

12 Week Guide to becoming Lean - The Diet

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc, CSCS.

Introduction

Bodybuilders are a strange breed. Most of the time we work on packing on as much mass and weight as possible. However, every once in a while, we get the strange urge to shed the water and fat we put on while bulking and get a clean look at the muscle that lies beneath it. Whether your goal is to prepare for a contest, or even for the beach, my 12 week dieting guide is sure to do the trick!

Diet

You must first understand that you will not lose weight--and probably not an appreciable amount of fat--unless you burn more calories than you consume. However, too many people get hasty and end up reducing their calories way too much, which will completely backfire and ultimately make you fatter!

You see, extremely low calorie diets end up burning almost as much muscle as they do fat. When your muscle mass drops, your metabolic rate slows with it! Secondly your thyroid gland--which is responsible for how quickly our bodies process food--will basically shut down on you, which will completely cancel out the effects of your low calorie diet. Therefore, you stop burning fat. Then when you raise your calories back up to even your old maintenance, you start gaining a ton of fat. This explains why the traditional diet does not work. I've seen people who starve themselves end up gaining weight on anything over 1,000 calories a day because their metabolic rates had slowed so drastically! What a nightmare! Don't go down this path!

The ideal way to shed fat without causing your metabolism to completely nose dive is to make very slight reductions in your daily caloric intake. What we will do, is cut back on your calories by 250 percent. So if you maintain your current weight at 3,000 calories a day, we will reduce your calories to 2,750 calories. This will help your body to select body fat as fuel without tapping into our muscle mass. Remember, the more muscle you have, the higher your metabolic rate you will be.

Protein Intake

Protein is a bodybuilders number one ally when bulking and the same holds true when dieting! You see, if we do not get enough protein, then our bodies will steal it from our muscles. A reduction of lean mass means a drop in our metabolic rate. In order to prevent this, we need to consume at least a gram of protein per pound of bodyweight during this program. So a 200 pound man would need 200 grams of protein a day and a 130 pound woman would need 130 grams of protein a day. Just

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Fajah Lourens



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Cincinnati Magazine ,1987-02 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region [Red Cross Briefs](#) ,1920 **Backpacker** ,2004-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Backpacker** ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *The Killerbody Plan* Fajah Lourens,2017-10-31 Are you ready to get that Killerbody you ve always dreamed of Whether you re looking to lose weight get lean or eat healthier Fajah Lourens No 1 bestselling *The Killerbody Plan* will motivate you to reach your goals and achieve a strong beautiful body you love with lasting results This accessible 12 week programme includes fuss free home workouts combining strength and cardio training to build muscle and burn fat fast The easy to follow diet plan is brimming with delicious and satisfying protein rich food healthy fats and nourishing complex carbs to fuel your body transformation Full of lifestyle tips and tricks to help you stay on track and information tailored to your personal body composition and fitness targets Your journey to becoming healthy and fit for life starts here so join the My Killerbody revolution and be inspired **The Beginner's Optavia Diet Cookbook** Velma C Derrick,2020-05-25 Do you believe that it s possible to lose weight rapidly by sticking to a simple recipe regimen The Optavia diet offers this possibility to prepare lean and green recipes only by simple ways This book is a complete guide on the Optavia diet Whether you are a beginner or already familiar with the diet this book will get you started as well as educate you on the best practices to implement so as to see maximum result in little time Learn how to shop for the right ingredients and cook your own meals With this book in your possession you will save yourself the stress of trying to figure out what meal to eat while on the Optavia diet The recipes are explicitly detailed laid out in a step by step manner so they are easy to follow and recreate Get this book and you ll see a fresh new yourself **Healthy Recipes for Weight Loss** Michael Bridge,2021-04-20 55% OFF

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