YOUR METABOLISM SCORE IS A
WE'VE GOT SOME WORK TO DO!

Based on the answers you've submitted and the algorithm Rudy developed over months of testing and a decade of research, you've scored a 4 out 10!

This means your metabolism is functioning at a sub-optimal level and you may find yourself having a harder time losing fat, maintaining high energy or simply maintaining your weight when dining out or on vacation.

The good news is it's not your fault and with a few clever tweaks we can dramatically boost your metabolism, results, energy and make it much easier for you to shred fat or maintain a happy and safe level of bodyfat!

Due to excessive dieting, bad food choices, incorrect exercise selection and dozens of other reasons lots of people's metabolisms are now 'damaged'. In science, this is known as 'Metabolic Adaptations' and it's a major issue if you want to lose fat quickly and maintain a healthy balance without living on chicken salads all your life!

These key strategies include:

1. Consistent, high calorie dense meal plans that utilize healthy calorie dense foods, shakes and smoothies to help you get your daily macro and protein needs easily, even when you are working, on the go or travelling.

2. High volume workouts to stress the body and provide sufficient overload to lean bulk in the best possible way, maximizing all that food that your fast metabolism allows for.

3. Advanced protein and nutrient timing methods to compartment different nutrients into different windows of the day, giving you
4. Cutting edge advanced training principles and techniques that are trusted by IFBB Pro Bodybuilders I've worked with and hundreds of other clients that turbo charge muscle growth by 200% or more AND your anabolic hormones by over 300%. Best of all, you can get ALL these methods condensed into a money backed and done-for-you program that you can apply immediately into your routine based on your OWN metabolism and never have to guess what the best diet, workout or program is.

Now, I know you are probably thinking it’s going to cost hundreds of dollars for a full workout and diet plan from myself, but, it can be all yours for a fraction of my normal consulting rate. In fact, I’m not even going to charge you $50 – the average cost of just ONE personal training session with a basic trainer. Nope, I’m going to give you the 30 Day Super Shred, with full meal plans and workouts for just $17 TODAY ONLY. Scroll down below to learn why and how my 30 Day Super Shred is the exact plan you need to master your metabolism and achieve your dream physique, without wasting years or doing stupid diets you read in Men’s Health or get from a random, unqualified trainer online.

Attention: do you want rapidly shred body fats and add muscles in 30 days with my most intense 30 day plan yet?

100% guarantee hardcore 30 day fat loss protocol that will shred large amounts of bodyfat with advanced metabolic complexes, circuits, HIIT and 7 day meal plans!

Take 60 seconds to see what

1000s of members have to say...

*Results vary depending on starting point, goals, and effort.*
DO YOU STRUGGLE TO BURN STUBBORN BODYFAT IN A QUICK AND EFFICIENT MANNER WITHOUT LOOKING FLAT, LOSING MUSCLE, STRENGTH OR BINGE EATING?

Based on the latest scientific techniques 10 years ahead of the general fitness world and Hollywood Secrets you can achieve a warrior like physique in just 30 days, without binge eating, eliminating foods you love or losing muscle and looking as flat as a pancake. It's a bold statement I know, especially as most other male fat loss diets simply don't work.

However, I've refined these techniques over years of testing, researching in the lab and working with pro bodybuilders and Hollywood Celebs.

So, why is it that most male diet plans or your own previous fat loss diets only provided average results? Well, here's a few common issues you may be making…

1. You go too low calorie and crash your metabolism and testosterone levels.

2. You use typical bodybuilding workouts and strength training that although effective for add muscle mass, it simply won't optimize fat loss like my proven techniques, which can boost fat burning hormones and weight loss by 200-300% (see details below).

3. You don't use scientifically proven fat burning supplement protocols that can enhance fat oxidation (how much fat you burn at rest), metabolism, decrease hunger and increase your fat burning hormones.

4. You believe you must follow meal plans which are basic, bland and limiting, meaning you either quit because you get bored or you constantly crave bad food then binge eat, re-gaining all the weight in just a few days.

5. They don't optimize your diet, training & supplement plans to protect your heard earned muscle, which results in you just looking skinny, losing muscle fullness and the pump at the gym.

SOUND LIKE YOU?!

STOP RIGHT THERE AND DECIDE TO TAKE CONTROL OF YOUR PHYSIQUE AND FAT LOSS EFFORTS WITH MY 30 DAY SUPER SHRED

Here's how my unique training system combats those common issues wrecking your results, helping you achieve a full, chizzled and warrior like physique. This is broken down into 2 distinct phases, here's an overview:

In phase one, we will kick burn your metabolism and send it into over drive, with my famous ‘Metabolic Accelerator’ workouts. These workouts creates a massive calorie window so we can shred crazy amounts of fat in a short period of time, while also taking in the key nutrients we need to still add muscle!

After phase one is complete and you've ignited your metabolism we will transition into my anabolic workouts, known as the ‘Growth Hormone Amplifier’.

These workouts are based on advanced scientific techniques that are not used in the mainstream bodybuilding or fitness world. This final workout series will give you that warrior like physique by switching on your fat burning hormones and anabolic hormones at the SAME time.

I'm not going to fluff it up, these workouts are brutal and not designed for someone who wants average results, an average body or an average life.

However, what I will say is for those of you that can rise up to the challenge you will witness drastic DAILY changes and transform your physique in 30 days!

SPECIFICALLY DESIGNED FOR THOSE WHO WANT TO...
Shred stubborn body fat around the chest, belly, lower abs and love handles.
Lose the last 10-15LB of fat without sacrificing hard earned muscle.
Want to continually add new lean mass and stay full even when dieting.
For those who compete in physique or bodybuilding comps and need an advanced protocol to take their physique a step further.
Need to shred body fat in a hurry and don't have 6 months to diet.
Just starting their weight loss journey and need a major kick start to get them rolling.
Want to boost anabolic and fat burning hormones for long-term success.
Enjoy normal food an socializing and want to shred fat without being overly restricting or hating their diet.
An Alpha Male who simply demands the BEST in life in everything they do, from work, family, finance, cars, clothe and of course, their physique.

*Results vary depending on starting point, goals, and effort.
I was introduced to Rudy through my friend and IFBB Pro Ben Pakuński. Ben is one of the most educated and honest bodybuilders in the world so I value his introductions and friendship.
I also worked as his subject within the University of Tampa as we went through a plethora of physical tests.
I knew almost immediately that I wanted Rudy on my team so I asked him to contribute to KAGED MUSCLE as our science contributor.
He accepted and I have had an evolving working relationship since. His detail of study, content creation and execution is more than I expected. I look forward to the future of KAGED MUSCLE with Rudy's inclusion.

Kris Gethin
Pro Bodybuilder, World Renowned Fitness Professional, Celebrity Trainer, KageMuscle Owner

*Results vary depending on starting point, goals, and effort.
Doing business with Rudy Mawer has added immense value to my life both personally and professionally.
By using and executing what he advocates, I've been able to improve my own physique and health dramatically, and am now able to do the same for all of my client.

Christopher Cavallini

CEO/Founder Nutrition Solutions, NASM Certified,
Fitness & Nutrition Specialist

MY 100% RESULTS GUARANTEE

As this plan is based on years of advanced scientific testing which has been successfully utilized by 1000s of our members I am 100% confident in you and your results. I understand you've likely failed before and followed fad diets or plans that promise the world, but, you must understand this is a totally different ball game due to my scientific/research background and experience with elite athletes, models and Hollywood Celebs.

After all, the US Navy even bought me in to train the hardest and most elite men on the face of the earth... So, because I know the plan works, I offer a Money Back Guarantee if you complete the plan and do not get results. Simple. All you must do is complete the plan, follow my workouts/diet plans and then if you are not happy just email me for a full refund! Don't worry, we can also stay friends 😊

Regular Price

Today's Price

$17

Yes Sign me up to the 30 day super shred
Price is listed in USD / American, this equates to around £15 UK GBP or $19 Canadian / Australian Dollars, you can use your credit/debit card regardless of your location in the world and it will convert it for you. You can also pay via Paypal, the most secure payment system in the world.

The 30 Day Super Shred is provided instantly in downloadable PDF's / Ebooks (just like a word document). It can be accessed worldwide, regardless of location, including USA, UK, Australia etc. All plans are easily viewable on mobiles, tablets, laptops etc. All plans/ebooks can also be printed out very easily, just like a word document. All graphs and studies cited above can be backed proven with scientific literature on request.

This price is a one-off fee with absolutely no reoccurring payments. You will get access to every ebook above forever.

Yes sign me up to the 30 day super shred

ADVANCED SCIENTIFIC STUDIES CONDUCTED ON PEOPLE JUST LIKE YOU HAVE PROVEN THESE PROTOCOLS TO WORK EXACTLY AS PROMISED, BOOSTING FAT LOSS AND ANABOLIC HORMONES BY 200-300%

Secret Supplement(1) Used In 30 Day super shred
(Galgani et al.,2010)

Secret Supplement(2) Used In 30 Day super shred
(Astrup et al.,1990)
300% GREATER FAT LOSS AND INCREASES IN GROWTH HORMONE WHEN USING TWO OF MY ADVANCED WORKOUT METHODS IN THE 30 day SUPER SHRED

Fat loss comparing spartan shred Training vs normal Training

Growth hormone levels workout

ADD MUSCLE WHILE DIETING WITH MY SCIENTIFICALLY PROVEN TECHNIQUES.
HERE'S ANOTHER EXAMPLE SUPPLEMENT PROTOCOL IN THE SUPER SHRED WHICH INCREASED MUSCLE FIBER GROWTH BY OVER 300% COMPARED TO WEIGHT TRAINING
ABOUT RUDY MAWER, MS, CISSN
Rudy is a world renowned Hollywood Celebrity Trainer with nearly a decade's experience in physique transformation. He has successfully coached over 500 personal clients, including NBA Athletes, Gold Medalists, Pro Bikini Athletes and Bodybuilders and World Record Holders.

Along with this, he has a 1st class Masters and Bachelors in Exercise & Nutrition Science, is a certified CISSN Sports Nutritionist and is a respected researcher in the fitness, supplement and nutrition scientific community.

Rudy also consults for the world's leading fitness authorities and is a part-time scientific editor for Bodybuilding.com, T-Nation, Authority Nutrition, Muscle & Strength, Kaged Muscle, IFBB Physique Pro Jason Poston, IFBB Ben Pakulski, Mi40, Kris Gethin and many more...

You can now get all of Rudy's advanced transformation techniques and proven blueprint (include exact workouts he's used with Hollywood Celebrities and Pro Physique Athletes) condensed into a done-for-you 30 day plan.

As featured in
*Results vary depending on starting point, goals, and effort.
HERE’S THE EXACT BLUE PRINT YOU WILL BE PROVIDED WITH TO RAPIDLY TRANSFORM IN 30 DAYS.

NO GUESS WORK, JUST A SIMPLE PLAN YOU CAN DOWNLOAD STRAIGHT TO YOUR LAPTOP / MOBILE OR TABLET AND FOLLOW TODAY, REGARDLESS OF YOUR LOCATION!

workout phase 1 METABOLIC ACCELERATOR
In phase one I will provide you with my proven blueprint, breaking down each and every workout for the first 2 weeks. Each workout will list every set, rep, tempo, rest and teach you how to perform each exercise to maximize fat loss and muscle growth at the same time. The unique aspect of the Metabolic Accelerator is the workout techniques and periodized plan. This will provide you with a completely new and challenging way to train, helping you burn 200 - 300% more fat and calories, while also igniting your metabolism for up to 48 hours after the workout!

workout phase 2 GROWTH HORMONE AMPLIFIER
Just like in phase 1, this new workout regime will breakdown every day and provide every single detail you need to transform. Switching the workout design again, this protocol will focus on maximizing the anabolic and fat burning Growth Hormone. As shown in the studies, this can cause a rapid increase in GH levels, helping you metabolize fatty acids straight from your fat cells while also helping you add more muscle! Get ready for another new style of training which will truly put your level of fitness and dedication to the test!

SCIENTIFIC AB BLASTER WORKOUTS
This Ab Blaster is a key component of the 30 Day Super Shred plan, after all, what's the point of getting a ripped mid section if you don't have a firm and prominent six or eight pack waiting? In the Ab Blaster, I breakdown the latest EMG science (which measures muscle activation) to show you that the normal ab exercises are actually the WORST type of exercise for your six pack. Instead, I give you some proven techniques and workouts that can double the activation of your core and ab muscles, all condensed into 10-15 minute circuits you can even do at home!

7 DAY FAT BURNING MEAL PLANS
In the example 7 day meal plans you will be provided with specific macronutrient examples based on your own bodyweight, physiology, metabolism. All of this is tailored specifically to the training session that day, helping you maximize anabolism and Muscle Protein Synthesis around the workout while reducing your intake to oxidize and burn fatty acids when we don't need them. This unique timing combo along with my other strategies is what allows you to do the impossible – shred body fat and grow so much all within 30 days!

Several meal plans are included, which include advanced protocols such as:

- Scientific Refeeds,
- Calorie Cycling,
- Carb Cycling,
- My own ‘Interrmittent Muscle Max Fasting’
- Carb Back Loading and Carb Front Loading

HIT STUBBORN FAT FIX
Everyone hates stubborn fat and finally I’ve got a solution using the latest science that only the world’s smartest minds know how to manipulate. After years of research, these protocols can specifically target the alpha and beta receptors within your fat cells, which act as gate keepers. By activating them, we can shred stubborn body fat in a fast and effective manner. This occurs via 2 mechanisms which are discussed in the guide, basically firing up the receptors to move more fat out of the cell and simultaneously reducing fat accumulation in those stubborn areas!

SCIENCE GUIDE & USER MANUAL
The science guide becomes your bible for the 30 days, breaking down every little detail, answering every question and making sure no stone is left unturned. In this guide you will learn the exact methods I've used with 100s of athletes, bodybuilders and celebs, while also breaking down the in-depth science, nutrition and exercise principles for those wishing to geek out and further their education or own business.

SCIENTIFIC SUPPLEMENT PROTOCOLS
The advanced supplement guide will give you a detailed breakdown of every research-proven supplement you need in order to transform. Including the supplements shown in the graphs, plus many others just like them you will quickly see how they can increase muscle growth, help you burn more fat, train harder, reduce hunger, increase energy and set your metabolism on fire. This includes a detailed step-by-step breakdown that I’ve used with pro bodybuilders, physique athletes and Hollywood Celebs to shred stubborn body fat. Be sure to try the ‘Hollywood Celeb Stubborn Belly Fat Protocol’ in the guide!

BONUS (USUALLY $17): HEALTHY EATING RECIPE GUIDE

As a bonus for signing up today I will also include my popular recipe guide, which gives you over 100 meals you can select when eating out at popular chain restaurants and fast food joints. These meals and snacks will teach you exactly what to eat without harming your results or physique, which allows you to still enjoy your life and not get trapped in an overly restricted diet which just causes you to be unhappy and rebound after the 30 days. By doing this, you can eat what you love on a weekly or even daily basis and still get amazing results … it will feel too good to be true!
ACCESS TO THE

PRIVATE FB GROUP

Not only will you get my free high protein recipe cookbook you will ALSO get access to me and my private FB group with over 30,000 members. I spend most of my day in there answering 100+ questions and speaking with every member individually. NOWHERE else online will you find this level of personal support from myself, along with motivation, accountability and be able to meet new, like-minded fitness friends every single day!

Here's How it Works

Purchase and download below

read the books and guides

apply for rapid and long lasting results

MY 100% RESULTS GUARANTEE
As this plan is based on years of advanced scientific testing which has been successfully utilized by 1000s of our members I am 100% confident in you and your results. I understand you've likely failed before and followed fad diets or plans that promise the world, but, you must understand this is a totally different ball game due to my scientific/research background and experience with elite athletes, models and Hollywood Celebs.

After all, the US Navy even bought me in to train the hardest and most elite men on the face of the earth... So, because I know the plan works, I offer a Money Back Guarantee if you complete the plan and do not get results. Simple. All you must do is complete the plan, follow my workouts/diet plans and then if you are not happy just email me for a full refund! Don't worry, we can also stay friends 😊

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This price is a one-off fee with absolutely no reoccurring payments. You will get access to every ebook above forever.

*Individual Results may vary, and testimonials are not claimed to represent typical results. All testimonials are real men and/or women, and may not reflect the typical purchaser's experience, and are not intended to represent or guarantee that anyone will achieve the
When I was 39 I worked with a personal trainer for a year to lose weight that had crept on, and he introduced me to Carb Cycling and proper HIIT, tailoring workouts round my injuries. Since moving house, I have no longer been able to use my PT and am 'on my own'.

I signed up to the 90 Day bikini plan as it seemed a comprehensive resource that complemented the style of training and eating I had become accustomed to. This along with the user group gave me the guidance I was missing from my PT who had been encouraging me to increase calories for some time.

The diet plan was the easy to follow and the recipe book provided me with plenty options to mix things up. This was badly needed for me as I had previously fallen into the trap of eating the same things day in and out.

The workouts were perfect for me. I was used to a serious session and felt I got progress with these. Adding in the HIIT workouts meant I could get some more variety on the days I struggled with injury.

6 months in, (not training religously due to injury) and I dropped from 68kg to 62kg (14lb weight loss). I felt stronger, had more stamina and felt great on my trip to USA.

Although these pictures are not great, I can see a huge difference in my face and body! Life can easily get in the way and I have gained a little weight back, but the plan gives me the tools to dip back in and get back to where I want to be easily...

I wouldn't hesitate to recommend Rudy's plans. There is something for everyone.

Frances M, 42, Scotland

I've been on so many diet and eating plans I have lost count! However, Rudy has created a plan which is so easy to follow! The workouts are easy to understand and flexible and the eating plan doesn't restrict or cut out foods. Within the first three weeks I lost 15cm from all over my body! I cannot explain how awesome this program is!

Lauren G, Melbourne, Australia.

All I a can say is purchasing 90 day bikini plan is the best thing I have ever done!! Honestly I was very skeptical at first but after reading the manual and understanding how the carb cycling and macros worked I knew this was something I could do. I didn't have much weight to lose. I mainly wanted to build muscle and get lean, I lost a total of 4 pounds and lost inches off my waist, hips and thigs. I am thrilled with my muscles definition especially in my upper body.

I love the support I received from you and the FB group. Everyone is positive in their remarks. I would recommend it to anyone who wants...
to get healthy and see results. Thanks you for personally responding to all my group posts and being so supportive.

Nan Johnson

What can I say??? I love 90 Day Bikini plan!!

I am 54 years and I have never seen myself so determined to transform.

All of Rudy's workout plans are easy to read and understand, delivering rapid results – they work! With the help of Rudy blogs, the support of his group to encourage my fitness goals, and research to find what works best for my body, I am in the best shape of my life!! I am not stopping here.

I will continue to improve, you will see!!

Esthelita F, Texas, USA

Rudy I cannot express or say enough great things about you and your program. Everyone I meet ask me who my trainer is, what program, am I in competition prep etc. ...the amount of confidence, support and knowledge you and your program have given me is amazing. Thank you so much! The best part? I keep just getting better/stronger. Thanks again.

Martine R.

Before using this program, I was at a plateau. I was hovering around 160 lbs despite training hard and watching what I ate. The 90 day plan gave me new insight to foods and workouts that led me to drop 11 lbs, and now I am at 149lbs, and feel better than ever. The programs are easy to follow, the macros have an option for everybody, and the results speak for themselves. Looking forward to more results!

Meg N.

I have completed the 90 day bikini plan, and literally my body shrank. It looks live I've been vacuum packed! Everything tightened, muscles popped out, and my skin has never looked as plump and healthy. I continued with MAD straight after and now have only a week to go, to finish it.

My body has had a total transformation. With Rudy's plans and scientific knowledge on nutrition, and exercises, it has changed my life forever. I wish I knew all this when I was young! Thanks Rudy, and to all the FB group who constantly support and encourage each other.

Laura, Scotland, UK

Between the 90 day bikini program, 30 days of HIIT, his delicious macro cookbook, private Facebook page and now his supplements (which are safer and smarter than anything you will find in a nutritional store): Rudy Mawer has created my absolute one stop shop for incredible workouts. Flexible (and sustainable) nutrition, smart, safe supplements, and a tremendous community of support.

Not only has my already active and fit physique experienced rapid changes, but I've come to enjoy nutrition, rather than feeling I am being restrictive. To have access to his expertise in combination with money back guaranteed results but not to try his programs, is a disservice to what you can achieve.

Jaclyn G., age 40, Omaha, NE

"I cannot say enough great things about Rudy's 90 day bikini program. It's everything that I've been looking for in a workout plan and more. The workout plan pushed me further each week, to get the results I was looking for. I was able to slim down and see more muscle definition each week. The workouts were always switched up to keep your muscles guessing and help accelerate your results. It was easy to follow and laid out perfectly.

The eating plan was perfect. I didn't feel like I was starving or bored with the food, and loved how I was able to cycle my macros. I definitely got the results I was looking for in the 90 day bikini program, and would highly recommend this to anyone looking to lose weight and gain muscle. I've tried other fitness plans, and they were all generic without much variety. With Rudy's, I felt that the plan was
specifically tailored for me. I can’t wait to do the program again after my pregnancy! I know I will get the results I’m looking for!”

Joanne Z

REFERENCES


SMOOTHIES

- Creamy Peach Smoothie
- Raspberry Power
- Goody Smoothie
- Avocado Green Smoothie
- Creamy Pomegranate Smoothie
- Cottage Cheese Green Smoothie
- Black Grape Smoothie
- Cinnamon Protein Smoothie
- Pumpkin Seed Smoothie
- Simple Spinach Cantaloupe Smoothie
- Tofu Blackberries Smoothie
- Avocado Goat Cheese Smoothie
- Cantaloupe Almond Smoothie
- Cheesecake Smoothie
- Strawberry Yoghurt Smoothie
- Banana Peanut Butter Smoothie
- Lime Spinach Smoothie
- Peanut Butter Spinach Smoothie
- Carrot Smoothie
- Green Apple Kale Smoothie

SNACKS

- Almond Bars
- Protein Bites
- Protein Covered Strawberries
- Tomato Mozzarella Snack
- Greek Savoury Yoghurt
- Salmon Stack
- Pumpkin Seed Clusters
- Tuna Boats
- Grilled Apricots with Yoghurt
- Crunchy Eggs and Avocado Bowl
- Deli Roll Up
Protein Chips
Blueberry Shake
Shrimps with Avocado Cream
Strawberry Yoghurt Smoothie
Banana Peanut Butter Smoothie
Devilled Eggs
Chocolate Peanut Butter Cottage Cheese Pudding
Cucumber Turkey Rolls
Yoghurt Guacamole with Veggies

DINNER

Turkey Thai Skewers
Chicken Parmesan Bites
Coconut Parmesan Fish Fingers
Pork Cutlets with Peppers
Chicken with Cheese Vinaigrette
Zucchini Noodles and Turkey Bolognese
Simple Rosemary Salmon
Turkey Stir Fry
Collard Greens Pork Salad
Steak with Asian Salad
Halibut and Leeks
Healthy Stir-fry
Salmon Slaw
Shrimps with Rice and Eggs
Chicken Apple Sausage
Shrimp and Green Beans for Oven
Cold Chicken Salad
Herbed Lamb Chops
Broiled Sole with Herbs
Tuna with Bok Choy

LUNCH

Green Turkey Salad
Aromatic Pork Tenderloin
Turkey and Zucchini Burgers
Salmon with Stir-fried Salad
Chicken Meatballs with Cheese
Lettuce Turkey Fajita Wrap
Fresh Mediterranean Kebabs
Sweet and Sour Chicken with Cauliflower Rice
Asian Style Tuna Balls
Turkey Streaks with Salsa and Green Beans
Chicken Satay
Spicy and Fruity Burgers
Mexican Chicken Strips with Cauliflower
A Day Ahead Pork and Apples
Steak Salad with Raspberries
Burrito Bowl
Coconut Shrimps with Sauce
Beef Sirloin Skewers
Fast Asian Style Flounder Fillets
Chicken Mushroom Stir Fry

DESSERTS

Almond Peanut Butter Truffles
Blueberry Mousse
Berry Trifle
Chocolate Chai Pudding
Yoghurt with Plums and Almonds
Peanut Butter Cookies
Cacao Cheesecake
Raspberry Fudge
Chocolate Fudge Truffles
Peaches with Apple Dip
Chocolate Mousse
Almond Cookies
Berry Bread Cups
Fudge Cookies
Banana Chocolate Protein Squares
Pumpkin Pudding
Minute Vanilla Cheesecake
Peaunut Protein Brownies
Vanilla Milk Pudding
Vanilla Dessert with Warm Fruit

BREAKFAST

Lemon Blueberry Pancakes
Turkey Breakfast Burgers
Cottage Cheese Fruit Bowl
Salmon Omelet
Cottage Cheese Pancakes
Egg White Puffs with Vegetables
Greek Yoghurt Peach Delight
Chicken Muffins
Egg Mushroom and Turkey Quiche
Banana Protein Orange Muffins
Strawberry Lemon Pancakes
Beef Scrambled Eggs
Breakfast Parfait/ Sundae
Turkey, Cottage Cheese and Chives Scramble
Spinach and Sun-dried Tomato Frittata
The best way to burn fat without losing muscle is to eat at least 46 grams of protein daily if you're a woman and 56 grams if you're a man. In addition to protein, make sure you're eating at least 3 servings of fruit and 6 servings of vegetables per day, and limit your daily carbohydrate intake to between 60 and 200 grams. Finally, do cardio exercises, such as biking and swimming, 3-5 times a week and do weight training 2-3 times a week. For more advice from our Medical reviewer about protein supplements and rest days, read on! Did this summary help you? Yes. No. The number of strategies to burn stubborn body fat stem far and wide. All kinds of fat loss workout plans, programs and the latest techniques flood the internet almost daily making promises they can't keep. Do you fall victim to information overload? To build muscle and lose fat takes time so apply the same thinking to your long-term dieting goals. Gradually clean up your diet, gradually become consistent with your meals, gradually build on your discipline. These, in turn, will create a solid and stable long-term foundation that you will add to each week. Hi Brad. Just a quick query. It says to eat low carbs on non-training days and high carbs on training days but then it also says to try to eat 4 low carb days then 1 high but I train around 4 times a week! How would this work? Whether you're looking to improve your health or lose weight, burning off extra fat can be hard. These are the 14 best ways to burn fat — fast. Summary HIIT can help increase fat burning and burn more calories in a shorter amount of time than other forms of exercise. 12. Add Probiotics to Your Diet. Probiotics are a type of beneficial bacteria found in your digestive tract that have been shown to improve many aspects of health.