



Fat Burning Diet - The Renegade Diet Book

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FORGET ABOUT STRICT, COMPLICATED DIETS GAIN MUSCLE FAST AND LOSE FAT AT THE SAME TIME! Fat Burning Diet Book - The Renegade Diet is a new kind of approach to dieting, based on research and millions of years of evolution. It goes against everything you think you know about nutrition and is, quite simply the most effective body-recomposition plan ever created. There are three problems with most diet programs out there: 1. With most muscle building diets you gain 1-2 pounds of fat for every pound of muscle. You get bigger but fatter. So you have to diet the fat off afterwards. 2. With most fat loss diets you lose a pound of muscle for every 2-3 pounds of fat. So you're a little leaner but less muscular. 3. A lot of the diet programs are too difficult to follow (cutting out carbs is too much for most). While shockingly effective, The Renegade Diet is the easiest-to-follow, least intrusive diet plan you'll ever try. Instead of suffering with plain, boring foods you get to feast til your hearts content every night of the week.

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