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The Men's Health Diet: 27 Days To Sculpted Abs, Maximum Muscle & Superhuman Sex!



Synopsis

For more than 20 years, Men's Health has been America's number one source of health, fitness, and weight loss information. Its editors have tested every workout, chowed down on every food, and consulted the top exercise and nutrition experts in the world. Now, this valuable expertise is boiled down into one plan that will revolutionize weight loss: The Men's Health Diet - Stephen Perrine with Adam Bornstein, Heather Hurlock, and the Editors of Men's Health - is a proven program backed by cutting-edge research that works with a reader's body to build muscle and shed pounds-in just 27 days. This unique program features 7 supersimple Rules of the Ripped-scientifically proven, breakthrough strategies that often run counter to standard "diet" advice (like Rule #7: Eat whatever you want at least 20 percent of the time!). Built around 8 "Fast & Lean" superfood groups, The Men's Health Diet is so easy, so effective, readers can't help but turn fat into muscle and stay strong and lean for life. Features include: 101 Tips That Will Change Your Life in 10 Seconds or Less; The Men's Health Muscle System exercise plan; and the 250 Best Foods for Men. Packed with easy-to-prepare recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate secret weapon for a stronger, leaner, more muscular body.

Book Information

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Customer Reviews

STEPHEN PERRINE is publisher of Rodale books and an editor-at-large of Men's Health. He has appeared on numerous national television shows, such as CBS's The Early Show, the 700 Club, and Extra! He lives in New York City.

I find this book to be very informative. It does not over complicate things, gives me a plan that is reasonable and that I can follow. Also, the most important thing, it's realistic. Liked it so much I also purchased the kindle version to have as a quick reference. I've been working out and trying multiple diets trying to get the last bit of fat off my abs, this book is it for me.

Okay book. Nothing really special about the information in it that you haven't heard before in other books. Buy a used book instead of a new one and save the cost and you won't be so upset for spending the extra money for a so-so book.

Great information on nutrition, meals and workout routine. Keeps everything simple and doesn't have to be a dramatic change. It gives a slow process and doesn't require to run to organic right away.

I thought this was kind of lame. Very scattered and not very prescriptive. It wasn't expensive but I don't think I learned much from the read.

This plan focus' mostly on what to eat and why. The advice centers around lean protein, fruits, vegetables, whole grains and dairy. Its hard to go wrong with that. Combined with a reasonable, for most, work out the average Joe, will get in better shape and be healthier by following the plan here. Will most get 6pk abs from doing this? Doubtful. But its still a solid plan.

Excellent tips

Great book! Very enlighting

I really like this book. I am only about 20-30lbs overweight so I was looking for fun and easy solutions to lose those last few pounds. There are some great ideas in this book that easy to understand and don't involve a complete life change.

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