a five minute warm-up and then alternate between brief periods of very high intensity with brief periods of lower intensity.

You can do this on and off for 5-10 times depending on your fitness level, and then finish with a five minute cool-down.

When selecting your interval ratios, you'll want to go with an interval that is twice to three times as long depending on the total sprint duration.

Use this as your protocol:

15 second sprint – 45 seconds off

20 second sprint – 60 seconds off

30 second sprint – 60 seconds off

45 second sprint – 45 seconds off

60 second sprint – 60 seconds off

The reason that the off period isn't as long in proportion to the sprint interval as you go up in time is because the longer that sprint gets, the lower intensity it is going to have to be done at.

While it will still be 'high intensity' without a doubt, it won't be as high as say a 15 second sprint would be, which will take more total time to recover from.

Here again, you can choose any mode of cardio training to get these done, however I would highly recommend that you consider using running for this. Running tends to be best as you can accelerate the fastest and reach top speeds without having to deal with resistive tension.

It is a more cardio focused workout than anything, and avoiding excess tension will reduce the chances that you overtrain the muscles that we worked during your workout session.

So now that you know the in's and out's of the workout protocol, let's give you your workout game plan.

Chapter 3: Your Get-Ripped Workout Protocol

Below is your workout program to follow.

Please follow the workout as closely as possible, remembering to do a brief warm-up before you begin each lifting session. This should consist of five minutes of light cardio training along with some arm and leg swings or very light stretching to get the blood circulating throughout the body. You should also consider using a [supplement called Nitrocut](#) when following this program.

Monday – Chest And Triceps

Exercise	Sets	Reps	Rest
Bench Press	4	6, 8, 10, 12	2 minutes
Chest Fly's	3	10-12	30 seconds
Incline Bench Press	4	6, 8, 10, 12	2 minutes
Cable Cross-Overs	3	10-12	30 seconds
Close Grip Bench Presses	4	6, 8, 10, 12	2 minutes
Overhead Tricep Extension	3	10-12	30 seconds

+ 30 minutes low intensity cardio training

Tuesday – Back And Biceps

Exercise	Sets	Reps	Rest
Bent Over Barbell Rows	4	6, 8, 10, 12	2 minutes
Horizontal Cable Rows	3	10-12	30 seconds
Lat Pull-Downs	4	6, 8, 10, 12	2 minutes
Single Arm Rows	3	10-12	30 seconds
Barbell Bicep Curl	4	6, 8, 10, 12	2 minutes
Hammer Curl	3	10-12	30 seconds

+ 30 minutes low intensity cardio training

Wednesday – Off/Rest

Thursday – Legs And Calves

Exercise	Sets	Reps	Rest
Squats	4	6, 8, 10, 12	2 minutes
Leg Extension	3	10-12	30 seconds
Deadifts	4	6, 8, 10, 12	2 minutes
Hamstring Curl	3	10-12	30 seconds
Seated Calf Raise	4	6, 8, 10, 12	2 minutes
Standing Calf Raise	3	10-12	30 seconds

+ 30 minutes low intensity cardio training

Friday – Shoulders And Abs

Exercise	Sets	Reps	Rest
Barbell Shoulder Press	4	6, 8, 10, 12	2 minutes
Lateral Raise	3	10-12	30 seconds
Incline Bench Press	4	6, 8, 10, 12	2 minutes
Upright Row	3	10-12	30 seconds
Decline Weighted Twisting Sit-Ups	4	6, 8, 10, 12	2 minutes
Bicycle	3	10-12	30 seconds

+ 30 minutes low intensity cardio training

Saturday – Interval Cardio

5 minute warm-up

30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest
30 seconds hard interval
60 seconds active rest

5 minute cool-down

*Note your work/rest interval can be changed to any format outlined in the section on cardio training.

Sunday – Off/Rest

Now it's time to move forward and talk more about the nutrition element of the equation.

Chapter 4: Nutrition For Optimal Fat Burning

The content you are about to read is easily going to be the most important part of the book, so read very carefully and thoroughly. This information is not to be taken lightly as it will make or break the results you see.

When it comes to nutrition, the very first step – and the most important step – is going to be getting your calories down in proper alignment.

If you recall our earlier discussion on creating the calorie deficit required for fat loss to take place, you will then see why getting your calories down is so integral to results – it's what causes the body to turn to body fat as a primary fuel source.

If you aren't eating the right amount of calories, you can try as hard as you like, but you will not be burning body fat.

However, you need to be choosing to eat the right foods in order to lose fat and that's an important distinction that needs to be made. It's the combination of the proper calorie intake and the right foods that you need that's essential for success.

Choose the wrong foods and you'll be losing more muscle than fat and that's precisely what we don't want here.

Furthermore, realize that a greater calorie deficit is not always better.

Some people will see this information and think, 'if I can cut back on 500 calories per day, cutting back on 1000 must be better!'

This isn't always how it works out. We'll discuss this more in our chapter on fat loss problems, but for now realize that if you take your calorie intake back too far, your body is going to fight further fat loss from happening and basically cling onto your body fat stores for dear life.

You want a good calorie deficit, but a reasonable one.

250-500 calories per day will produce a good rate of fat loss, ½ to 1 pound per week, which is where most people should be.

Those who have a high amount of weight to lose (30+ pounds), may be able to take this up a little higher and use a 750 to 1000 calorie deficit, but tread lightly when doing so.

In the game of fat loss, slow and steady is very much going to win the race nine times out of ten.

So now that you know why figuring out your calories is so important, let's look at how you pinpoint how many calories you should eat.

Your calorie intake target to get six pack abs is made up of three different components:

- Your BMR
- Your TEF
- Your Activity Level

Let's look at each one of these individually.

Your Basal Metabolic Rate

The very first thing that you need to take into account is your basal metabolic rate. This essentially refers to how many calories your body needs to consume each and every day just to stay alive.

If you were to lie in bed each day without moving a muscle, this is the amount of energy it would take to keep your brain functioning, your heart beating, and your lungs taking in the oxygen they need to keep you alive.

Your basal metabolic rate is fairly determined by your body weight and lean muscle mass, however certain factors can influence it such as your overall activity level (more active individuals will tend to have higher metabolic rates), your climate, your stress level, your overall health, and so on.

For the most part though, this component is fairly easy to estimate. While there are a number of fancy calculators out there that you can use to do so, one very simplistic method to approximate your BMR is to multiply your body weight by 10. For most people, unless you have an incredibly large amount of lean muscle mass and a low amount of body fat (but then, you likely have six pack abs already so you wouldn't be reading this!), this value works very well to give a good approximation.

So do this right now – take your current body weight (in pounds) and multiply by 10 to get your BMR.

The Thermic Effect Of Food

Next you need to factor into account the thermic effect of food. This refers to how many calories your body is going to burn simply breaking down the food you eat. Each and every time you eat a meal, your body is going to burn off calories digesting it, so this gets added to your daily calorie burn.

Different foods will require a different amount of energy to break down and digest (protein has the highest thermic effect of food for example), but on average, assuming you're eating a mixed diet, you'll be looking at about 15% being attributed to this thermic effect of food factor (TEF for short).

So take your BMR value now and multiply by 1.15 to get your new calculation. This now includes your BMR and the TEF.

Your Daily Activity Burn

Finally, the last thing that you must take into account is your daily activity burn. This is essentially going to refer to how many calories you burn off on a day to day basis going about your normal lifestyle activities.

For this component, since you are an office worker who is relatively sedentary throughout the day, you'll be using a multiplication factor.

Think about your day to day activities, not including your workout sessions, and find yourself in one of these categories:

- Sedentary: 1.1 (office job)
- Lightly Active: 1.2 (office job but you're on your feet often throughout the day)
- Moderately: 1.3 (on your feet all day – hair dresser, teacher, store salesman)
- Very Active: 1.4 (constant movement – manual labour, construction worker, etc)

Take the number you arrive at above and now multiply this by the factor for your activity level.

So let's say you are 200 pounds.

You would take 150 pounds X 10 to get your BMR, so that's 1500 calories.

Now, you need to factor in TEF, so this would be $1500 \times 1.15 = 1725$ calories.

Finally if you are moderately active, you will take that number and multiply by 1.3. So $1725 \times 1.3 = 2242.5$ calories.

This now gives you your maintenance calorie intake.

Since your goal is to lose weight, you'll need to subtract calories from this so that your body is turning to body fat as a fuel source.

Remember that it takes 3500 calories to burn off one pound of body fat, so you'll want to use a deficit of around 250 (1/2 pound per week) to 1000 (2 pounds per week) as we discussed above.

I recommend that most people use a deficit of 500 calories per day as this tends to be the sweet spot for most people for an ideal rate of weight loss results.

So now that you have the most important element out of the way, let's move onwards and go over what you need to know about the three main macronutrients and how they factor into the equation.

Macronutrients – What You Need To Know

'Macronutrients' refers to the different nutrients that make up all the foods that you eat over the course of the day – the proteins, carbohydrates, and dietary fats.

Each of these nutrients plays a different role in the body, so getting the right mix will be important for not only training purposes, but also for overall health promotion as well.

If you choose not to regulate your macronutrients, you could suffer from a very uneven distribution, which would then lead you to suffer energy lows, muscle mass loss, nutritional deficiencies, and so on.

Especially when undergoing resistance training, you must be sure you get a good division.

Let's look at each macronutrient on its own so that you can form a complete picture.

Protein

Without question, the single most important macronutrient in the human diet is protein. Protein is absolutely essential for life and without it, in a few short days, you would cease to exist.

The primary role of protein is to form the building blocks in which muscle tissue is made up of. Protein rich foods break down into 'amino acids', which are what is used to repair muscle tissue along with all the other cells in the body.

In addition to this, protein is also going to be utilized to help formulate hormones, neurotransmitters, along with other bodily substances that are required to keep you alive and functioning well.

If you aren't getting enough protein, you will stay in a broken down state for a much longer period of time, never recovering fully before your next workout.

Furthermore, if you aren't taking in enough calories either, you will rapidly begin losing lean muscle mass as your body turns to it as a fuel source.

The sad thing is that for most people, this is the nutrient that does most often go overlooked and that they fall short in.

In addition to providing the building blocks for a wide variety of different body tissues, protein is also going to offer a number of other benefits as well. Some of these include:

Blood Glucose Control

The very first key benefit that protein also offers is better blood glucose control in the body. Adding more protein to your diet is going to help you stabilize your blood glucose better as it'll slow down the release of carbohydrates into the blood, so you don't get that rapid glucose spike followed by crash.

Instead, the glucose is released slowly over time, maintaining your energy level for hours to come after a meal. Of course this will also depend on what types of carbohydrates you

eat, but simply adding protein to your meal does tend to provide far better glucose control than if it isn't added.

Hunger Suppression

Next, another key benefit to adding more protein to your diet is that it can help with hunger suppression as well. If you aren't eating enough protein on a day to day basis, chances are you'll be feeling pretty ravenous all day long.

Since carbohydrates do break down so quickly and cause that energy spike followed by crash, you'll be left feeling hungry, weak, and tired after that crash occurs.

The end result is you're driven to consume more simple carbohydrates and the cycle continues on and on. At the end of the day, even despite your higher calorie burn, this could lead to significant weight gain.

Protein rich foods take a long time to break down in the body and digest, therefore adding them to the picture will keep your hunger down and make sure that you can go a few hours at least between snacks and meals.

If you are someone who is concerned with weight loss, this is a very important thing. If you're looking for a supplement to help with hunger suppression, [check out Proactol Plus](#).

Faster Metabolic Rate

Another factor to keep in mind is the fact that protein, as we mentioned earlier, also has the highest thermic effect of food. Simply adding protein to your diet will help to speed up your metabolic rate because for every 100 calories of pure protein you consume, you're going to burn off about 25 of them.

For every 100 calories of pure carbohydrates or fats you consume, you'll burn off 5 and 2 calories respectively.

So the more protein you eat, the higher your metabolic rate is going to be. While you definitely don't want to go overboard with this and try and consume a diet that is almost entirely 100% pure protein as that wouldn't be healthy, or would it supply the energy levels you need, a slightly increased protein intake can be a very good thing.

So how much protein is enough?

The average recommendation for protein for the normal individual not training with workouts is about 1 gram per pound of body weight. As someone who is heavily involved in training however and who is breaking their muscle tissues down on a regular basis, you may want to take this slightly higher, up to around 1.2 grams per pound of body weight each day.

While this may seem high, keep in mind it is only to be that high while you are on the fat loss diet protocol. Once you're finished losing weight, then you can return back to the lower protein intake set-up of one gram per pound.

Protein rich foods should be consumed at each meal and snack that you eat to help with the balancing of the carbohydrates as we discussed earlier.

When it comes to sources of protein in your diet, you want to choose the leanest meat sources available, along with plenty of fish and seafood, low fat dairy products, eggs, as well as whey protein powder.

All of these are going to provide high calorie protein without the addition of saturated fats or other chemicals or additives.

Summarizing your list of top protein rich foods are:

- Chicken breast
- Turkey breast (white meat)
- Lean steak
- Eggs and egg whites
- Venison
- Fish
- Seafood
- Low fat cottage cheese
- Low fat Greek yogurt
- Skim milk
- Whey protein powder

Making sure to take in a wide variety of different sources of protein is going to be ideal as this is what will ensure you get a good blend of amino acids and nutrients in your diet plan.

Carbohydrates

Moving along, next up we come to carbohydrates. In the standard ‘diet world’, there is a high amount of controversy over carbohydrate consumption. People everywhere are jumping onto low carb bandwagons because they believe that this nutrient is most likely to lead to fat gain occurring.

Likewise, they firmly believe that carbohydrates are the primary reasons for so many diseases today and if you want to achieve optimal health, they should be cut.

While this is partly true, the key factor some people miss out on is the fact that it’s the type of carbohydrates that you’re eating more than anything else that’s going to matter. Eat the wrong type of carbs and you will be facing weight problems along with health problems. Eat the right types of carbohydrates and you won’t have to worry.

The body can only utilize carbohydrates as you go about intense training sessions, so to let yourself fall low on the intake scale would be making a significant mistake.

Your job is to make sure that you time your carbohydrates properly and choose ideal sources. Let’s look a bit closer at the various different types of carbohydrates that you’ll come across.

Complex Carbohydrates

The very first type of carbohydrate that you must know is the complex carbohydrate. These are the high energy carbohydrates that are complex in structure, meaning they’re going to take more time to break down and digest in the body compared to other carbohydrate sources.

As such, when you eat these ones you’ll sustain more stable blood glucose levels, meaning you will not experience energy highs and lows that we talked about earlier.

They are higher in calories however due to their complex nature, so you do need to be slightly more careful with the volume that you’re consuming.

When selecting complex carbohydrates, the best options are going to be those that are as least processed as possible. The less processing that occurs with them, the healthier they’re going to be for the body and the slower they will break down overall.

Good examples of complex carbohydrates to focus on include:

- Oatmeal buckwheat
- Brown rice
- Wild rice
- Quinoa
- Barley
- Millet
- Sweet potatoes and yams
- Bran cereals

If you can focus most of your intake, for the most part, around these sources, you're going to be best off.

Now one additional point that needs to be addressed before we leave this section on complex carbohydrates is the 'whole grain' myth. If you're like most people, you likely see the term 'whole grain' and are conditioned to believe that the food will actually be healthy for you.

But is it really?

Don't be fooled. The fact of the matter is that whole grain is often not much healthier than the straight white food variety that you would have otherwise chosen, so you aren't really going to be that much better off going the whole grain route.

The problem is that whole grain foods are still going to have to go through some degree of processing to get to your lunch or dinner plate. With an apple for instance, you can simply pick that off a tree and eat it.

To get some whole grain bread, a number of steps are going to have to be in place for that bread to get to your sandwich.

While the whole grain varieties of products may not be stripped of their fiber and other nutrients during manufacturing, they are still processed and this does mean they are going to break down more quickly, could contain ingredients that aren't all that healthy for the body, and are going to increase blood glucose levels more than foods that do come straight from the ground.

This increased blood glucose level is also going to cause an increase in blood insulin levels and it's chronically elevated blood insulin levels (due a diet that's high in refined carbohydrates), that leads to belly fat storage.

And further, don't neglect the fact that whole grains do still contain gluten and for some people, this is a big problem because of gluten intolerance.

If you are often feeling bloated, suffering from headaches, or having other gastrointestinal issues after eating foods that do contain wheat, you are going to likely be best off cutting out all of these grains from your diet entirely.

Some people don't have the necessary enzymes to break these foods down and as such, they give their body quite a high level of grief.

So don't be so quick to assume because the food is whole grain, it's a healthy option.

In many cases it's really not.

Simple Carbohydrates

The next type of carbohydrate that you'll come across is simple carbohydrates. These are the carbohydrate varieties that you want to avoid as they are the ones that will lead to that dramatic blood glucose spike followed by crash that we mentioned earlier, plus these are the ones that will cause your insulin levels to shoot sky-high and really accelerate the process of stomach fat accumulation.

Make the mistake of eating these and you might find that you feel as though you're on an energy roller coaster throughout the day.

In addition to that, these carbohydrates are virtually devoid of all nutrition, so are simply not ideal for the body in anyway.

Simple carbohydrate calories also add up incredibly quickly – even faster than most complex carbohydrate sources, so it's a must that you avoid them as much as possible.

Examples of simple carbohydrates include:

- Candy
- Cookies
- Crackers
- Baked goods
- Sugary cereals
- Low-fat ice cream
- White bread

- Rice chips
- Cereal bars
- Bagels
- Packaged snack foods
- Honey/jam

One additional form of simple carb that needs to be mentioned is fruit. Fruit should be thought of as in a different category from the above however as it's going to supply your body with dietary fiber, which is very healthy and will slow down the release of the carbohydrates overall as well, and it will also supply you with a number of important vitamins, minerals, as well as antioxidants.

For this reason, fruit should never be avoided on a healthy eating plan.

The one thing that you do need to keep in mind with fruit however is that it's fruit sugars are half glucose/half fructose and fructose will not be stored in the muscle cells, but rather the liver cells.

This means then that fruits aren't quite as good post-workout in terms of maximizing your recovery since you won't get that muscle glycogen replenishment that you otherwise would.

So try and keep fruits out of the post-run period and place them at other times in the day instead. The one exception to this rule however is the banana, which does have a higher starch component and a lower level of fructose. These can be eaten post-workout and do tend to work great as a recovery fuel source.

Fruits are also lower in calories than many of the other simple carbohydrates listed above, so for this reason they'll also work well for anyone who is being a little more careful about their weight and wants to be sure that they aren't seeing the scale creep upwards.

Fibrous Carbohydrates

Finally, the last type of carbohydrate that you need to know is the fibrous carbohydrate. These are the carbohydrates that are found in vegetables and are also incredibly important to be taking in.

These are very low in calories and carbohydrates overall, so they'll hardly have any influence on your blood glucose levels, so you can eat them essentially without worry.

The dietary fiber content they possess will also help ensure you avoid all blood sugar spikes and furthermore, will also help to improve your overall health level by lowering cholesterol, reducing your risk of heart disease, as well as lowering your risk of certain forms of cancers.

Fibrous carbohydrates should be eaten with most meals of the day, however should be avoided right before or after a training session as they are quite bulky in volume and could cause intestinal cramping to occur. Plus, since they don't supply all that much energy overall, they aren't going to fuel you for the coming training that you must complete.

Almost any vegetable is concerned a fibrous carbohydrate, just note that certain vegetables – carrots, peas, corn, and of course potatoes (which are considered a complex carbohydrate as listed above) do contain more carbs and sugars, so you'll want to factor that into your intake.

Now, looking in terms of how many carbohydrates you should be eating on a daily basis, there's no set requirements for carbohydrates, but instead it will vary depending on your target calorie intake for that day and how many dietary fats you consume, which we will talk about next.

Since your protein intake is relatively set and constant, you will adjust your dietary fats and carbohydrates around the protein component.

At bare minimum you should be getting at least 100 grams of carbs per day, assuming no training is taking place, as this is the minimum amount required for the brain to function optimally.

Just keep in mind, for calorie calculation purposes, that proteins and carbohydrates each contain four calories per gram while dietary fats contain nine. Knowing this will ensure you figure out your calculations properly.

Dietary Fats

Finally, the last nutrient that you need to take into account on your program plan is the dietary fat component.

While you may think that cutting out dietary fats is route to go since you want to stay lean, this isn't quite accurate.

In fact, dietary fats are also extremely important for success. The truth is that when you are just going about your day to day activities, you can easily utilize dietary fat as a fuel source and in fact, this is actually preferable because then you will be sparing your glucose stores.

Furthermore, dietary fats have absolutely no influence on blood glucose levels, so they'll help to keep your energy level very stable over time. When combined with a good source of protein, your energy will stay consistent for hours at a time.

Dietary fats also break down incredibly slowly in the body, so will help to control your hunger levels very well also. If you are eating a carbohydrate based diet and keeping your dietary fat intake incredibly low, you will very likely experience hunger on an ongoing basis. In fact, you might find that you're always hungry.

Dietary fat should be kept at no lower than 15-20% of your total calorie intake for a rough guideline. Some people may choose to take it slightly higher than this if they feel they function better on a higher fat/moderate carb approach while others will keep it at this range.

Like with carbohydrates however, it's important that you select your dietary fats properly. Eat the wrong fats and you could set yourself up for numerous health concerns down the road.

You want to be eating primarily unsaturated fats, polyunsaturated fats, and essential fatty acids (or omega fats as they're often called).

These are the fats that will boost heart health, improve your body composition, and help keep your hormone levels normalized in the body, while making sure that you feel your best at all times.

Examples of these fats include:

- Nuts and natural nut butter
- Seeds
- Flaxseeds and flaxseed oil
- Olive oil
- Coconut oil
- Avocado
- Fatty sources of fish

If you can eat these most often and make sure to stay away from unhealthy sources of fats such as saturated and trans fats, which are found in high fat dairy products, processed meats, fattier cuts of meat, and many processed or fast foods, then you will be on your way to maximizing your health while boosting your performance.

So there you have a good idea on the precise foods that should be making up your diet plan. It's vital that you are focusing on smart food selections that will not only nourish your body, but also promote the fat loss process as it takes place.

You might think that one or two poor food choices here and there aren't going to hurt anything too much, but you would be mistaken.

A few bad food choices can definitely set you back and can hinder your progress, especially when six pack abs are the goal.

Also keep in mind that factors such as your sodium intake and so on are also going to influence how lean you look due to water retention, so you need to be eating foods in their most natural state possible, while eliminating added salt and in some cases, depending on if you have food insensitivities, dairy and wheat containing foods as well.

Now that we've finished discussing the macronutrients, let's go over the biggest issue that arises when doing a fat loss diet.

Overcoming The Metabolic Slow-Down

In a perfect world, you would start out strong with your weight loss goals and carry on with the rate of progress you were making until the end.

There'd be no bumps in the road and everything would progress as planned. Sadly, life rarely ever works out that way. Enter the Metabolic Slow-Down.

Basically, your body is happy as-is. If it was up to your body, you would stay fat and happy. Your body loves homeostasis and any time you do something to threaten to take it away from that, it's going to fight you hard.

And believe me, when you are in a war with your body, you are going to have a hard battle ahead.

When you're on a diet plan, your body doesn't realize that you're just trying to get as ripped as possible so you look great on the beach or that you want to achieve six pack ab status.

It sees the situation as a possible famine and is going to go into defense against starvation. It does this by conserving fuel. The slower your metabolism becomes, the easier it is to prevent further weight loss.

If you were actually in a famine and risking starvation, this would be a highly beneficial feature that your body has built in.

But for you – the individual seeking fat loss, this is only going to work against your efforts. You're dieting hard but your metabolism is just slowing right down to accommodate to that lower calorie intake.

Eventually, fat loss comes to a halt and that's when the metabolic slowdown has completely wiped out any chance of success.

To be able to succeed with your weight loss goals then, you need to find a way to outsmart your body, so that's what we're going to teach you here.

To get your body back on track and your metabolism 'revved' back up and burning calories faster again, you need to implement what's technically called a 'refeed', however most of you will know it as the 'cheat day'.

There are some slight differences between the terms however. Cheat day refers to eating whatever you want with not much guidelines in place at all.

Refeed refers to a slightly more strategic cheat that has the primary aim of also restoring the metabolism, not just giving you a mental break from saying no to foods you want to eat.

With the refeed, for one day, you are going to take your dietary fat down very low and boost your carb intake considerably.

You want to bring your calories up to maintenance, or preferably slightly higher (so think back to when you calculated your calorie intake – you will use the intake before you subtracted the 500 calories or slightly higher), which will indicate to the body that the starvation period is over and that it can speed up its metabolism again.

You should focus on carb-rich foods as much as possible because this nutrient, more than others will impact the metabolism to a larger degree. Your protein intake should stay relatively constant since you do still need sufficient protein on this day as well, but your fat intake drops to make room for more carbs.

So eat foods like pasta, bagels, breads, cereals, perogies, oatmeal, and other things of that nature.

For most people, one day of eating this way should be sufficient, but if you've dieted long and hard and have been using a very aggressive calorie deficit, you may need to go slightly longer for two or three days at maintenance before going back down again.

Many people will be afraid this will only set them back in terms of progress, but don't let yourself believe this.

Eating a higher calorie intake for a few days may cause you to gain a pound or two of water weight, but once you move back to the diet, your progress will move along much faster and you will feel a million times better as well.

So take note of this strategy. I would recommend doing it once every two weeks if you have more than ten pounds to lose and once per week if you have less than 10 to lose. You may also want to consider the use of [Phen375 Pills](#) to help stimulate your metabolism during this process as well.

Now you have everything you need to know about the nutrition side of the coin, let's show you your meal plans.

Chapter 5: Your Meal Plan Set-up

For the plans that follow, you are going to find your body weight range in the table below. Then you will see each meal of the day laid out, along with the number of servings you should be taking in of each type of food throughout the plan.

Once you find your meal and the servings, you are to then consult the food table that is below it, which will give you the food options that you can fill your meals with.

This is going to put you in the driver's seat so that you can pick and choose which foods you want to be eating at all times – within guidelines of course.

Here are your plans.

Daily Meal Plan

Bodyweight /Meal	141-150 pounds	151-160 pounds	161-170 pounds	171-180 pounds	180+ pounds
Breakfast	1 protein 1 carb 1 healthy fat	1 protein 1 carb 1 healthy fat	1 protein 1 carb 1 healthy fat	1 protein 1 carb 1 healthy fat	2 protein 1 carb 1 healthy fat
Mid-Morning	1 protein 1 healthy fat or fruit	1 protein 1 healthy fat or fruit	1 protein 2 healthy fat or fruit	1 protein 2 healthy fat or fruit	1 protein 2 healthy fat or fruit
Lunch	1 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat
Mid-Afternoon	1 protein 1 healthy fat or fruit	1 protein 1 healthy fat or fruit	1 protein 1 healthy fat or fruit	1 protein 2 healthy fat or fruit	1 protein 2 healthy fat or fruit
Dinner	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat
Before Bed	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 2 healthy fat

Pre/Post Workout Guidelines (add these in before/after your workout session. If you are seeking as fast of fat loss as possible, remove the nearest snack to that workout as well to keep overall calories slightly lower)

Bodyweight /Meal	141-150 pounds	151-160 pounds	161-170 pounds	171-180 pounds	180+
Pre-Workout	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb
Post-Workout	1 protein 1 carb	1 protein 1 carb	1 protein 2 carbs	1 protein 2 carbs	1 protein 2 carbs

Food Choices Chart

Protein Rich Food	One Serving Size**	Carb Rich Food	Serving Size	Fat Rich Food	Serving Size
Chicken breast	3 oz	Quinoa	½ cup cooked	Olive oil	1 tbsp
Turkey breast	3 oz	Brown rice	½ cup cooked	Sunflower oil	1 tbsp
White fish	4 oz	Barley	½ cup cooked	Safflower oil	1 tbsp
Egg whites	1 cup or 6	Oatmeal	¼ cup (raw measurement)	Flaxseed oil	1 tbsp
Salmon	3 oz (also counts as 1 fat)	Whole wheat tortilla	1 small	Flaxseeds	2 tbsp
Lean red meat	3 oz	Whole wheat pita	1 small	Natural peanut butter	1 tbsp
Canned tuna	1 can	Whole grain bread	1 slice	Almond butter	1 tbsp
Whey protein powder	1 scoop	Bran/whole grain cereal	½-1 cup (check box for serving size)	Almonds	10
Tofu	3 oz	Whole wheat pasta	½ cup	Pecans	10
		Sweet potato	1 small	Sesame/Poppyseeds	1 tbsp
		Whole grain crackers	5-10 depending on size	Avocado	½ cup sliced
				Salmon/fatty fish	3 oz (counts as 1 protein as well)
Dairy Rich Food	One Serving Size**	Fruits/Vegetables	One Serving Size**		
Skim milk	1 cup	Fruit (apples, oranges, banana, pear)	1 piece		
Greek yogurt/low-fat yogurt	½ cup	Berries and melons	1 cup		
Cottage cheese	½ cup	Vegetables	1-2 cups*		

*Note these hardly contain any calories so there aren't any restrictions

Now let's finish off with some brief discussion on supplementation to help you take your progress one step further.

Chapter 6: Key Supplements For Enhanced Results

The very first thing that we need to make sure you fully understand before going any further onwards is the fact that supplements are never going to replace a proper diet or workout program.

If you think that using the supplements we're about to discuss means you no longer need to pay attention to what you're eating or how hard you're exercising, you are mistaken.

It's vital that you don't let yourself believe this, as many people sadly do, or your efforts will be for nothing.

That said, once those two elements are in place, the following can help you see better overall results.

They are products that will make the entire process slightly easier and have been proven to work, both in the lab and in real life.

You have to be very careful when selecting supplements to use as there really does tend to be more hype than anything out there in this world where everyone is after a quick-fix.

So this all said, let's take a look at the 5 supplements I would recommend.

My Top Pre-Workout Choice - Nitrocut



The first supplement that will help to give you a vital boost before you go to do your workout session is [Nitrocut](#).

This pre-workout supplement has been designed with a number of main objectives in mind:

- To increase your strength gains
- To improve your recovery rates after each workout session
- To help you produce longer workouts overall
- To increase your muscle pump, which can prove to be highly motivating during those days you just don't feel like pushing any harder
- To accelerate muscular growth and regeneration

- To help boost your metabolic rate so that you can get leaner faster

The product's primary ingredient is nitric oxide, which is going to cause the blood vessels to dilate, meaning more oxygen along with nutrients will get into your muscle cells.

This in turn means you won't reach a state of fatigue as quickly and more importantly, you will be able to deliver your muscles with the exact nutrients they need for the fastest growth rates possible.

The product also contains raspberry ketones, which is one of the hottest new ingredients on the market for fat loss and is going to help you improve your fat burning capacity while providing antioxidant benefits to further speed up your recovery.

I recommend you order at least a 3 month's supply to get the best results from Nitrocut, [read more in my official review here.](#)

My Top Post Workout Choice – Muscle Advance Creatine



As you may or may not know, muscle growth actually does not happen during workouts, but rather during the recovery phase. During workouts the muscles tear, and then as the body repairs these tears, the muscle begins to grow. It is vital that you use creatine after working out so that you decrease the amount of muscle that is lost during high intensity workout sessions.

While creatine can be taken either pre or post workout, I recommend that you take it after your workouts for enhanced results. [Muscle Advance Creatine](#) is one such creatine supplement that is designed for the person on the go, and comes in convenient capsule form.

Read more about [Muscle Advance Creatine in My Official Review](#)

My Top Testosterone Booster - Testofuel



Next, [Testofuel](#) is the second supplement that I would recommend you consider using as you go about this workout protocol. Since testosterone is the primary hormone that enables you to build and maintain muscle mass tissue, the higher it is throughout the body, the more lean muscle mass you will maintain.

Furthermore, when testosterone does start to decline, as it often does when you are going on a fat loss diet plan, this can lead to lower strength levels and a greater risk of body fat accumulation.

Some men are even suffering from lower production of testosterone than normal, so when this is the case, it becomes even more important to be getting it into the program set-up.

Another rather nasty side effect of dieting that this product can help you out with is maintaining your libido level as well.

It's not at all uncommon to find that your libido drops off the radar when on an intense fat loss diet, and the greater your testosterone level is, the higher your libido will be.

So once again, this is going to really work in your favor. As the product does contain natural ingredients, it's also a safe one to use and produces no real side effects in most people.

Check Out My [Official Review of Testofuel To Learn More](#)

My Top Fat Burning Supplement - Phen 375

Finally, the last product that can help things move along more easily is [Phen 375](#), which is a leading fat burner on the market.



This product is going to work on a multi-faceted approach, targeting a number of things that you tend to struggle with while you are dieting.

It'll help to:

- Increase your metabolic rate so that you can burn more fat while dieting

- Increase your energy levels, ensuring you can get those workouts completed
- Improve your fat burning capacity (increased fat oxidation)
- Decrease hunger levels, making it easier to maintain your diet plan

This product is almost worth getting just for the hunger blunting benefits alone as even the most well-meaning dieter can often find they come right off their program as soon as hunger creeps into the picture.

Using this product will make things far more manageable. [Check out Phen375 here.](#)

Appetite Suppressant / Fat Binder – Proactol Plus



We mentioned throughout the article that a reduced Caloric intake is vital to lose weight, but sometimes that may not be so easy. Hunger pangs can often take over, and all that hard work trying to shed those pounds can be destroyed if you can't control what you're eating. This is where [Proactol Plus](#) comes in.

Proactol Plus is designed to reduce those hunger pangs, and keep you from over-eating or “cheating” on your diet plan. It does this through the use of complex ingredients that not only stimulate your metabolism, but also to help burn more calories before and after you exercise.

It also acts as a clinically proven fat binder, which reportedly binds to as much as 27.4% of the fat in your system. The end result is that you feel less bloated, cleaned out, and giving you increased energy as a result.

Check Out [Proactol Plus here.](#)

So there you have the 5 main products that you should be considering. I don't recommend supplements lightly as there is just so much garbage out there in terms of what they will do to you and the lack of results they produce, but these three seem to stand out time and time again for helping people along their way.

Conclusion

So there you have your complete guide to getting lean, getting ripped, and staying strong.

If you follow the workouts and protocols we've put out in this plan, you are going to be seeing progress on a week to week basis. This should help keep you motivated to continue on pressing forward, but it's always a good idea to take additional motivational measures.

Some of these include:

- Using progress pictures
- Writing in a journal
- Getting a workout/program buddy
- Setting clearly defined daily goals – and weekly rewards for yourself
- Having a support buddy you can call any time you're struggling
- Using a mentor for motivational purposes

If you can use any of these techniques, you should find that you feel that much more committed to staying the course and following through on your game plan for optimal success.

There will always be set-backs, but remember it's how you deal with these set-backs that determines your success. If you can keep on pressing forward despite them, putting them behind you and moving right along, they won't impact you in any significant manner.

Here's to your success!