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# Fast Track to Lean Muscle

-Fat melting diet plan-

## Introduction

The guided plan you are just reading will provide you with the knowledge you need to achieve a lean, muscular development as fast as possible.

This nutritional program has been simplified to the extreme. All you need to know is what to do and why does that work. Everything else would be a loss of your precious time. That's why this e-book gives you precise advices, rules and diet plan to help you loose body fat at a tremendous pace.

All you have to do is to read it once, then apply point after point of its guided steps.

As in everything, consistency is the key to improvement. You'll have to strictly follow the advices given here to see maximum results in a minimum of time.

Everything, in this method, is planned to help you achieve your goal in the easiest and fastest way.

Ok, let's see right now, how to build a solid and effective nutritional plan to obtain the lean and muscular body you desire.

## **The Big 3**

First of all, let's have a quick look on macronutrients, the 3 big families you meet at the dinner table.

### **Proteins**

Quality proteins are mostly found in dairies, eggs, poultries and fishes. They contribute to build and restore your muscles, nails, hair, skin, etc. Proteins are the bricks to build and repair your body. A good idea to insure you are taking in enough proteins would be for you to buy proteins powder supplements, like one used by bodybuilders. They are made from milk or eggs and really time sparing when you work and can't eat a normal meal on the go.

### **Carbohydrates**

Carbs, as the preferred energy source of your body, are used as gasoline is used by your car. They are transformed in glycogen by your liver to feed your muscles and provide your energy. Good carbohydrates sources are plain rice and bread, oatmeal, sweet potatoes, etc. As you'll see in a next chapter, to lose body fat it is however advised to replace carbs sources by special combination of vegetables.

### **Fats**

As you may know, there are good and bad fats. Bad ones just have to be avoided. They are processed fat, as in fast food, and do nothing else than making you fat. The good fats though may help you reduce body fat. As they enhance hormonal production, you don't want to eliminate reasonable serving of good fats, found in such sources as salmon, walnuts or primrose oil supplement.

## 6 better than 3

To lose body fat, you need to reduce your caloric intake while maintaining your energy level. Researches show that eating more frequent meals throughout the day help you keep your metabolism high while avoiding the craving for food.

This diet plan is based on 6 meals a day. You may think “What, I should eat twice as more to lose fat?” In fact, you’ll only eat more frequently, but your total daily caloric intake should drop.

This way, you’ll be easily able to eat fewer calories, feel full of energy all day long thanks to frequent small feedings and burn more calories due to a raise in your basal metabolic rate.

Each of these feedings should bring a correct proportion of the 3 macronutrients described above. A good ratio to aim would be around 50% from proteins, 35% from carbohydrates and 15% from good fats. Forget about calculating your calories, weighting your food and all of these bothering things. You would have to take into account that a gram of protein or carbs provides 4 calories when a gram of fat comes with 9. Then you should weight everything and watch for the label to calculate what’s in your plate, and so on...

Fortunately, you won’t have to do it, because all the calculation has been done for you.

Next, you’ll see how to make up a perfect meal for your diet.

## Fat attack

Body fat is a reserve of energy to maintain life if a famine should arrive. Your body isn't concerned by looking good in a swimsuit. Everything in your DNA is programmed to help you survive and a diet is considered by your body as a dangerous situation.

The trick is to force your body into a relative emergency to force him to use the fat stored, while maintaining (if not building) your muscle mass to avoid it entering in economy mode.

With fewer carbohydrates, your body will feel stressed and begin to use his reserves of energy (stored fat). In the same time, frequent servings of proteins will spare your muscles and insure you continue to burn as much calories as possible.

If you were just cutting in your calories without compensate with more proteins and good fats, your body would soon begin to use your muscles as energy source and you'd lose as much muscle as fat.

That is what you want to avoid, because you would lose some weight, but wouldn't look any better, feel tired and could regain all your lost fat easily.

Instead, here you can progressively force your body to prefer body fat as energy source, maintain or augment muscle mass and keep your hormonal production to normal level thanks to good fats.

This program is really about positive balance. Protein build muscles, muscles burn more calories, even at rest, so you need proteins. In the

same time you burn even more calories by giving your body less “gasoline”, forcing him to use his reserves. The theory is as simple.

Let’s see how to build your meals with some samples in each category.

<b>7 am</b>	<b>Serving of protein powder</b>	<b>3 capsules of primrose oil</b>	<b>Half banana</b>
<b>10 am</b>	<b>Meal replacement bar</b>		<b>Special Vegetables Soup</b>
<b>13 am</b>	<b>Chicken breast</b>	<b>1 teaspoon of olive oil</b>	<b>Special Vegetables Soup</b>
<b>16 am</b>	<b>Serving of protein powder</b>	<b>3 capsules of primrose oil</b>	<b>Glass of grape juice</b>
<b>19 am</b>	<b>salmon</b>		<b>Special Vegetables Soup</b>
<b>22 am</b>	<b>Cottage cheese</b>		

As you can see in this table, each meal provides the three major categories of nutrients except for the last one. Before sleep, cottage cheese gives you a small amount of carbohydrates and slow release proteins to preserve your muscle mass from catabolism (destruction of your muscle mass) during the night.

The same pattern should be used to create each of your diet days. Following, you’ll find a selection of all the sources you should use to compose your meals.

As a rule of thumb you should always do at least 2 normal meals (with real food), add one or two feedings based on cottage cheese and enhance it with protein powder supplements or meal replacement bars 2 times a day. Check the label for the protein powder to insure that you get

at least 80 grams of protein for 100 grams of powder. 1 serving will be around 40 grams of powder. Meal replacement bar or powder should provide at least 20 grams of proteins, 20/30 of carbohydrate and be low in fat.

Now, here is where to choose from, when deciding what to eat. To compose a meal, choose one item from each list.

### **proteins sources**

Meal replacement bar	Beef	Buffalo
Proteins Powder	Tuna	Skimmed milk
Chicken or turkey without skin	Eggs white	Tofu (soy)
Salmon and cold water fishes	Cottage cheese	

### **Carbohydrates sources**

Banana	Plain rice	Sweet potato
All Vegetables	Plain bread	Special soup
Grape juice	Cereals like All bran and oatmeal	

### **Good Fat sources**

Fishes	Walnuts	Olive oil
Supplements of omega 3 & 6	Primrose Oil	

## Portions and proportions

Now that you know what to eat, here is a simple method to know how much you should eat. Eat as much protein sources as you want, but you should not leave the dinner table feeling full. So, don't exaggerate. For a man of 80 kilos (180 pounds) that means 150 grams of chicken breast, 10 eggs white, 30 grams of protein powder, 200 grams of fish, etc. If you weight more or less, adapt this to you. In case of doubt, it is however better to eat a bit too much than too few proteins.

Carbohydrates must not be banned; you need some to avoid getting sleepy. You have two meals where you should consume some hydrates, other than vegetables: at the morning and for your fourth feeding.

To have an idea of the quantity you should eat, serve yourself half the amount of protein source you get for this particular feeding.

Let say you had a bowl of skimmed milk, you could eat a half banana with it. 200 grams of beef? Give yourself 100 grams of plain rice with it. And so on.

Fats are easy to dose. Get a serving of omega 3 supplement, a tea spoon of olive oil or primrose oil and you're done.

### **(Almost) Magic vegetables soup**

Here is the recipe of the vegetable soup you should consume when on this express diet program. This particular mix of vegetables provides vitamins and fibers in great quantity but as another advantage.

Due to the digestion process, your body burns calories. In fact, this soup is so few caloric that your body will burn more calories than he can get from it! Some of the ingredients in this soup require special interest from your digestive system. In clear terms: the more you drink of that soup, the more you get fibers, vitamins and burn calories.

Drink as much as you want all day long. Except for the last meal, if you want to sleep restfully.

#### **Ingredients :**

Peeled tomatoes  
Celeriac  
Carrots  
Thyme  
3 garlic cloves  
1 leek

Boil 2 liters of water and put everything in it. Once it is cooked, mix and blend it well then let it cool.

## 6 rules to lean body

1/ Drink plenty of water all day long. Water keeps you hydrated and helps you eliminate. You should drink a big glass of water every hour. Do not underestimate this point.

2/ Do not miss a meal. Eating frequently helps you control your hunger and keeps your metabolism active.

3/ Add a multi-vitamins and mineral supplement to you diet.

4/ Practice exercise. This diet work by itself, but you should enhance it by practicing some sport. Cardiovascular training, abs training or full body working sport may help you increase you muscle mass and burn more calories.

5/ Try to avoid every temptation. Do not buy anything that is not in your diet plan. If you need a break, plan it on a specific day and stay strict until you reach that day. You could have the meal you like on your break day, in reasonable proportions. Having a break day helps you keep serious the others ones, and kicks up you metabolism. Not to mention it is good for the mental.

6/ Be Patient. Do not weigh yourself too often. The progress will come but bodyweight is not a precise measurement tool. If you'd loose fat and gain some muscle in the process, your bodyweight would not change a lot, but what tells you the mirror may be completely different. Once per week is enough.

7/ Be persistent. As you read this e-book, you already have taken the decision to strictly follow these advices and you know you can only success starting from now. You should allow yourself 3 to 4 weeks to begin to see encouraging results. By this time you'll know that you are on the right way and will be so much motivated that the harder part of the program will be behind you.

Right now, your transformation has already begun. You know exactly what to do. Once you'll have finished to read this e-book, you'll go back to the previous chapter, take a paper piece and write down what you need to begin today. Now that you know exactly which track to follow to attain your goal, all you have to do is to go buy what you need to prepare healthy, equilibrate and fat melting meals. Add exercise and determination and you're sure to meet a new you in a few weeks.

*"The hardest thing about getting the lean body you want, was to find this e-book. Now you've got all you need to become leaner than ever. Begin to change your body today."*

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