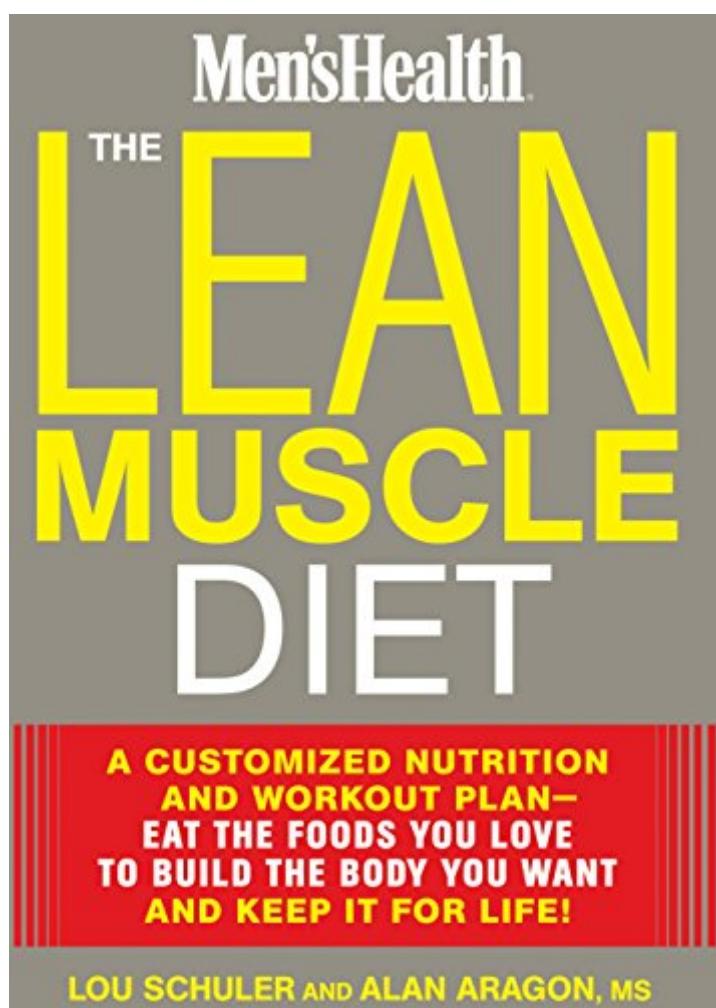


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# The Lean Muscle Diet: A Customized Nutrition And Workout Plan--Eat The Foods You Love To Build The Body You Want And Keep It For Life!



## **Synopsis**

Research shows that although people can lose 5 to 10 percent of their body weight on any given diet, dieting itself is a consistent predictor of future weight gain. Why? At some point, everyone stops dieting. The Lean Muscle Diet solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If you are, say, a 220-pound man who wants to become a muscular 180-pounder, you then use The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. Lou Schuler, who has sold more than one million copies of his fitness books worldwide, and Alan Aragon, nutrition advisor to Men's Health, have created an eating and "metabolically expensive" exercise plan designed to melt fat while building muscle. The best part? The plan allows readers to eat their favorite foods, no matter how decadent. With full support from Men's Health, The Lean Muscle Diet delivers a simple--and simply sustainable--body transformation plan anyone can use.

## **Book Information**

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## **Customer Reviews**

The themes woven throughout this book - scientific, sustainable, customized and flexible - are a big

part of what make The Lean Muscle Diet unique, appealing, effective, and a breath of fresh air. It might sound unbelievable to say that The Lean Muscle Diet shows you how you can eat the foods you love and that eating the foods you prefer is precisely how to get lean and stay lean for life, but that's exactly what this book delivers - along with the science to back it up. The diet industry today is rife with gimmicks, pseudo-science and out-right fraud. Co-author Alan Aragon is arguably the number one advocate for and authority on evidence-based nutrition, so there is no one better to debunk diet myths and misconceptions. If you want the truth about low carb, paleo, and anti-dairy, anti-wheat, anti-gluten, anti-meat and other forbidden food mentalities that pervade the industry today, then this book is for you. The authors do not demonize individual foods or attack other programs. In fact, The Lean Muscle Diet acknowledges that all weight loss diet programs are right - well, at least about something - they all have their own way of getting you to eat less, whether they admit it or not. The difference in the Lean Muscle Diet is, you get the relief of knowing that unless you are intolerant or allergic, you don't have to obey any strict rules that involve cutting out wheat, grains, gluten, dairy, meat or any of the foods you love. You simply have to learn how to make the foods you prefer fit into the calorie, protein, carbohydrate and fat levels that are suited for your body, your goals and your activity. Recent attempts by other experts to communicate the concept of flexible dieting have been commendable but too often, fall short or completely go off the rails, giving the impression that you can (and should) eat more junk food, as long as it "fits your macros." Alan's "80-10-10" system is the best "flexible eating" approach I've seen yet. That's because of how Alan quantifies his definition of flexible eating with specific numbers and (strongly) emphasizes food quality in the same breath as he encourages you to enjoy a little bit of "junky goodness." Even knowing this is a by-the-numbers program that requires a little math, you can relax as the authors point out that in a human body living in the real world, none of this is a perfect science and it doesn't have to be. The big message is that calorie quantity and calorie quality both count. The other author in this two-person collaboration is Lou Schuler, one of the most prolific fitness writers. Lou's writing style makes this book belly-laugh entertaining in parts, as well as informative. It's an easy read that a layperson can take in, absorb and apply quickly. You get just enough science to feel reassured, but not so much it feels like you're reading a clinical journal (readers who want more of the science should look up Aragon's research review). In the second half of the book, Schuler gives you a full body training program made up of the most important barbell and dumbbell exercises, combined with some kettlebell, cable and body weight movements. There are three full-body workouts within each cycle to keep it interesting (good variety). There's a strong emphasis on core training, and warm up and safety are stressed. The training portion includes photos, excellent exercise

descriptions with muscle function fully explained, as well as workout charts to take in the program at a glance. Substitutions are easy to make and exercise progressions are provided in the "need a bigger challenge?" sections, so even experienced lifters can get a good workout. It's not a bodybuilder style of training, but leaving out that 5-10% of the training population means its ideal for 90-95% of regular guys. This book is written in the Men's Health style, but I'd recommend it to women as well, as long as the ladies don't mind the masculine references (and jokes). If you're female and you insist on a training book that speaks directly to women, check out Schuler's, the New Rules of Lifting For Women. New readers as well as long-time fans of the authors may correctly note that this is not really a "diet" book at all - not only because nearly half the book is about training, but because it's more like an "anti-diet" book. Traditional "diet" book or not, it's refreshing to see this in the stores on the "diet program" shelves... because that means at least one less fad diet book is up there. Disclosure: I received a review copy of the book prior to publication. I'm a fitness author and have been a follower of Lou since his 2003 Book of Muscle and Alan since 2006 when he started his research review.

I have been following IIFYM for about 3 months and the science has eluded me. I understood low-carb because I had followed that method for years - so introducing carbs is scary. This book explained everything and was entertaining to read - which honestly you can't say about too many health books. Well worth reading the actually science AND true definition of IIFYM - it's not all about poptarts!

This book was an excellent introduction to a good diet and exercise plan without all of the gimmicks and magic foods that will do all of the work for you. The topics covered in this book could have been expanded upon by 150 pages for each individual topic, but the author made it accessible and gave you just what you need to get it done. I was struggling to find time to prep my food and exercise; there was no way that I was going to find time to read a novel. To make it even better, I sent Mr. Schuler a question and he responded to me. I wish I could give this book and the author 6 stars.

I bought this for the workout program as I was shopping for a new one after having already done several in the "New Rules of Lifting" series and several by Nia Shanks. Despite the title, about half the book is about exercise and the workout program. The diet part looks great, and is already pretty close to how I have been eating for a couple years, while maintaining a healthy weight and improving my body composition (more muscle, less fat). I like, and it makes total sense to me, that

they debunk all the unnecessary food phobias and restrictions and emphasize a sustainable way of eating--mostly unprocessed or minimally processed foods, but not superstrict, with detailed recommendations about macronutrients and calories, and templates to follow. I have only completed one workout but it was perfect, challenging, about an hour long including a good warmup, whole body. I like the look of the next two workouts--looks like a good variety of exercises throughout the week. I like having three different workouts during the week, and that they are all whole body but each one has a different emphasis-strength, hypertrophy, endurance. The writing is, as usual for Lou Schuler, entertaining, and full of useful information backed by comprehensive review of the available scientific studies.

Lou and Alan never disappoint with the content they put out and this is no exception. I am a former client and long-time follower of Alan. Everything he taught me as a client was packed into this book, so think of it like having Alan as your personal nutrition coach. They go above and beyond with insightful nutrition plans and workouts to help you reach your goals. I recommend this book to all of my clients and anyone looking for the right nutrition solution. This is a long-term plan that will have you looking and feeling your best for years.

Weight lifter 18 yrs - I am not through this program yet. With work, kids and life I have missed a couple weeks here and there. I am or have recovered from a bicep tear and Labral tear surgery. This has helped greatly with recovering my strength and starting to see my muscle again after almost 5 months of sedentary behavior. Not much weight loss (5 lbs - 6 Weeks) since I am putting on muscle as fast as losing fat. This program is no joke and not easy, but also never boring. Every week lifts go up and I become stronger and a little leaner. I like to eat so the whole foods approach to muscle and leaner body is great. I can't live on salad and egg whites so this is perfect. Oh and Cardio maybe after you puke after day twos workout. I can only do this 3 days a week and no extra cardio !

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