

LWFA Muscle Burner Diet:

This is the diet you will follow this week.

- 1) Eat as much lean protein as you like. Eat with every single meal.
- 2) Eat as many fibre vegetables as you like that are on your list.
- 3) Eat as many low sweet fruits as you like that are on your list.
- 4) Eat no more than 7-15 bites of starch at a meal. Starch can only come from vegetables which are not on your list as well as nuts, seeds and legumes.
- 5) Eat 4-5 small meals per day. Never let yourself get hungry.
- 6) Match your portions to your burner plate.

Muscle Burners Explained

Muscle burners are the envy of their friends. They tend to be thin; even though it seems they can eat anything they want. Despite their thin appearance, they have little, if any, muscle tone and loose, sagging skin. We call these people “skinny-fat,” because they have a low muscle-to-fat ratio. They burn sugar from muscle tissue due to an over secretion of stress hormones cortisol, adrenaline, and noradrenaline. This gives them energy and can often make them high strung and anxious.

Muscle burners are often driven, Type A people, who are always on the go. They prefer repetitive exercise like running or riding the elliptical trainer, which helps rid them of some nervous energy. They have difficulty staying asleep at night and will sometimes wake repeatedly or sleep very lightly. Muscle burners crave sweets. They may have a few cocktails or wine at the end of the day to calm themselves down. These lifestyle choices can wreak havoc on their bodies. They tend to have weak digestive systems and frequently suffer from irritable bowel syndrome (IBS), ulcers, and gastro esophageal reflux disease. Muscle burners often suffer from anxiety, attention disorders, mood swings, cold and flus, and wild high and low swings in blood sugar.

It is important to realise that some muscle burner types fit all of the above description to a “T” but that others may not. This discrepancy is explained by the unique way our body’s metabolism express itself. Taking a questionnaire is a very subjective practice and is an imperfect way to assess metabolic tendencies. However, it can give us a general idea of how our body functions. There are muscle burners who are overweight, most are thin, some muscular and others who fall somewhere in between. Don’t get so caught up in the details of fitting the “look” of a muscle burner, because your metabolism is as unique as your fingerprint.

In order to really find out the truth of your metabolic fat burning processes you have to listen to your body’s biofeedback signals.

Throughout this program you will pay close attention to your hunger, energy levels, and cravings. When your metabolic processes are running effectively you will not be hungry, your energy will be balanced, and your cravings will dissipate. Food and exercise are the primary influences on these “biofeedback tools”. You will use these sensations to allow you to know how to adjust your diet.