

## TABLE OF CONTENTS

### **Medical Disclaimer**

### **Preface**

### **Introduction**

**Chapter 1:** Goal setting: How to set powerful, compelling goals that will propel you forward and charge you up with unstoppable motivation

**Chapter 2:** Chapter 2: Why 95% of all conventional diets fail - And the 8 most powerful strategies to permanently lose fat without diets or deprivation

**Chapter 3:** Body composition: How to determine your fat to muscle ratio

**Chapter 4:** Charting your progress: How to use performance feedback to get from where you are to where you want to be

**Chapter 5:** Metabolic individuality and your body type: Doing your best with what you've got

**Chapter 6:** The law of calorie balance and the mathematics of losing body fat

**Chapter 7:** Secrets of meal frequency & timing: How to turbo charge your metabolism and turn your body into a fat-burning machine!

**Chapter 8:** Macronutrient ratios: The optimal combination of protein, carbohydrates and fats for improving your muscle to fat ratio

**Chapter 9:** Good fats vs. bad fats: How to speed up fat loss, boost muscle growth, increase energy and rev up your metabolism by eating the right fats in the right amounts at the right times

**Chapter 10:** Protein: The muscle builder and metabolic activator – How much you really need

**Chapter 11:** Clearing up carbohydrate confusion: Are carbohydrates your friends or foes?

**Chapter 12:** How to get as lean as a bodybuilder or fitness model using a new twist on the old low carbohydrate diet

**Chapter 13:** Why water is essential for fat loss, how much you need, and what else you should (and shouldn't) drink

**Chapter 14:** The BFFM eating plan: How to design your own effective and result producing meals and menus.

**Chapter 15:** Supplements: What the supplement companies hope you never find out

**Chapter 16:** Cardio training secrets for maximum fat loss: Why it's better to burn the fat than to starve the fat.

**Chapter 17:** Weight training for fat loss: Why diet and cardio are not enough

**Conclusion:** The journey is just beginning.

### **Appendix**

I hope you enjoyed this FREE PDF file. Please help me keep these pdf files FREE by visiting one of my sponsors below. If you do buy something from them, I get a small commission.

Thanks!

Barry C.

<http://www.home-gym-bodybuilding.com/28DaystoMaximumMass>

<http://www.home-gym-bodybuilding.com/AdvancedMassBuildingSecrets>

<http://www.home-gym-bodybuilding.com/BestArmExercises>

<http://www.home-gym-bodybuilding.com/betteru>

<http://www.home-gym-bodybuilding.com/betterulazycook>

<http://www.home-gym-bodybuilding.com/BlastYourBench>

<http://www.home-gym-bodybuilding.com/Burn-Fat-Feed-Muscle>

<http://www.home-gym-bodybuilding.com/CombatTheFat>

<http://www.home-gym-bodybuilding.com/hardgainer>

<http://www.home-gym-bodybuilding.com/Homemade-Supplements>

<http://www.home-gym-bodybuilding.com/lean-hybrid-muscle>

<http://www.home-gym-bodybuilding.com/MuscleSpecializationTraining>

<http://www.home-gym-bodybuilding.com/no-nonsense-muscle-building>

<http://www.home-gym-bodybuilding.com/Natural-Bodybuilding-Program>

<http://www.home-gym-bodybuilding.com/plateandchaincurls>

<http://www.home-gym-bodybuilding.com/rest-pausetraining>

<http://www.home-gym-bodybuilding.com/trainingontheedge>

<http://www.home-gym-bodybuilding.com/your-six-pack-quest>

<http://www.ironmaster.com/idevaffiliate/idevaffiliate.php?id=102>