

# EAT BACON, DON'T JOG

**Get Strong.  
Get Lean.  
No Bullshit.**

**GRANT PETERSEN**

Bestselling author of **JUST RIDE**



**Eat Bacon Dont Jog Get Strong Get Lean No Bullshit**

**Donovan Ekstrom**



## **Eat Bacon Dont Jog Get Strong Get Lean No Bullshit:**

*Eat Bacon, Don't Jog* Grant Petersen, 2014-11-18 This is your brain on Grant Petersen Every comfortable assumption you have about a subject is turned upside down and by the time you finish reading you feel challenged energized and smarter In Just Ride the bible for bicycle riders Dave Eggers New York Times Book Review Petersen debunked the bicycle racing industrial complex and led readers back to the simple joys of getting on a bike In *Eat Bacon Don t Jog* Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness In more than 100 short compelling directives *Eat Bacon Don t Jog* shows why we should drop the carbs embrace fat and hang up our running shoes with the latest science to back up its claims Diet and Exercise make up the bulk of the book with food addressed in essays such as Carbohydrate Primer and why it s okay to eat less kale and You ll Eat Less Often If You Eat More Fat The exercise chapters begin with Don t Jog it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol and lead to a series of interval training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb free recipes Thirty years ago Grant Petersen was an oat bran egg white lean meat eating exercise fanatic who wasn t in great shape despite all that Today at sixty he is in the best shape of his life with the blood panel to prove it **Eat Bacon, Don't**

**Jog** Grant Petersen, 2014-11-18 This is your brain on Grant Petersen Every comfortable assumption you have about a subject is turned upside down and by the time you finish reading you feel challenged energized and smarter In Just Ride the bible for bicycle riders Dave Eggers New York Times Book Review Petersen debunked the bicycle racing industrial complex and led readers back to the simple joys of getting on a bike In *Eat Bacon Don t Jog* Petersen upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness In more than 100 short compelling directives *Eat Bacon Don t Jog* shows why we should drop the carbs embrace fat and hang up our running shoes with the latest science to back up its claims Diet and Exercise make up the bulk of the book with food addressed in essays such as Carbohydrate Primer and why it s okay to eat less kale and You ll Eat Less Often If You Eat More Fat The exercise chapters begin with Don t Jog it just makes you hungry and trains muscle to tolerate more jogging while raising stressors like cortisol and lead to a series of interval training exercises and a suite of kettlebell lifts that greatly enhance strength and endurance The balance of the book explains the science of nutrition and includes more than a dozen simple and delicious carb free recipes Thirty years ago Grant Petersen was an oat bran egg white lean meat eating exercise fanatic who wasn t in great shape despite all that Today at sixty he is in the best shape of his life with the blood panel to prove it **Neběhej, dej si slaninu** Grant

Petersen, 2018-01-01 Tahle kniha v m zm n pohled na zdrav ivotn styl Pokud chcete b t opravdu fit nem li byste b hat cp t se sacharidy v novat se pilates nebo j st p tkr t denn Autor jeho p edchoz kniha Just ride je pova ov na za cyklistickou bibli Dave Eggers New York Times Book Review se tentokr t popasoval s mnohem v t v zvou a t icetilet zkoum n zdrav ho ivotn ho stylu

podrobil r zn kritice ve 100 kr tk ch kapitol ch pomoc nejnov j ch v zkum vyvrac tradi n i novodob m ty o v iv a sportu aby dal ten m stejn po et skv l ch rad jak si za dit dobr ivot Jak cvi it j st a t P S A nez le na tom kolik je v m let Maximum Muscle Michael Matthews,2012-09-15 If you want a no BS crash course in building muscle losing fat and getting healthy eating foods you love and doing workouts you actually enjoy then you want to read this book I have good news for you Getting into awesome shape isn t nearly as complicated as the fitness industry wants you to believe You don t need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements You don t need to constantly change up your exercise routines to confuse your muscles You don t need to toil away in the gym for a couple of hours per day doing tons of sets supersets drop sets giant sets etc As a matter of fact this is a great way to stunt gains and get nowhere You don t need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six pack How many flabby treadmillers have you come across over the years You don t need to obsess over eating clean to get ripped and you don t need to completely abstain from cheat foods while getting down to single digit body fat percentages Those are just a few of the harmful lies and myths that keep guys from ever achieving the lean muscular strong and healthy bodies they truly desire And in this book you re going to learn something most guys will never know The exact methods of diet and training that make putting on 10 to 15 pounds of quality lean mass a breeze and it only takes a few months In this book you ll learn things like How flexible dieting works and how you can use it to finally free yourself from the dietary prisons many people confine themselves to A simple solution to metabolic damage that easily and painlessly speeds your metabolism back up to where it should be The deadly training mistakes most people make once their newbie gains are spent and how to avoid this pitfall The most effective exercises for building and strengthening every major muscle group in your body A paint by numbers workout program that will force your body to get bigger and stronger Why most six pack advice is completely wrong and what it really takes to get a lean defined core What type of cardio you should do to maximize fat loss how much is enough and how much is too much A no BS guide to supplements that will show you what works what doesn t and what s just outright fraudulent And a whole lot more Imagine just a few weeks from now finally seeing progress in the mirror and in the gym Imagine enjoying the added benefits of high energy levels no aches and pains better spirits and knowing that you re getting healthier every day The bottom line is getting big lean and strong isn t nearly as complicated as the fitness industry wants you to believe This book makes it simple Scroll up download this free eBook now and begin your journey to a more muscular stronger and healthier you **Eat This, Not That! for Abs** Mark Langowski,2015-12-29 Strip away belly fat and unveil lean hard rippling abs with the power of simple swaps and the scientifically proven new diet system from the bestselling authors of Eat This Not That Can you get abs in just five weeks by eating bacon pizza burgers even ice cream Yes you can with the unique eating and exercise program from celebrity trainer Mark Langowski and Eat This Not That Using groundbreaking new science you ll eat whatever you want for two weeks at a time focusing on fat burning muscle

building foods like burgers steak and even pasta Then you ll use a simple but effective 4 day cleanse to shred away fat unveiling a lean fit physique so quickly you ll be shocked by the results With a complete easy to use eating plan that works for everyone a simple and effective workout program plus delicious recipes for meals snacks and even desserts Eat This Not That for Abs is the fastest most effective plan ever designed to strip away belly fat and get you the lean hard midsection you deserve

*Ditch the Diet* Maria Sanchez, 2018-09-09 Introducing the DITCH the Diet THE WEIGHT LOSS SHORT GUIDE FOR BEGINNERS If you want to build muscle get strong toned and lean fast without resorting to dangerous pills fad diets wasting time in the gym doesn t matter how old you are or what shape you are in now you want to read this book Here s the deal Getting and staying in fantastic shape is not as complicated as the Experts make it out to be You don t need to go on the latest fad diet follow points or eat 100 calories a day to lose weight You don t need to waste hard earned money on dangerous supplements that are not even regulated by the FDA You don t need to practice muscle confusion to keep making gains in and out of the gym Learn why Clean eating is a myth and what you can do about it You don t need boring hours of cardio or dangerous 300 bpm heart rate routines that can leave you tired stale or worse You don t need to worry about cheat foods or eating less Those are just a small snippet of the myths and tales that keep women and men from maximizing their potential in weight loss building muscle mass or keeping fit This book is similar to authors such as Michael Matthews and Jason Fung In this book you re going to learn something most men and women will never know The exact step by step plan of carb cycling and eating that makes losing 10 to 20 pounds of fat while building lean sexy muscle a breeze and it only takes 2 3 weeks This book reveals things like The biggest fat loss myths mistakes that keep men and women overweight frustrated and ultimately give up Easy to make recipes that will keep you on track so you can build muscle get lean and toned lose fat fix problem areas and more The lies men and women are told about how to tone and shape their bodies and what you REALLY need to do to have sexy lean curves How to master the Mindset of keeping fit and have self discipline and confidence and the willpower to succeed How to eat the foods you love and still lose weight and keep it off And a whole lot more Imagine just 2 weeks from now being constantly complimented on how you look fantastic and asked what you ve been doing lately Imagine enjoying the added benefits of vitality vigor high energy levels no more pains high spirits and knowing that you re warding off a lot of dangerous health ailments every day The bottom line is you CAN achieve that Fantastic Look without having your life consumed by it no long hours in the gym no starving yourself no crazy dangerous 300 bpm cardio sessions Scroll up click the Buy button now and begin your journey to a Muscular Leaner and Fantastic you

[Summary of Bigger Leaner Stronger](#)

SellWave Audio, 2025-10-27 The bestselling fitness book for men who want to gain 25 35 pounds of lean muscle and lose as much fat or more in just 3 5 hours per week and without giving up delicious foods or doing grueling workouts Is Bigger Leaner Stronger a body building book that can help you pack on brain shrinking amounts of muscle in 30 days flat No Is it a fitness nutrition book full of dubious diet and exercise hacks and shortcuts for melting belly fat faster than a roided hornet

Absolutely not But is it a science based strength training book and nutrition book that ll demystify building muscle and losing fat and show you exactly how to get a lean strong and muscular physique without spending hours in the gym every day And while still enjoying your favorite foods like hamburgers pizza and ice cream Yes And you ll see visible results in the mirror and gym in your first month on the program Because here s the deal Muscle building and fat loss aren t nearly as complicated as you ve been led to believe You don t need to obsess over clean eating and avoiding unhealthy foods like sugar meat and bread Some foods are more nutritious and should be eaten more frequently than others That s it You don t need to grind through hours of punishing strength training workouts every week Sweating buckets getting really sore training until bone tired all wholly overrated for gaining muscle and strength You don t need to slog away on the treadmill In fact you don t need to do any cardio exercise at all to shed ugly belly fat and even get six pack abs Those are just a few of the harmful fitness lies and myths that keep guys small fat and weak And Bigger Leaner Stronger will teach you something that most of those men will never know how to cut through all the confusion and clutter and create clear structured no nonsense diet and training plans tailored to your fitness goals circumstances and preferences Here are just a few of the things you ll discover inside this muscle building book for men the 10 biggest fitness myths and mistakes that keep guys frail and confused such as calories are all that matters carbs and sugars make you fat and some guys don t have the genetics to get big You ll learn about the primary driver of muscle growth that forces your muscles to get bigger and stronger and no it has nothing to do with muscle confusion functional training or any other pseudoscientific fitness nonsense You ll discover how to create meal plans for building muscle and losing fat with foods you love so you never feel starved deprived or like you re on a diet and especially a bodybuilding diet The book includes a 12 month workout program that shows you how to use principles and methods taught in the book to build a full chest wide shoulders and back powerful legs and strong arms along with a no BS guide to fitness supplements that ll save you hundreds if not thousands of dollars on useless and sometimes even dangerous pills powders and potions And that s not all either Bigger Leaner Stronger is one of the most popular bodybuilding books of all time with over 800 000 copies sold in 16 languages and it has helped tens of thousands of men of all ages and abilities transform their body composition fitness and health 338 peer reviewed scientific studies support the Bigger Leaner Stronger system of eating training and recovering for losing fat and building muscle and strength Bigger Leaner Stronger is regularly revised based on the latest findings in nutrition exercise and supplementation research with the latest version fourth edition released in 2023 Here s the bottom line You can get that head turning Hollywood hunk body without following weird extreme or complicated diet exercise or supplementation methods and strategies And this workout book for men shows you how So get your copy now and start your journey to a bigger leaner and stronger you **Eat Clean - Train Dirty** Brian

Walton,2020-08-16 If you want to burn excess body fat build lean muscle and develop the mindset necessary to achieve your goals in life than you ve found the right book Building muscle and burning fat isn t as complicated as the fitness guru s want

you to believe and while there are no shortcuts to lasting change there are many different paths to get there Let s look at some of the typical mistakes I see in the industry that are NOT part of this program You don t need to load up on expensive supplements that are marketed to help you lose weight or get big overnight Most of this is bullshit and the industry is loaded with inferior products aimed at the emotions of people trying to get in shape You don t need to have some crazy complicated workout program that requires every fancy piece of equipment in the gym You don t need to spend countless hours in the gym wasting your time and effort getting minimal results You don t need to be the cardio guy who looks like he s training for the big marathon daily You don t need to Obsess over counting calories starve yourself or follow some complicated meal plan I could go on about everything you don t need to do but instead let s take a look at what you re going to learn from this in this book and where most people fail you see I ve always struggled balancing my Mind Body Diet throughout life I would work on one area and the other two would suffer It wasn t until I combined all three into one program that I saw excellent results across the board The exact methods of diet and training that make cutting fat and building lean muscle are in the pages of this book and in the execution of the 21 week program Here are just a few of the things you re going to discover in this book I refer to the Mind Body Diet as your BIG THREE and this is the basis of the program This is essential to the support of your PERSONAL ECOSYSTEM and what I found to be the key to success The proper execution of these three basic principles literally force your body to get bigger leaner and stronger You ll be shocked at how easy it really is to build muscle and lose fat once you know what you re doing I start off with the complex interrelationship happening between our Mind and Body how our thoughts feelings beliefs and attitudes can affect our biological functioning I lay out the specifics of my daily success habits the science behind them and how they stack together to make my daily routine This is the backbone of the program tying all the elements together creating an environment for success How to create a lifestyle diet plan that removes the toxic foods you ve been eating most of your life and transforms your body by eating natural whole foods without ever feeling starved deprived or like you re on a diet A simple step by step training system that will help you build a big full chest a wide tapered back thick powerful legs and strong bulging arms spending no more than 1 hour a day 6 days a week My views on supplements when they are needed the edge they can provide and how to see through the marketing hype of the inferior products that flood the market The benefits of stretching your body before and after your training with the specific routines I recommend And a whole lot more Imagine just 21 weeks from now being constantly complimented on how great you look and asked how you re doing it as a matter of fact you will probably see some dramatic results by the time you are about 4 weeks into the program and enjoying the added benefits of high energy levels no aches and pains better spirits knowing that you re getting healthier every day The bottom line is that this is a 21 week program that doesn t have to end at the last page I put this program together for my life out of necessity and I live it every day Brian Walton      **Metabolic Diet** Donovan Ekstrom,2019-04-06 Kindle Version is FREE with your Purchase of a Paperback Introducing the Metabolic Diet Eating One

Meal A Day If you want to build muscle get strong toned and lean fast without resorting to dangerous pills fad diets wasting time in the gym Doesn't matter how old you are or what shape you are in now you want to read this book Here's the deal Getting and staying in fantastic shape is not as complicated as the Experts make it out to be You don't need to go on the latest fad diet follow points or eat 100 calories a day to lose weight You don't need to waste hard earned money on dangerous supplements that are not even regulated by the FDA You don't need to practice muscle confusion to keep making gains in and out of the gym Learn why Clean eating is a myth and what you can do about it How to do water fasting and the benefits you'll get from it Intermittent Fasting strategies to burn even more problem area fat off the hips butt and thighs You don't need boring hours of cardio or dangerous 300 bpm heart rate routines that can leave you tired stale or worse You don't need to worry about cheat foods or eating less Those are just a small snippet of the myths and tales that keep women and men from maximizing their potential in weight loss building muscle mass or keeping fit This book is similar to authors such as Michael Matthews and Jason Fung In this book you're going to learn something most men and women will never know The exact step by step plan of carb cycling Intermittent Fasting Keto diet and eating one meal a day that makes losing 10 to 20 pounds of fat while building lean sexy muscle a breeze and it only takes 2-3 weeks This book will reveal The biggest fat loss myths mistakes that keep men and women overweight frustrated and ultimately give up Easy to make recipes that will keep you on track so you can build muscle get lean and toned burn fat fix problem areas and more The lies men and women are told about how to tone and shape their bodies and what you REALLY need to do to have sexy lean curves How to master the Mindset of keeping fit and have self discipline and confidence and the willpower to succeed How to eat the foods you love and still lose weight and keep it off And a whole lot more Imagine just 2 weeks from now being constantly complimented on how you look fantastic and asked what you've been doing lately Imagine enjoying the added benefits of vitality vigor high energy levels no more pains high spirits and knowing that you're warding off a lot of dangerous health ailments every day The bottom line is you CAN achieve that Fantastic Look without having your life consumed by it no long hours in the gym no starving yourself no crazy dangerous 300 bpm cardio sessions Scroll up click the Buy now button now and begin your journey to a Muscular Leaner and Fantastic you *Bigger Faster Stronger Advanced Guide to Build Muscle, Strength and Get Lean* Donovan Ekstrom, 2018-07-10 If you want to be strong toned and lean fast without resorting to dangerous pills fad diets wasting time in the gym doesn't matter how old you are or what shape you are in now you want to read this book Here's the deal Getting and staying in fantastic shape is not as complicated as the Experts make it out to be You don't need to go on the latest fad diet follow points or eat 100 calories a day to lose weight You don't need to waste hard earned money on dangerous supplements that are not even regulated by the FDA You don't need to practice muscle confusion to keep making gains in and out of the gym Learn why Clean eating is a myth and what you can do about it You don't need boring hours of cardio or dangerous 300 bpm heart rate routines that can leave you tired stale or worse You don't need to worry about cheat foods or



eating less Those are just a small snippet of the myths and tales that keep women and men from maximizing their potential in weight loss building muscle mass or keeping fit This book is similar to authors such as Michael Matthews and Jason Fung In this book you re going to learn something most men and women will never know The exact step by step plan of carb cycling and eating that makes losing 10 to 20 pounds of fat while building lean sexy muscle a breeze and it only takes 2 3 weeks This book reveals things like The biggest fat loss myths mistakes that keep men and women overweight frustrated and ultimately give up Easy to make recipes that will keep you on track so you can build muscle get lean and toned lose fat fix problem areas and more The lies men and women are told about how to tone and shape their bodies and what you REALLY need to do to have sexy lean curves How to master the Mindset of keeping fit and have self discipline and confidence and the willpower to succeed How to eat the foods you love and still lose weight and keep it off And a whole lot more Imagine just 2 weeks from now being constantly complimented on how you look fantastic and asked what you ve been doing lately Imagine enjoying the added benefits of vitality vigor high energy levels no more pains high spirits and knowing that you re warding off a lot of dangerous health ailments every day The bottom line is you CAN achieve that Fantastic Look without having your life consumed by it no long hours in the gym no starving yourself no crazy dangerous 300 bpm cardio sessions Scroll up click the Buy button now and begin your journey to a stronger leaner and fantastic you

**Lean Ape Living** Alexis Watkins, Dave Turner, 2013-02-25 Lean Ape Living The Ultimate Guide to Permanent Weight Loss Getting Strong Improving Your Physique and Looking Good Naked A Blueprint for a Lean and Toned Body Most People Only Dream of Primal Paleo Atkins Low Carb What to do And how can you ensure you get the body you always wanted The Lean Ape Living book is the answer This is a large volume containing 2 books in 1 A complete guide to nutrition for weight loss and maintaining a slim physique plus a complete guide to exercise for the body you always wanted If you want to learn how to get lean how to build muscle or get toned look good and feel good then this is the ultimate guide But it goes far beyond that This is a blueprint for life A way to eat that combines a carb cycling diet for maximizing rapid fat loss without sacrificing all that we enjoy about food Plus a simple yet effective set of workout routines that can give the toned look for women and that strong and masculine look for men All with an easy to understand approach without the jargon Lean Ape Living lets you get lean lose weight effectively and look good naked Book 1 A Complete Guide to Nutrition Learn why strict low carb diets will never result in continued and sustainable weight loss Read about the benefits of carb cycling for maximum fat loss and a great body shape Why you MUST eat junk food on occassion to maximize your fat loss A simple yet effective way of eating that is sustainable for life Not just for weight loss over the short term Get lists of banned carbs that will halt your approach to a leaner body unless you know when and why you eat them Simple yet effective the Lean Ape Guide to nutrition is going to revolutionize how you approach food This is not a fad diet it is a way of life that is totally sustainable The authors explain just why it works so well and how they never go without food they love Cycling carbs through the week with easy to implement strategies keeps you losing

weight but more importantly it keeps you losing fat And it keeps you lean over the long term too Plus insights into the Intermittent Fasting diet and more Book 2 A Complete Guide to Exercise Simple but effective routines that don t take up more than 60 90 minutes a week Why strength training picking up heavy things is the only way to ensure you look good when the excess weight has been lost Easy to understand and brief routines illustrated with images well as text for ease of understanding How upping your carb intake after and only after hard exercise is the fastest way to both weight loss and a strong and good looking body Tips on getting strong building a physique to be proud of and all without being a Gym Monkey Book 2 gives you a total full body approach to looking great feeling great and with minimal time spent exercising Who This Book is For People that want a lifelong approach to a better body If you are looking for a quick fix that will never last then this is not a book for you But if you are looking for an approach to diet and lifestyle that will allow you to get lean stay lean and look better than ever then this is the plan for you Lean Ape Living is for people of all ages the authors are now 40 and have never felt better or been slimmer After years of eating unhealthily and gaining too much weight they decided to do something about it But without sacrificing their love of food eating well having the odd bowl of ice cream and enjoying life This is not a dogmatic approach to nutrition and exercise It is a sustainable approach that won t leave you un energized and regretting your lifestyle choice It is a way to enjoy food and become more mobile and look great without it taking over your life

**Don't Eat That B. S.** Walter Walter, 2014-11-17 Lose Weight Feel Better Be Healthier Don t Eat That Bullshit Lose Weight and Feel Better Just by Eating Right is a little book that can give you big results Eating right is clean eating which is about choosing foods in their most natural and nutritious state Your food journey begins by knowing your macro nutrients proteins fats and carbohydrates understanding that these are the nutrients we need in larger quantities and then learning to eat them in their most natural state and with the right portion sizes Clean eating is simple but it is no longer easy because of the world we live in and the foods that are marketed to us This little book will help you navigate through the modern day food madness and achieve clean eating success The author states I worked as a Food Scientist not too long after I graduated from college with a degree in Chemistry and I saw first hand the mass manufacturing of food Trust me you DON T WANT TO EAT THAT BULLSHIT

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