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The Reverse Diet Book

The Reverse Diet Guide is your all-in-one guide to the perfect reverse diet, making sure you have the right guidelines in place in terms of nutrition, training splits, sets, reps, cardio (type and amount) with a detailed eBook covering everything from, sleep, my fitness pal, time wasting, macros, carb back loading, stress and testing.

You learn everything you need to know about your body

This guide I've put together is a pretty comprehensive guide to making sure you reverse diet effectively which should be undertaken after EVERY serious cut or period of serious calorie deficit. This reverse, enables your metabolism to become more efficient in a controlled manner, allows you to gain, increase calorie, decrease hunger, regulate hormones back to a decent level and most importantly allows you to be in a good position to cut again in the future for a shoot or a show without damaging your metabolism in the long run.

Note: You must change your lifestyle, habits, additions and approach to life if this is to work.
It's important to point out that this plan is not bespoke to you. It couldn't possibly do so as I don't know you well enough to create something for you. However, what this plan is designed to achieve is give you a wealth of knowledge, guide you down the right path of self education and aim you with the right tools to make this guide fit you as best as possible.

Within this plan there is information on nutrition, macros, recovery, training, supplements, sleep, stress, hydration, cardio, HIIT and much, much more. There is also an example diet plan to review and again adapt to YOU. The diet plan isn't necessarily there to be followed to the letter (although it may work for some), it is there to show you how a good nutritional plan is structured, the types of food that are suitable for muscle growth and the quantity of food that you should be consuming.

