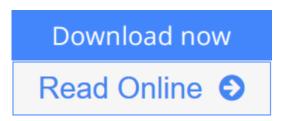


Body Fuel: Calorie-Cycle Your Way to Reduced Body Fat and Greater Muscle Definition

By Mark Lauren, Maggie Greenwood-Robinson



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A no-frills, fail-safe, easy-to-follow "calorie-cycling" eating plan designed to jumpstart your metabolism, stimulate weight loss, define your body, and keep you fit for life—from the bestselling author of You Are Your Own Gym

FUEL UP, BURN FAT

International fitness phenomenon and U.S. Special Operations Forces trainer Mark Lauren has worked with everyone from soldiers to civilians who want to get into top shape fast—without pricey equipment or gym memberships. Now he turns that same disciplined focus and straightforward advice to using the right foods to fuel your body.

In Body Fuel, Lauren reveals for the first time his cutting-edge concept of "calorie cycling," the secret weight-loss weapon that employs a simple week-byweek schedule of calorie and carbohydrate increases and decreases to trick the metabolism and keep the body in fat-burning mode.

Lauren provides a helpful meal guide and more than fifty delicious breakfast, lunch, dinner, and snack recipes, formulated around the "Magnificent 7"—meats, fish, vegetables, fruit, grains, nuts, and seeds. Complementing this new eating plan is a series of ten-minute workouts that use your own body for resistance. Drawing on the latest nutritional research and including photos of exercise routines, Body Fuel will change the way you think about food, transforming your life and your body.



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Editorial Review

About the Author

Mark Lauren is a military physical-training specialist for the Special Operations community, a sought-after personal trainer to civilian men and women of all fitness levels, a triathlete, a champion Thai boxer, and the author of both *Body by You* and the internationally popular body-weight bible *You Are Your Own Gym*. He lives in Tampa, Florida.

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