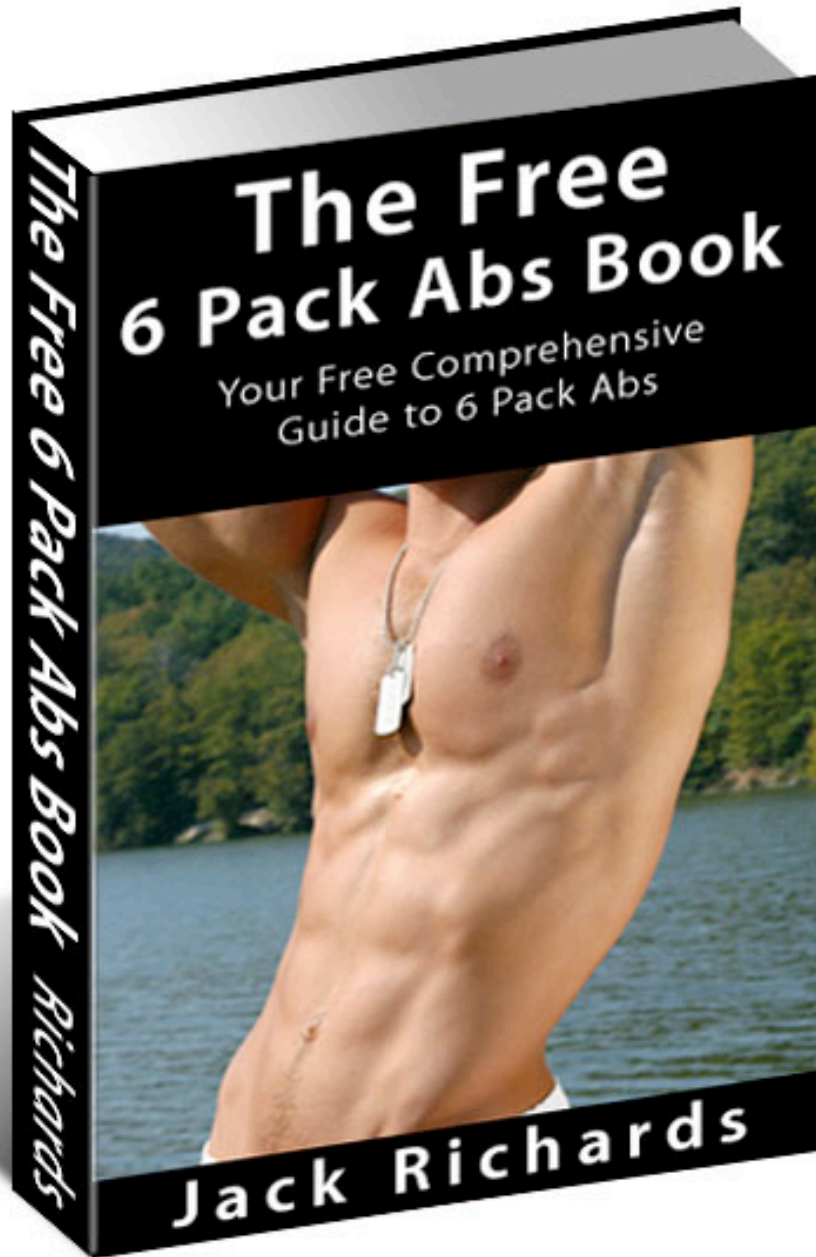




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## **UNDERSTANDING THE BASICS OF NUTRITION:**

### **Basics:**

Before you begin to shed fat from your body, you must first understand the basics of nutrition. It's not enough just to sit back and take someone's advice; you really need to understand this, so that you can integrate your understanding of nutrition into your daily food choices.

The human body can extract energy from four sources found in food:

- Carbohydrates
- Protein
- Fats
- Alcohol



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Most foods only contain the three major energy sources: carbs, protein, and fat. Alcohol is, of course, usually only found in alcoholic drinks and in foods containing alcohol that hasn't had the alcohol content burned off.

### **Carbohydrates:**

Carbohydrates are the body's main source of energy. Carbohydrates equal four calories per gram, minus any fiber. Carbohydrates come in two different forms: simple carbohydrates and complex carbohydrates. Both forms of carbohydrates, simple and complex, have four calories for every gram minus fiber.

### **Simple Carbohydrates:**

These are usually sweet-tasting carbohydrates, because they are very close in chemical structure to the substance glucose. Glucose is the only fuel that can be used by the body. Because simple carbohydrates already so closely resemble glucose, it takes very little effort for the body to convert them into glucose and they are shuttled



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into the bloodstream very quickly. This process happens so quickly in fact with simple carbohydrates that the body actually partially ingests them from the time they are in the mouth, even before they hit the stomach. Most simple sugars come in the form of refined sugars, fruit juices, and other sugary, sweet-tasting foods. White breads are considered simple carbohydrates. You can taste the after-effects of the partially digested bread in your mouth after you've eaten a piece of white bread. From the second the bread entered your mouth it immediately began to break down because of the acids in the saliva in your mouth, leaving behind simple sugars.

Simple carbohydrates should be avoided, since they raise blood glucose levels quickly and trigger an insulin spike to return blood glucose levels to normal. The body can store glucose in the two places, in the muscles, and in the liver in the form of glycogen. However, its ability to store large amounts of glycogen is limited. Whatever the body can't use or store as glycogen is then converted into fat for long term storage.



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\*It's important to note that the effect of fruit juice on blood glucose levels is very different from that of whole fruit. Whole fruit has most of sugars stored in the fibers of the fruit and does not have an adverse affect on blood glucose levels.

### **Complex Carbohydrates:**

Complex carbohydrates take longer to digest. These types of carbohydrates are usually fibrous in nature. Complex carbohydrates take much longer to digest because they must pass through the entire digestive tract before they are entirely absorbed, all the while slowly releasing glucose into the bloodstream as they are digested. Complex carbohydrates, due to their long digestion process, do not adversely affect blood glucose levels. This prevents unnecessary glucose from building and the need for insulin to shuttle the glucose into the body for storage. Examples of complex carbohydrates are vegetables, legumes, whole grains, and cereals.

### **Recommended Daily Calories from Carbohydrates:**



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I'd recommend that 50% of your calories come from mostly complex carbohydrates. Try to completely eliminate simple carbohydrates from your diet.

### **Protein:**

Protein is used by the body as a source of amino acids which are long chains of molecules that create the lean muscular structures of our body. Protein contain four calories per gram. The body uses amino acids to create the proteins necessary to build muscle, to make blood, bones, and internal organs. The body requires 22 different amino acid chains to survive. The human body can make 13 amino acids on its own, which then only requires the rest of the nine amino acids to come from food sources. Animal products such as lean meats, dairy, and eggs are complete sources of protein. They are complete because they provide the body with all nine of the essential amino acids it needs. Vegetables also contain protein, but they don't provide all nine of the essential amino acids required by the body.

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When you eat protein, most of it is used as a source of amino acids. Whatever is left over can then be used as energy through a complex chemical process called gluconeogenesis that converts the proteins into glucose in the liver. The process of converting protein to glucose is very difficult and actually consumes calories in order to complete the process. Due to this very complex process, proteins have little to no effect on blood glucose levels in general.

### **Recommended Daily Calories from Protein:**

I'd recommend that 40% of your calories come from protein.

### **Fats:**

Fat is necessary for the survival of the human body. Fats are needed to absorb vital nutrients such as vitamins A, D, E, and K. All four of those essential vitamins are found in fat and are fat soluble. Some fats, such as Omega-3 fatty acids which are generally found in fish, can even promote fat loss. There are two reasons why fat has gotten





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a bad rap over the years. First, fat is a calorically dense food source. Unlike carbohydrates and proteins, which have four calories per gram, fat has nine calories per gram. That's more than double the amount of calories per gram. Second, when excess fat is eaten and enters into the bloodstream, it is also affected by insulin. If you eat a high-fat food with a simple sugar you are basically injecting the fat straight into your fat stores without your body giving it a second thought. Fat is a very difficult nutrient for the body to digest and use as energy. Fat must be broken down into glycerol and triglycerides in the bloodstream and then be further processed in the liver before you can utilize it for energy. This is one of the reasons that it's so hard to lose fat once it's there.

Not all fats are created equal. There are many different kinds of fats or lipids. Saturated fats mostly come from animal fat. Animal fat has a very high melting point, which means that it won't turn to liquid at room temperature. Unsaturated fats are oils. These are liquid form of fat. It is best that your primary sources of daily consumed fats come from unsaturated and polyunsaturated fats. These are the good fats that the body needs for nutrients.

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\*There is another human-made form of fat that throws the body completely offguard and should be avoided at all costs. That fat is called partially hydrogenated fat or transfat. Partially hydrogenated fat is basically an unsaturated fat like vegetable oil that has a hydrogen molecule attached to it so the structure becomes rigid and takes on the characteristics of saturated fat with a high melting temperature and a solid texture.

### **Recommended Calories from Fat:**

I'd recommend that 10% of your calories come from unsaturated fats.

### **Alcohol:**

Alcohol is an interesting nutrient. Even the no-carb versions of alcohol are fattening. For this reason it is recommended you avoid alcohol altogether when dieting. Alcohol has seven calories per gram. Alcohol also has another insidious quality. Because the body considers it a toxin, the liver goes into overdrive to remove it from the

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blood. As mentioned before, the liver is the organ responsible for converting blood lipids released from fat cells into energy the body can use. If the liver is overburdened with trying to filter out other toxins like alcohol, this will prevent it from metabolizing fat.

But what about people who say that one glass of wine a day is good for you? It's true that wine does include phenolic chemicals called flavonoids and other antioxidant compounds. However, so does chocolate. No one is suggesting you eat chocolate every day and expect to lose weight. Besides, the true sources of those flavonoids and other antioxidants are from the fruits that the wines are made of. So it's better to eat a diet filled with lots of fresh fruits than to consume the alcoholic version.

### **Recommended Daily Calories from Alcohol:**

I'd recommend 0% of your calories come from alcohol. It interferes with fat metabolism and really has no nutritional value.

### **Basic Nutritional Summary:**

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Avoid alcohol at all costs. Eat a diet rich in complex carbohydrates. Be sure to eat lots of lean meat. Keep fat at a minimum. Fifty percent of your daily calories should come from carbs, 40% from protein, and 10% from unsaturated fats.

### **Glycemic Index:**

The glycemic index describes the different rankings of carbohydrates according to their effect on blood glucose levels. The lower the glycemic index of a food the less likely it will interact with or drastically change blood glucose levels and insulin responses.

Understanding blood glucose levels and insulin was once only a concern for diabetic patients. However, insulin and the way our body uses it is also directly related to how much body fat we have. As previously stated, if we have an excess of glucose floating around in our blood, the body needs to get rid of it before it become toxic. It does this by secreting a hormone called insulin which acts to shuttle nutrients in our blood into our muscles, internal organs and fat. In fact



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the definition of a diabetic is someone who has a dangerous amount of glucose in their blood. Too much glucose in the blood can become toxic, which causes the symptoms of diabetes. Too little blood glucose causes hypoglycemia. The body, when working properly, always tries to maintain homeostasis to keep things working properly. In this case the body uses insulin to keep our blood glucose levels even.

When you eat foods that have a high glycemic index, they quickly raise both blood glucose levels and insulin. Whatever the body can't immediately utilize at the time will be stored as fat. Foods that have a high glycemic index are foods that taste sweet, like candy, cookies, chocolate. Foods that have a low glycemic index are complex carbohydrates, legumes, nuts, fresh fruits, and vegetables.

When referring to the glycemic index, we are referring almost exclusively to carbohydrate sources. Proteins like meat and fats do not interact with our blood glucose level or insulin directly. They do, however, have the effect of slowing the digestion of carbohydrates, which is why it's always a good idea to have each meal balanced with



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50% carbs, 40% protein, and 10% good fats. The one exception is when you eat a high glycemic food with fats. High glycemic foods actually help to shuttle the fat into fat cells more quickly by forcing insulin to react with blood glucose, and the digested lipids in the blood are then quickly shuttled directly into fat. This is why foods like French fries, donuts, hamburgers are so bad for you because they are essentially shuttled directly into fat without any beneficial use of those calories.

**Good sources of low glycemic index foods are the following:**

Fresh fruits - apples, bananas, pears, cherries, strawberries, etc.

Nuts - walnuts, almonds, cashews

Legumes - peanuts, peas, beans, chickpeas

**Basal Metabolic Rate:**

The biggest question that most people have when beginning a diet is, "How many calories should I eat in order to lose weight?" This is a

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very subjective question. The reason for this is because everyone has a different Basal Metabolic Rate (BMR). Your Basal Metabolic Rate is basically how many calories your body needs to ingest in order to function if you just sat in a chair doing nothing.

In order to calculate your basal metabolic rate you simply use this formula:

**Men:**  $BMR = 66 + (13.7 \times \text{wt in kg}) + (5 \times \text{ht in cm}) - (6.8 \times \text{age in years})$

**Women:**  $BMR = 655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age in years})$

**Note:** 1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

**For example:**

You're a male

You're 30 yrs old



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You're 6'0 tall (183 cm)

You weigh 170 lbs. (77.3 kg)

Your BMR =  $66 + 1,059 + 915 - 204 = 1,836$  calories/day

Just sitting in a chair doing absolutely nothing, this man needs 1,836 calories just to provide enough energy to keep his body going.

Now that you know your BMR, you need to calculate how many Total Daily Calories you expend by multiplying your BMR by your activity level.

### **Activity Multiplier**

Sedentary = BMR X 1.2 (little or no exercise, desk job)

Lightly active = BMR X 1.375 (light exercise/sports 1-3 days/wk)

Moderately active = BMR X 1.55 (moderate exercise/sports 3-5 days/wk)

Very active = BMR X 1.725 (hard exercise/sports 6-7 days/wk)

Let's say that this man is moderately active. He works out 3-5 times a week at the gym, but not particularly hard.





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**Example:**

Total Daily Calories expended =  $1,836 \times 1.55 = 2,845$  calories

Now that you know the total number of daily calories that you need to maintain your body each day, you have to ask yourself, “What is my goal?”

**If you want to lose weight:**

If you want to lose weight, you need to go into caloric deficit. You should never drop your total daily intake below 500 calories of your total required daily calories. If you do this, your body will sense that you are depriving yourself and will slow your metabolism in order to counteract this.

**Example:**

Total Daily Calories expended = 2,845



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Number of calories per day you should eat to lose fat =  $2,845 - 500 = 2,345$  calories per day.

### **If you want to gain lean muscle weight:**

To gain lean muscle weight you need to add calories slowly. You should eat between 300-500 calories more than your total daily caloric expenditure.

Total Daily Calories expended = 2,845

Number of calories per day you should eat to gain lean muscle =  $2,845 + 500 = 3,345$

### **THE ULTIMATE FAT BURNING FORMULA**

It's a simple truth that oftentimes the most profound and seemingly elusive concepts are usually the most obvious.



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There really is only one ultimate fat burning formula:

50% exercise + 50% diet = lean body of your dreams.

There are many people who say they can just exercise their fat away without worrying about diet. These are usually already fit people without excess fat to burn. If you have a layer of fat covering your lean muscles, then all your hard work in the gym will go towards burning off the extra calories you just consumed and never touch the fat you have around your waist.

On the other side of the spectrum are people who say they can have the body of their dreams just by cutting back on the foods they eat and lose everything through diet alone without exercise. It's true if you decrease your caloric intake every day you will lose weight. However, you will proportionally lose fat and muscle and end up looking like a smaller but still doughy version of yourself. If you want to make your body lean and firm you've got to train the muscles to keep their tone and definition while you peel off the layer of fat that covers them. There is also an added benefit to this. If you diet alone



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and lose muscle tone along with the fat, when you go back to eating more fattening foods you will balloon up, putting on more weight than you started with. The reason for this is that muscle is the fat-burning engine of your body. No other part of your body consumes more calories. If you decrease your lean muscle stores you are decreasing your basal metabolic rate at the same time.

To really see lifelong lasting results and have the body of your dreams, there are no shortcuts. You have to put in the time, effort, sweat, and energy to make it happen.

## **HOW TO EXERCISE TO FIT YOUR LIFE**

### **YOU GOTTA MAKE EXERCISE A PRIORITY:**

If you want the body of your dreams, you gotta make exercising a priority in your life. The world is full of people who say, "Well, I work 60 hours a week...I'm swamped at work...I don't have the time or energy to exercise the way I wish I could...I've got children; I don't

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have time to work out while trying to take care of them and a household.”

Well, let me ask you this: How many hours a day do you watch television? How many hours a day do you spend surfing the Internet?

The average American adult spends four hours a day watching television.

According to Nielsen, the average daily at-home, non-work related Internet surfing accounted for approximately 30 minutes per day.

That’s about four and a half hours worth of time per person per day.

So the idea that you simply don’t have time is not an excuse. What is says, more truthfully, is that you have not made exercise a more important priority than watching TV or surfing the Internet.

Now, watching TV and surfing the Internet are great. I’ll be the last person in the world to say you should throw out your TV. Being a self



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professed TV-aholic myself, I understand wanting to watch your favorite shows. It's a way to unwind and lose yourself after a long day's work.

What I am saying, is that instead of using the full four and a half hours for TV and Internet surfing, maybe you could make it a priority to exercise for 30 minutes to an hour's worth of that time.

Really, that still gives you 3.5-4 hours a day to watch TV and surf, which is an astounding 28 hours a week, just 12 hours short of a full 40-hour work week.

If you are too tired to work out after work, get up early and work out before work. This usually makes you more alert and ready to take on the day.

If you are not a morning person, then try to make it a priority to work out right after work.



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If you've got kids and have morning and evening obligations you can't take time out of, then go during your lunch break. Many companies nowadays understand the benefits of a healthy and fit workforce and have gyms right in the same building. Spending an hour in the gym during lunch may be one of the best ways to get rid of pent up stress and better enable you to mentally tackle the issues you are dealing with at work.

The point is that no matter how busy you think you may be, making small changes to your daily routine so that exercise becomes a priority is the only way to achieve your goal.

### **TAKE SMALL STEPS:**

If you are not used to working out and are just starting out, the most important thing to remember is to take things one step at a time.

If up to now you've lived a life that consisted of little to no physical activity and poor eating habits, it's unfair and unrealistic to expect to become a marathon runner overnight.

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You've got to slowly assimilate these new habits into your daily life. The most important thing to remember is that you have to make the commitment to integrate these new habits into your life over time.

You also have to realize it takes 21 days to create a habit. Those first 21 days are the make or break point for most people. You either make it through, or give up and fail. So the best thing to do is to start to add new things once every 21 days. Set small but measurable goals for yourself to do every day for 21 days. Then keep increasing them and adding to them. This is how you integrate small changes that, over time, become a part of who you are.

For instance, if you're not used to working out and you dread the thought of going to the gym, for the first 21 days make it a goal to start walking every day for 30 minutes during your lunch break. Make this a priority that you have to do without exception. See how good you feel after 21 days. Then set a new goal for yourself to complete during the next 21 days, while at the same time maintaining the walking or other physical activity during your lunch break. Every 21





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days, challenge yourself to increase your activity, and break through to the next level of fitness. It's not hard, and the rewards are really indescribable. You have to experience it to know what I'm talking about but, trust me, it's worth it.

## **WHAT IF YOU DON'T LIKE TO WORK OUT IN A GYM OR DON'T HAVE ACCESS TO ONE?**

Having a gym is not a prerequisite for working out and being physically active. I personally go to a gym, just because it's convenient and I have everything that I want or need to exercise with in a nice air-conditioned environment.

However, I know that many people hate going to the gym, especially if they are self-conscious about their weight. There are many alternatives. You can walk or run outdoors in your neighborhood instead of on a treadmill. You can do push-ups and sit-ups at home. Invest in a little weight set, and you can do pretty much anything you want at a gym right in the comfort of your own home. You can even watch TV while you are doing it. So there are lots of options.

A promotional banner for Lean Secret. On the left, there is a small image of a black bottle of Lean Secret supplement with a white label. To its right, the text 'LEAN SECRET' is written in a stylized font, with 'LEAN' in blue and 'SECRET' in pink. Below this, in smaller text, it says 'XUMPOCHRON EXO'. To the right of the text is a photograph of a woman with long blonde hair, smiling. On the far right of the banner, the text reads 'Lose Fat, Not Lean Muscle. Try Lean Secret For FREE!' in white and pink, with 'FREE!' in a larger, pink font. Below this, the website 'www.LeanSecret.com' is written in white.

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If your job requires you to travel a lot, you still have options. Most business hotels have gyms right on the premises free for all guests to use. You can still do push-ups and sit-ups right in your hotel room. Pack some weights in your suitcase and you've got a portable gym ready to go. Plus, the little extra time used to exercise will take away from the thought of being homesick and make your whole trip seem to pass by much quicker.

## **HOW TO EAT**

### **VISUALIZE YOUR DREAM BODY BEFORE YOU EAT:**

Growing up, everybody has been told how they should eat. The problem is, we've been told conflicting messages. On the one hand we are told to clean our plate and eat what's in front of us, regardless of whether we are hungry or not. Then we wonder why we start to put on the pounds when we finish our plates, even though our brains told us we were full long before the plate was clean. We set the pattern in



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our minds when we are young that we have to clean our plate, and forget to listen to our bodies.

We are told that natural foods like fruits and vegetables are good for us. However, when we were sick, unhappy, tired, sad, or just down in the dumps our parents gave us high calorie, sugar-rich foods like cookies, ice cream, French fries, etc. It was an easy fix. It shut you up, and took your mind off things.

The truth is that we developed our bad eating habits, not due to one event in our lives, but throughout the course of our entire lives. So if your entire life was filled with junk food, fast food, and lots of high calorie foods, and all of sudden you just stop eating that food, what do you think your mind and your body are going to do? They're going to rebel.

This is why dieting is so hard. It's not just about changing what you eat right now. It's about changing who you are, forever. This is not a small undertaking. YOU, and no one, else must change! You must decide in your mind right now, today, that you are not the person that



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you see in the mirror. That you are made of strength and conviction. That your bad habits of eating in the past are in your past, and not in your present or your future. You have to make the decision that you are not a victim of your current circumstance, but a winner in your ability to find your way out of your situation.

It is a hard battle to make the change. The cards seem stacked against you. Not only do you have to change who you are as an individual in your eating habits, you must combat the advertising on TV and everywhere else, the fast food restaurants that you so fondly remember stopping at after work, the co-workers, family, and friends who haven't decided to change how they eat and live their lives, constantly tempting you to give in and "live a little."

Every person who has ever been successful at losing weight not only expect those temptations, they were also strong enough to realize that they were the ones making this decision to lose weight, and they remained strong no matter what the temptation.



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There is never a perfect circumstance in which to lose weight. Something or someone will try to tempt you away from your goal. What will give you the strength to get past all that is your dream of being the best version of yourself you can possibly be, to have the lean, fit body you've always wanted, to never again be ashamed at the pool or the beach, to hold your head up high and be one of the beautiful people you have always dreamed of being. No temptation in the world is as powerful as your ability to visualize this new life for yourself. Each day you will get closer and closer to your dream. When you think you've hit your lowest low, when the weight doesn't seem to be coming off as fast anymore and you would kill to have just one brownie, remember your dream and push through. Because those are the times you are about to have the biggest breakthroughs in becoming the person you want to be.

### **WHAT YOU SHOULD BE EATING:**

This is probably the biggest question most people ask when they are about to start a new diet. When I first decided that I wasn't going to



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be fat anymore, I was absolutely clueless about what I should be eating.

Growing up, my regular eating habits included Pop-Tarts and sugary cereals for breakfast. Lunch consisted of either a burger and fries, or a couple of ham sandwiches on white bread with chips and a soda. Then for dinner it was the fast food of my choice. Of course throughout the day I'd snack on crackers, chips, cookies, chocolate bars, etc. That wasn't really food, though; that was just eating because it tasted good.

In short, not only did I have terrible eating habits, but my entire life revolved around what my next tasty treat was going to be.

I didn't eat for health, or because it was necessary to live. I lived to eat whatever tasted good to me.

My mother was the lucky one. She always had a slim figure. Growing up she could eat whatever she wanted. She lived on a diet of fast food and Snickers bars, and when she was my age had about 12%



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body fat. My father, on the other hand, was always a large man. Everyone on his side of the family is overweight and to him it's normal. For his side of the family, eating is an event. It's a sign of affection and love. So between the influences of both parents, I was unlikely to know the first thing about how to eat to lose weight.

Unfortunately, for me, I didn't get my mother's genes. I got my father's genes. I was really overweight and it showed.

One day I just decided I was not going to be fat anymore. I decided that I was going to research everything I could about how to lose weight. I was going to try every diet that I could find.

I tried them all. I tried the no-carb diets. I tried the food pyramid reduced-calorie diet. I even tried not eating at all. The only problem with these diets is that I always found myself to be a slightly smaller but still fat version of myself.

It seemed as if no matter how hard I tried I wasn't winning this battle.



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The problem with dieting is that the body inherently doesn't want to give up its fat reserves, and will do everything it can to maintain the status quo.

The brain adapts to change. It takes about 21 days to create a habit. It takes about six months at a constant weight for the brain to accept that as the normal weight you should be.

The trick is to first create the habit. Then maintain your results long enough so that your body and your brain accept that as your new weight and body size.

So the big question is...How should you eat?

The answer, believe it or not, comes from cavemen. Think about it. Humans have been on this planet for millions of years. Our evolution is a slow but constant change.

However, the majority of Americans eat a diet that has only existed for the last 10,000 years of human existence. Agrarian diets that are





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made up of a majority of grains simply clash with the digestive tract, and our genetic metabolism hasn't caught up. In fact there has been less than a .01% change in our genetic structure over the last 10,000 years.

With that being said, what would hunters and gatherers eat?

They ate what was available to them naturally. They ate fruits, vegetables, and nuts. They ate lean meat that they hunted.

There was no such thing as wheat, bread, crackers, milk, cheese, candy, or chocolate.

This means that there are a lot of foods and food products you must immediately remove from your diet, TODAY!

### **REMOVE GRAINS:**

Grains, including wheat, rice, and corn, have only existed in the human diet for the past 10,000 years. Grains provide lots of carbs in



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very small portions. Most people have to eat several portions of any grain product in order to feel full. In the meantime they have consumed far more calories and carbs than their body can handle at one time. The end result is that the body has no place to put the excess calories other than into fat.

Most people eat grains in the form of pasta, bread, cookies, cakes, crackers. No matter what the box that you bought those cookies in says, they are not healthy for you. You will not lose weight eating low-fat cookies. Many people think that whole grain bread is fine to eat on a diet. It's better than white bread, but it's still bread. You're still going to be eating a large number of calories in order to feel full. Worst of all, most pre-packaged products that claim to be whole wheat or low in fat are actually laden with sugar in the form of high fructose corn syrup. You'd be surprised how many "non" sweet foods actually contain that ingredient. It's a sugar substitute and used primarily because it's cheaper than cane sugar. The problem is, our bodies can't metabolize it very fast and we end up just storing it as pure fat.



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If you cut out grains and grain-based foods, you are going a long way toward turning your body from fat to lean, healthy muscle.

### **Remove dairy from your diet:**

Studies have gone back and forth on the positive or negative impact of dairy on one's diet. However, one thing is clear – that most dairy products are calorically dense due to their high fat content. Products like cheese are basically condensed milk. It takes about ten pounds of milk to make one pound of cheese.

The one major benefit and the reason most people drink milk is for the calcium. However, there are better sources of calcium without the worry of the added calories. I'd recommend taking calcium in the form of a dietary supplement.

There are two different kinds of calcium supplements found on the market, calcium citrate and calcium carbonate.



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I'd recommend taking calcium citrate since it has shown a higher bioavailable absorption rate.

Another alternative to animal milk, is soy milk. Soy milk is another good source of bioavailable calcium equivalent to that of milk. If you are going to substitute soy milk as your source of calcium only use it if you are going to mix it with a protein shake. That way you get the added benefit of the soy milk with the high protein from the protein powder you use.

### **REMOVE High Fructose Corn Syrup:**

When we were talking about removing grains from your diet, we also talked about the hidden but diet-busting sugar substance known as high fructose corn syrup.

In the early 1970s, food manufacturers found a cheap, better tasting, food preserving substance called high fructose corn syrup to replace cane or beet sugar as an ingredient in foods such as bread, crackers, cookies, cakes, soda, etc. Basically, in any food with sugar in the first



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five ingredients you'll find high fructose corn syrup as its primary substitute.

So if it's cheap, better tasting, and preserves food, what's the problem? The problem is that this artificially created substance is one of the primary things making Americans fat today.

The human body does not respond to high fructose corn syrup the way it does to other sugars. In fact when the body digests it and passes it into the bloodstream, it can't be converted into energy like normal sugar. It has to be metabolized by the liver, which releases triglycerides into the bloodstream. These triglycerides are the chemical form of fat and are then transported into fat cells for storage. In other words, this substance when digested is converted directly into fat.

High fructose corn syrup also has another interesting attribute. It actually makes you more hungry the more you eat it. High fructose corn syrup blocks the hormone leptin, which tells the brain you are full



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after you eat. So in essence you can eat and eat, and you'll just get more and more hungry.

High fructose corn syrup is in almost every pre-manufactured product on the market, even things you'd never associate with sugar like breads, chips, tomato sauce, low fat salad dressing, and crackers.

The only way to avoid high fructose corn syrup is to start reading the ingredients on the foods you buy. If you see that this is an ingredient, don't buy the product.

## **HOW OFTEN SHOULD YOU EAT?**

For years the average American diet has been based upon eating three times a day, the standard breakfast, lunch and dinner. However, our bodies don't like to eat large meals three times a day. If our bodies used food the way camels use water, then this method of eating three large meals a day would be great, because our bodies would just use the nutrients we eat as we need them. Unfortunately,



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every time we eat our bodies can only use a small portion of what we have eaten and then they have to do something with the rest of it. It has nowhere else to go except into fat.

The best way to eat is to eat only what we need at the time and continually feed our bodies very small portions. In this way we give our bodies the nutrients we need proportioned out over several small meals a day.

So how many meals a day should you eat? Believe it or not, you should be eating six to eight small meals a day. Now, that sounds like a lot of food! However, think about the amount of food you'd normally eat during breakfast, lunch, and dinner. Then divide that same amount of food into six or eight portions, depending on how many meals you want to eat. It's the same amount of food you'd normally eat, just proportioned into smaller sizes over a longer period of time.

The body is very good at adapting to starvation and changes in calories. Whenever it senses that there is a deprivation in the amount of nutrients its receiving, its going to change your hormonal



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and metabolic systems to start conserving fat for what it feels is an impending famine.

However, if you are constantly eating small, well-balanced meals throughout the day, your body will never sense that it is hungry or about to lose energy. In fact, you can drop your calories significantly, but if you are constantly eating a small portion of protein, carbohydrate, and healthy fat every 2-3 hours, then your body is going to respond by increasing your metabolism.

Every time you eat, you actually raise your metabolic level. The act of eating and digesting foods causes your body to engage the digestive tract, and that requires an increase in your metabolism.

So the more times you eat in a day, the faster your metabolism is going to be, and the more times you will be increasing your natural resting metabolic rate.

## **WHAT ABOUT CHEAT MEALS?**





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You'll hear many fitness gurus talk about having one "cheat meal" a week. This may actually be fine if you are already super fit and have the body you want. However, if you really want to make progress, you should avoid cheat meals.

Cheat meals actually are counterproductive to your initial goals. For every cheat meal you have, you have erased 2-3 days of dieting and hard work in the gym. That's a big setback!

The one benefit that these fitness gurus claim in having a cheat meal is that it keeps your body guessing and increases your metabolism. However, you can actually do this without cheating and eating a nasty fat-laden meal. The best way to keep your body guessing and your metabolism going is to periodically increase the amount of regular diet food you eat. Every couple of weeks, choose one day and eat the same food your normally would eat on the diet, but just increase the portion slightly. The next day go back to your normal diet. This will help to keep your body guessing, while at the same time still fitting within your nutritional guidelines to maintain your fat loss.

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## **Dietary Supplements:**

The biggest mistake that most people make with dietary supplements is that they think they are the magic bullet they need to take whenever they want to get the body of their dreams. No supplement on the market can do that. However, when used properly and in moderation, diet supplements can help you break through some of the hurdles you may run into with your diet.

I've broken down the list of supplements into highly recommended, recommended, and nice to have but not necessary.

It's important to note that diet supplements will react differently in different people, since we all have different body chemistry. Please consult your physician before adding any diet supplement to your daily diet. These recommendations are made based on the experience of the author and are not intended to treat, diagnose, or cure any disease.

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## **HIGHLY RECOMMENDED:**

Daily multivitamin - With any diet you run the risk of missing out on some kind of necessary nutrient. A daily multivitamin will make sure you have all the necessary nutrients you need throughout each day to keep your body working and healthy.

Calcium Citrate - I highly recommend taking a calcium supplement once a day. Calcium is a vital nutrient not only for our bones but also for other soft tissue functions. Calcium citrate is one of the better bioavailable forms of calcium.

## **RECOMMENDED:**

Chromium Picolinate - Chromium picolinate has been shown to regulate blood glucose levels. This is very important, especially for dieting, to keep your blood glucose levels stable. When the body senses that too much glucose is in the blood it releases insulin to



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push that glucose into the muscles and organs of the body. Whatever the body can't handle at that moment is shuttled into fat for storage. By maintaining blood glucose levels you can prevent an insulin spike that will encourage weight gain.

### **NICE TO HAVE:**

Hoodia - Hoodia has been shown scientifically to reduce hunger and allow people who are dieting to keep control of what they eat. No one said being on a diet was easy, but this might just help you keep your sanity and your control.

5HTP - If you are a big carb fan who can't live without eating your favorite breads, pastas, cookies and cakes, 5HTP might be what you are looking for. It's been shown to reduce cravings for carbohydrates, and gives a sense of well being. 5HTP is a serotonin precursor; be sure to consult your doctor or psychiatrist before adding this to your diet.



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## **SECRETS OF THE SUPER FIT**

### **TOP 10 SECRETS OF THE SUPER FIT**

#### **1. Never allow yourself to be hungry.**

Eating several small meals a day prevents you from ever being hungry. It's dangerous to get overly hungry. It's those times you are most likely to cheat on your diet and eat things you shouldn't.

#### **2. Pre-plan what you eat, and DON'T CHEAT!**

Many people have heard other diet gurus tell them it's okay to cheat on your diet once a week. In fact, many advocate doing it. This may be fine if you have already achieved the body of your dreams and all you are doing is trying to maintain. However, if you have a lot of weight to lose, or if you are working to shed that last 10 lbs, you'd better not cheat. You can't afford to. For every day you cheat, you



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erase 2-3 days of being on your diet and working hard at the gym. That's a lot of wasted time for one meal of pleasure. If you've got a sweet tooth, try to eat more fruit that day. If you are craving a big bowl of pasta, try to eat more legumes. Usually strong cravings are your body's way of trying to get the nutrients it feels its lacking, so if you eat healthier versions of the things you crave you can provide your body with what it needs, while at the same time sticking to your diet.

### **3. Which foods will keep you full and satisfied when you dream of cake.**

What we are talking about here is really satiation level. There is strong evidence to show that the stomach is like a second brain. In fact, scientists have found that the gut uses neurotransmitters just as much as the brain. So it's no wonder that when we crave things it affects us on more than a taste or fullness level, but hits us on an emotional and psychological level as well. There are foods that you can eat that can help get rid of those cravings. For instance, if you are ever absolutely craving chocolate, drink a chocolate protein



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shake. You'll get all the satisfaction of the cocoa in the shake, but without all the bad carbs and fats. If you are starving and nothing sounds good, eat a tablespoon of organic whole peanut butter. Its high fat content will sooth your cravings and make you feel full again. One of my favorites is to eat peanut butter on a banana. It's so good you think it's bad for you. Really, it's one of the best things you can eat. When you crave something sweet, try eating an apple or a peach. When you start eating whole natural foods like this, you are eating the way your body intended and breaking the cycle of sugar addiction.

#### **4. Eat lots of fruits and vegetables and stay away from the grains.**

Grains have only been in the human diet for the past 10,000 years. Before that, humans were hunter-gatherers who ate what was on the land. Our genetics have only changed .01% over the past 10,000 years, so it makes sense that when we eat grains our bodies don't know what to do with them. Our bodies hold water weight when we eat grains, and store fat more easily. If you want to have the lean



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muscular body of your dreams, eating grains is not the way to go about it. Fruits and vegetables, on the other hand, have always existed and have been the cornerstone of the human diet through our entire evolution. When we eat the way our bodies are suppose to eat, then we will function and look exactly the way we are suppose to look. If we continue to eat based on a diet that does not work with our own genetics then we are doomed to continue to put on the pounds.

#### **5. Beans — it doesn't get better than this.**

While many people have an aversion to beans due to their notorious correlation with flatulence, beans are actually one of the most nutritious foods we can eat. Not only are beans nutritious, but they provide a very important sense of well being and satiation when we eat them. One of the toughest parts about being on a diet is the feeling that you are being deprived. So it's important to eat foods like beans and other legumes which will make you feel satisfied. One of my favorite foods is mushy peas instead of mashed potatoes. When it's been a hard day and it seems like the world is against you, and all you want is something comforting, mushy peas will come to the





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rescue. Just take one can of green peas and drain all the liquid out. Then take another can of White Northern Beans and be sure to rinse them clean of all the liquid that is in the can. Take a non-stick pan, DO NOT use any oil, and put both the peas and the beans in the pan. Turn it up to high heat, add a bit of garlic salt for flavor and stir vigorously to avoid burning on the bottom. Keep stirring until the peas and the beans begin to break down into a lovely green colored mashed potato texture. It has all the comfort of the potato, without any of the guilt.

## **6. Which fats you can't live without, and why.**

Certain fats are good for you, and you should eat them on a daily basis. This is why 10% of your diet should consist of fat. However, you need to be sure you're eating the right kinds of fats in order to stay lean and healthy. All fats are lipids. The difference between animal fat and vegetable oils is the consistency and molecular shape. Animal fats, also known as lard, have a solid texture. Those are what are known as saturated fats. Oils have a more liquid texture and vary in range of viscosity (the thickness of the oil). Good lipids come

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mostly from vegetable oils. They contain the essential fat soluble vitamins, A, D, E, and K. Omega-3 fatty acids have also been shown to be the fat-loss fats. They aid in the metabolism of excess adipose tissue. They have also been shown to improve mental function. Omega-3 fatty acids are generally found in fish, and you can also take Omega-3 supplements.

## **7. Get plenty of sleep and never eat before bed.**

Getting enough sleep is just as important as the time you spend in the gym. It is during this time that your body repairs itself from the work you've done in the gym and builds the lean muscles you need to increase your metabolism and shed the excess fat. Now, I'm not saying sleep 14 hours a day and lose fat. Just be sure to get a full 7-8 hours of sleep every night.

It's also important not to eat anything that will cause a spike in insulin levels before bed. One of the benefits of sleeping is that during the night the pituitary gland releases HGH (human growth hormone); this is used to repair our bodies and promotes fat removal. Insulin



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prevents the release of sufficient amounts of HGH during the night. This is one of the reasons that it is suggested you not eat carbs after, say, 5 o'clock at night. This ensures that you don't have any unnecessary glucose or insulin in your blood before you go to bed.

### **8. Drink LOTS of water if you want to burn fat and lose excess water weight.**

It is important to drink lots of water throughout the day. Try to drink eight 16-ounce glasses of water every day. When your body senses that you don't have enough water in your system it tries to hold onto as much water as it can to prevent dehydration. This can allow you to retain water weight and cause you to look like you are carrying more weight than you really are. Drinking lots of water throughout the day helps to clear the body of toxins through excretion through the kidneys. It aids the liver in proper metabolism of fat. The way you know that you've had enough water is, your urine will be a pale yellow color. If your urine is a dark color, you don't have enough water and are on the verge of being dehydrated.

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## 9. Break the sugar addiction and you'll lose the fat.

Sugar is the bane of anyone wanting to get rid of the layer of fat they have sitting on their body. The problem is, that sugar is just as addictive as alcohol, cigarettes, even hard drugs. Breaking the sugar addiction is like any other substance abuse issue. You've got to be strong, have will power, and get through day by day. The cravings will always be there, but if you prepare yourself and realize that you have the power to overcome them by eating what you know you should, then you will be successful. It takes 21 days to make a habit. Those are the worst days when breaking the sugar addiction. Slowly, over time, you'll be able to get through and not crave these things as much as you used to.

## 10. Pre-plan your workouts, and **STICK TO IT!**

Set up a schedule. Mark it on your calendar. If you commit yourself to a particular date and time with a set regimen of exercises you must



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accomplish in a day then you will be more likely to succeed on an exercise plan. Commit yourself, and write it down on paper. Visualize each exercise you are going to do before you do it. Know in your head what you need to accomplish first, then go for it. The only person who is accountable is you, and your ability to stick with your program. Your success or failure will depend on what you put into your exercise program. If you cheat or skip days, the only person who will pay is you, and you are the only one to blame. So stick with it, keep moving forward, and plan, plan, plan. Keep an exercise journal so you can compare what you planned to accomplish and what you actually did. This will help you make a realistic assessment of your workout program and make any necessary adjustments you see fit.

## **TOP 10 REASONS THAT PEOPLE FAIL TO ACHIEVE THEIR GOALS**

### **1. Not knowing how much fat you have to lose.**

If you don't know how much fat you have to lose, how can you possibly know if you are making progress when you try to lose it? Get



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your body fat checked before you begin your diet and exercise plan. Know, don't guess, how much fat you have on your body. If you want muscular definition and six-pack abs, men need to be below 10% body fat (closer to 3-4% for impeccable abs), and women should be about 13-14% body fat.

## **2. Not pre-planning meals**

If you don't plan your meals in advance and have the food ready to eat, you will fail on your diet. The problem happens when you work a long day and you are tired and starving and all you want is something fast and easy. If you've got your food ready to go and already plan in advance, then eating healthy is just as easy if not easier than getting fast food. However, if you don't plan ahead the temptation to veer off the road to the nearest fast food restaurant on your way home from work will be too tempting.

## **3. Lack of knowledge of how to exercise most efficiently.**



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Most people don't understand how much they should exercise. Some people don't work out with enough effort to see any results, and others work out to the point where they overwork their bodies and don't achieve the results they are looking for. In short, the way you know you are working sufficiently hard is, you should be breaking out in a sweat when you work out, even in an air-conditioned building. If you aren't sweating, you aren't working nearly hard enough. On the other hand, to prevent over-training, try to keep your workouts between 45 minutes to an hour. Anything more than that and you run the risk of over-training.

#### **4. Drinking alcohol.**

Drinking alcohol is like drinking pure fat. It contains seven calories per gram, much more than carbs, which only contain four calories per gram. In addition, the body cannot receive any nutritional value from alcohol. So stay away from the alcohol or you'll regret it later.

#### **5. Cultural and familial pressures**



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One of the hardest parts about being on a strict diet and exercise program is the flak you get from your friends and family. Two things happen here. First, when family and friends notice you are making a difference in your body, whether consciously or subconsciously there is going to be a fear that you might leave them because you are looking better. There is a deep-seated fear that if you don't look the way they do, and you lose all that fat, you'll look elsewhere for companionship. This is nonsense, because I can tell you from personal experience that just because you change the way you look on the outside you never change who you are inside; you will still have the same affection for the people that you care about. Second, food has always been a staple of societal bonds between people. When you refuse to eat the foods that others around you eat, it will create a noticeable tension between you. There really isn't anything you can do about this. People should accept you for whoever you are, whatever your pursuits in life may be, or whatever you are trying to be. The people who really care about you will always stick by your side, no matter what kinds of peer pressure you may receive about food and your exercise plan.



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## 6. Preconceived notions of normal eating habits.

There is a pre-conceived notion in America that normal eating habits should consist of eating at fast food restaurants, and eating pizza and takeout Chinese food. Everyone should be able to ingest lots of soda, cookies, ice cream, cake and donuts and yet still be thin and have lean muscles. Well, unless you have the genetics of the 0.00001% of the population who can do that, it's unlikely you or anyone you know will be able to gorge themselves on junk food and keep a six pack. Sure, some people may have to work harder than others, but that's the lot we've all been given in life. Don't lament the fact that it's easier for some people to take off the weight than you. Don't get discouraged that it's harder for you to lose the fat. Yes, it may be harder, but it's not impossible. No person in this world is doomed to be fat; it is the choices we make in life and the effort we put forward that determine how we will ultimately look.

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## 7. Underestimating the amount of calories eaten in a day.

So many people underestimate the number of calories they eat in a day. If you ask any obese person what they eat in a day, they'll probably tell you something normal, like an egg for breakfast, a sandwich for lunch, and maybe a little bowl of spaghetti for dinner. None of that sounds too terrible. The truth is they probably ate half a dozen eggs with toast, and cookies and candies between breakfast and lunch. They had two hamburgers with large fries for lunch, more snacks between lunch and dinner, and a full pound of pasta for dinner. The difference in the truth versus what is claimed is not conscious deception, but it's very easy to forget about the foods that you ate that really didn't fill you up or that you ate out of boredom. One of the best ways to prevent overeating out of habit or just out of pure hunger is to keep a food journal of everything you put in your mouth. Be honest, and write it down immediately after you eat it. Don't wait till the end of the day to write it all down. It's too late by then. If you keep a food journal, it will keep you honest about the



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foods you have eaten and prevent you from underestimating the calories you've eaten in a day.

## **8. Underestimating the amount of work it takes to burn fat.**

I've seen many people work out for hours at a time and then, right after, head to the nearest fast food joint and pig out. They never lose the fat or the weight and then wonder why they have put in all that effort for little to no results. Well, friend, that's because you just blew all that hard work and calories burnt at the gym and filled up again on lots of high fat, high glycemic food that shot your insulin through the roof and shuttled everything you just ate into fat again.

If you want to burn fat, you have to work twice as hard as you think you should in order to burn off that fat. Not only do you have to burn the calories you've eaten in the day, but you also have to burn the excess fat you have on your body. Don't even think about severely reducing your calories to spare you from having to work out as hard, because that just slows down your metabolism.



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There are no shortcuts; you've got to put in the work. You have to have the diet along with the exercise to see results. It's as simple as that.

### **9. Immediate results - or lack thereof.**

People stop dieting and exercising because they stop seeing results after the first couple of weeks. This is absolutely normal, and you should expect that. When you hit a wall, you have to keep pushing and you'll get past it. Stopping, eating a cheat meal, or taking a break are not going to cut it. You've got to commit yourself to the long haul, and I promise you will be happy you did. It's at those moments that you feel you've hit a wall and can't go further, but still do, that you make the most progress, and a few weeks later you'll see the results.

### **10. Lack of understanding body chemistry and fat metabolism**

Not understanding basic nutrition will hold you back from your goals. You've gotta eat the right kinds of foods to lose fat. You have to exercise to build lean muscle and get rid of the fat. If you don't



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understand those two components, you'll never have the six pack of your dreams. After reading this ebook you should have a very in-depth understanding of body chemistry and how your body metabolizes fat.

## **NEGATIVE CALORIE FOODS:**

Every time we eat, we increase our metabolism. The very act of chewing, swallowing, and digesting food increases our metabolism as our body prepares and processes the foods we eat.

Believe it or not there is such a thing as a negative calorie food. Now, before you think I've gone crazy, let me reassure you that it's true.

Every food has calories. However some, due to their chemical and fibrous nature, actually take more energy to digest than they have contributed. This means that you have gone into caloric deficit just by eating these foods.



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Negative calorie foods are great foods to eat when you are starving on your standard diet and need to snack on something but fear straying from your diet.

You can eat negative calorie foods all the time, and in as much quantity as you want without fear of weight gain. So if you're in a crunch and have to eat something, turn to these foods.

A word of caution. You will not lose weight faster if these foods are the staple of your diet. In essence if you don't eat anything but these foods you are essentially starving yourself, and you will do harm to your metabolism. Use these foods to fill up on when you are desperate and need to eat now.

### **Negative Calorie Vegetables:**

Broccoli, leeks, cabbage, lettuce, carrots, cauliflower, peppers, celery, radishes, chicory, spinach, tomatoes, cucumbers, turnips.



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### **Negative Calorie Fruits:**

Apricots, blackberries, black currants, peaches, plums, raspberries, grapefruit, guavas, strawberries, tangerines, lemons.

### **How to get Six Pack Abs:**

Having a defined six pack is the pinnacle of external health and vigor. Having well defined abs, whether you're a man or a woman, is a strong sexy statement of your health. Few in this world can claim to have a perfect six pack, and having one puts you in the special class of the super fit.

So how do you get the sexy lean abs you've always wanted? Well, believe it or not, you probably already have them. The problem is they are covered up by a layer of fat.

For women it's much harder to get a fully defined six pack, and most women want definition but not a full six pack. For a woman to achieve a nicely defined six pack she would need to drop below 13% body fat.



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One of the reasons it's much harder for women to drop to that level of body fat is their primary sex hormone, estrogen, whose main function is to put a layer of fat all over the body. This ultimately is intended to provide nutrients to the growing fetus during the pregnancy.

Traditionally, the normal percentage of body fat for women is about 20%. Women also have less lean muscle weight, because the sex hormone testosterone is needed to build muscle thickness. The less body fat a woman has, the more natural free floating testosterone she'll have in her body. Both men and women have testosterone and estrogen. Women just have a greater amount of estrogen than men, and men have a greater amount of testosterone than women.

For men to have a well-defined six pack, they need to drop their percentage of body fat below 10%, and to have a really defined six pack they should drop to about 3-4% body fat. The density and development of the abdominal muscles under the fat will determine how visible they actually are. So as you drop to about 10% body fat, what will determine how visible your abs are will be how much work you do on them in the gym.





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The best part of working out the abs is that you really don't need to be in a gym. You can work on your abs pretty much anywhere, anytime.

**The best exercises to build the abdominal muscles are the following:**

**Basic Crunches:** Lie on the floor with your knees raised a little; place your hands by your sides or behind your head, whatever feels comfortable. Now use your shoulders to lift your body off the floor toward your knees. Start slowly, feel the abs tense as you come forward and back. There is no repetition limit here, so keep going until you fail. Do this exercise for 3-4 sets to failure; this should be a good start.

**Crunch Twist:** If you would like to add a twist to your crunches, you can enhance the basic crunch by holding your hands behind your head with your elbows out. During the upstroke move your right elbow across to you left knee for 10 strokes, then across to the opposite knee with the left elbow another 10. After you've done 10 on



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each side, return to the basic crunch position for another 10, then repeat. Continue with the 3-4 set to failure with this technique.

**Leg Raises:** Start by lying flat on the floor with your hands behind your head, then slowly lift your legs to about eight inches from the floor and hold for 20 seconds. After the 20 seconds have elapsed, move your legs up another eight inches and hold for another 20 seconds. The final step is to move your legs up once more to 45 degrees from the floor for another 20 seconds, then rest. Repeat this exercise 3-4 times.

**Plank:** Lie face down on a mat resting on your forearms; place the sides of your hands on the floor in a fist shape. Push off the floor, raising your body onto your toes, resting on the forearm and elbows. Keep your back flat (like a plank), in a straight line from head to feet. Tilt your pelvis and contract your abdominals to prevent your buttocks from sticking up in the air. Hold for 60 seconds, and repeat for 3-4 sets.



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## Which Exercises Burn The Most Number of Calories:

Below is a chart of some common exercises and the total number of calories burned every 30 min based on body weight:

### Calories Burned

Source: *Harvard Medical Journal*

Exercise (30 min)	110 LBS	120 LBS	130 LBS	140 LBS	150 LBS	160 LBS	170 LBS	180 LBS	190 LBS	200 LBS	210 LBS	220 LBS	230 LBS	240 LBS	250 LBS
Running, 8 mph (3.0 mps)	392	428	464	500	536	572	607	642	679	714	750	785	821	857	892
Running, 8.5 mph (3.1 mps)	407	444	480	517	553	589	625	661	697	733	769	805	841	877	913
Running, 9 mph (3.2 mps)	424	460	496	532	568	604	640	676	712	748	784	820	856	892	928
Bicycling, stationary, very vigorous effort	327	357	387	417	447	476	506	536	566	595	625	655	685	714	744
Running, 7.5 mph (2.9 mps)	387	423	459	495	531	567	603	639	675	711	747	783	819	855	891
Running, 7 mph (2.8 mps)	364	394	424	454	484	514	544	574	604	634	664	694	724	754	784
Running, 6.5 mph (2.7 mps)	348	378	408	438	468	498	528	558	588	618	648	678	708	738	768
Bicycling, stationary, vigorous effort	275	295	315	335	355	375	395	415	435	455	475	495	515	535	555
Running, 6 mph (2.6 mps)	332	362	392	422	452	482	512	542	572	602	632	662	692	722	752
Running, 5.5 mph (2.5 mps)	316	346	376	406	436	466	496	526	556	586	616	646	676	706	736
Circuit training, including some aerobic, resistance and interval rest, general	340	370	400	430	460	490	520	550	580	610	640	670	700	730	760
Pushups, situps, sit-ups, jumping jacks, handstand, sit-ups, sit-ups	320	350	380	410	440	470	500	530	560	590	620	650	680	710	740
Walking, 5 mph (2.1 mps)	340	370	400	430	460	490	520	550	580	610	640	670	700	730	760
Walking, 5.5 mph	320	350	380	410	440	470	500	530	560	590	620	650	680	710	740
Bicycling, stationary, general	282	302	322	342	362	382	402	422	442	462	482	502	522	542	562
Bicycling, stationary, moderate effort	282	302	322	342	362	382	402	422	442	462	482	502	522	542	562
Aerobic, high impact	482	512	542	572	602	632	662	692	722	752	782	812	842	872	902
Walking, 6.5 mph, level, firm surface, heels strike first	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780
Aerobics	327	357	387	417	447	476	506	536	566	595	625	655	685	714	744
Weight lifting, power lifting or body building, vigorous effort	427	474	521	568	615	662	709	756	803	850	897	944	991	1038	1085
High-intensity interval or circuit component of 100 min or shorter	427	474	521	568	615	662	709	756	803	850	897	944	991	1038	1085
Walking, 5.5 mph, uphill	327	374	421	468	515	562	609	656	703	750	797	844	891	938	985
Bicycling, stationary, light effort	344	374	404	434	464	494	524	554	584	614	644	674	704	734	764
Rowing, low impact	434	464	494	524	554	584	614	644	674	704	734	764	794	824	854
Walking, 6.5 mph, level, firm surface, heels strike first	321	351	381	411	441	471	501	531	561	591	621	651	681	711	741
Walking, 5.5 mph, level, moderate pace, firm surface	300	330	360	390	420	450	480	510	540	570	600	630	660	690	720
Weight lifting, light or moderate effort	79	90	100	110	120	130	140	150	160	170	180	190	200	210	220
Bicycling, stationary - very light effort	76	86	96	106	116	126	136	146	156	166	176	186	196	206	216
Walking, 5.5 mph, firm surface	79	90	100	110	120	130	140	150	160	170	180	190	200	210	220

A promotional banner for Lean Secret. On the left, there is a product bottle and a woman's face. The text on the right reads: "Lose Fat, Not Lean Muscle. Try Lean Secret For FREE! www.LeanSecret.com".

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