

# extra lean

THE FAT-BURNING PLAN THAT CHANGES THE WAY YOU EAT FOR LIFE

LOSE UP TO  
14 POUNDS IN THE  
FIRST 14 DAYS!

*Includes a New  
Grocery List and  
More Quick  
Recipes!*

THE NEW YORK TIMES BESTSELLER  
**MARIO LOPEZ**  
WITH JIMMY PEÑA

Mario Lopez

Extra Lean: The Fat-Burning Plan That Changes the Way You Eat for Life



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Live Extra Lean! The Extra Lean plan trains your body to constantly get rid of fat by following three simple steps: ? In this NY Times bestselling diet book, Mario imparts his fool-proof arrange for permanent weight loss while getting rid of the guilt from enjoying the foods people like. By following this plan, your metabolism will become a fat-burning machine enabling you to splurge on special times, weekends or holidays with little to no influence on the scale. Practice proper portion control ? eat frequently during the day In Extra Lean, Mario obviously identifies optimal combinations of daily nutrition, transformative diet plan and invigorating mental conditioning tools that may truly redefine your approach to food. Stability daily intake of carbs, protein, and extra fat ? With over 40 delicious recipes and grocery lists for every week, Extra Lean is the complete program to improve your body and the way you eat for life.



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I lost 10 lbs.. This course of action has exceeded every promise made..... After one week, I'm having a positive experience. of tuna (purchase it in the bundle [not really the can] for 59-cents. I normally spend \$30-\$40 at the grocery store every week.)PROS:\* The meals are restricted to 1200-1300 calories each day (breakfast, lunch and dinner are about 300 calories each, and snack foods are about 100 calories each [3 meals x 300 = 900 + 4 snacks x 100 = 1300.])\* Servings are smaller, nevertheless, you basically eat something every two hours (that may hold you over before next two hours.ADVISE: Before you make your first trip to the grocery store, have a look at the current week's shopping list plus your next week's shopping list.SUMMARY: This plan is easy to do and I'm already seeing results.I've struggled with my excess weight most since I was a kid, and for the first time in my life We am finally eating healthy regularly and losing weight. I have yet to actually adhere to this for no other cause than I'm lazy! (I want I had taken a "before" picture, but I forgot. If you stick to this course of action, groceries (for just one person) will operate you about \$70-80 per week.\* Some of the foods in this program go unused. I dropped 12 pounds in 14 days and I cheated a little bit. However, you only understand this once. I can't purchase ONE container of Jell-o at the shop.. Third times a attraction right?Ditto with the brown rice. But once I run out of those, I'm going to substitute the Jell-o pudding so that it doesn't go unused. I used it for the Brown Rice Salad during Week 1, but in Week 2 it tells you to purchase quinoa (which is actually like brown rice, but higher in proteins. Once I have followed it through to the end (& That includes small portions of desserts. my objective was 150lbs, i was 157, presently at 152lbs. I didn't choose the quinoa and I'm using the brown rice instead. The buying lists start page 238 - Every one of them right down to telling you to purchase "2 apples" for that one week.)\* Food preparation is easy. You will use all of the produce every week, so don't focus on that aspect of the shopping. Rather, focus on non-produce. For those who have two items which are similar (i.e.-----OTHER Ideas:\* ENERGY MIX: The reserve lists all of the ingredients to create your very own energy mix (nuts, seeds, cranberries. rice/quinoa, chicken/turkey, spinach/arugala) pick one or the additional and simply substitute.) Don't make it..My second complaint may be the offered shopping lists.\* MEATS: Purchasing the chicken and/or turkey is easy because you use it quite regularly. Nevertheless, during Week 1, stir fry is certainly on the menu and you will need 4 oz. of beef. Instead of buy more beef than you will need, check out the pre-packaged meats in your local meat section (like where you would find bologna.) I was able to purchase 4 oz. of beef, so no need to buy more than necessary and I saved cash. Week 2 requires 2 oz. It's a great healthy eating plan. Once I complete this program, I will update my review with the ultimate results.)\* VEGETABLES: For just about any vegetables that require to be steamed, rather than buying fresh ingredients, just get them in the frozen meals department. You'll spend less and anything you avoid during one week can be frozen for long term weeks. They are clear, concise and couldn't be easier to grab what you need at the shop. I just make my own on a spreadsheet.Today is Day time 7 of the program for me personally, and I've lost 10 lbs. If they are going to be provided they should be accurate. weeks) I'll repost with before & Answer to prolonged struggle! I have been utilizing a hard copy edition of this book in fact it is very well written, easy to check out, and I've lost weight onto it easily. My concern has been the kindle version. Simply within the 1st week there are in least two situations where it provides "such and such snack amount" with the nutritional information but there is no item listed, (one of these was supposed to be a plum or tangerine, that i know from my hard copy version). You'll save time and money. They aren't accurate, they are missing items and also have extra items that are for different weeks.Overall, I'm pleased with the outcomes. Can't beat the purchase price either! Another suggestion, if anyone can be thinking of updating, would be to

note which time/meal the items go with. If your seeking to loss a little fat try this. My husband doesn't do all of the meal programs but begs me to make the turkey and dark bean burrito recipe on a regular basis. Great book but the Kindle version has issues. My just regret is that I procrastinated starting the plan for about 3 months because We was so skeptical of another "promised" answer to fast/safe/permanent weight loss.. Simply buy it in the bulk-food portion of your grocery store.but overall, i got to understand how my own body functions, and that to me helped tremendously!but I am just happy I finally started the plan. And it offers you so weeks if meal programs you could easily just repay it over and over and never get tired of it.. Additionally it is the only plan that has worked equally well for both folks. Every diet/plan we have tried enabled my hubby to lose pounds less difficult and quicker than me, but upon this plan we've both dropped the same quantity of pounds and at the same rate. We started the middle of August 2010 and this is certainly November 13th (3 months) and we have both lost over 40 pounds. lol but I'm going to be shopping this weekend and can try it again. what i love about the reserve is that it can help you understand how your body operates. I agree that whenever we first started the plan our grocery bill doubled but after that we've spent the same and/or significantly less than before beginning the plan because we've the "staples" of the plan readily available and we are familiar with the foods we are needing so we can watch for sales and specials. We cannot say enough concerning this book. I'm somebody who diets regularly, and just because i run half marathons, so to run faster, i have to lose weight. It doesn't matter how little the portion "seems" (although we've never been hungry or unsatisfied) we know we will be eating once again in 2 hours therefore we are fine. Wish me luck!) So what am I likely to do with the dark brown rice I bought for Week 1?G-R-E-A-T book and program, highly recommend it to everyone. very please, but.. in the first a week..... Whenever we finished the 7 week plan we simply started back again on week one again. We have learned portion control and the mini foods/snacks really works for us. Basic. I use to do hard core starving diet programs (if that's what you need to contact it) i by no means ate bfast, and smaller meals for supper, but i couldn't understand why i wasn't dropping excess weight. Than i realized, from reading the book, that my body had nothing more to burn off. I ran 8 miles each day, or until i reached 1000 calories, and starved, so my own body basically turn off on me..that is no way to take care of the body.. After reading the book and understanding that it's not in what you consume (well, it really is about what you take in) however the book talks more about, how you eat, and when to consume.. this book just references the meals mario feels fits greatest for anybody.. The one thing I'll stress is THERE ARE SHOPPING LISTS!.we was strongly looking forward in to actually making the meals, but i'm not really a cooker, and mario only offers you what you want, not exactly how to make it. As a result, I have all of those other containers seated in my own freezer.. thanks mario! Five Stars Enjoyed this Third time's a charm! So I'm giving this 5 stars as of this moment because I love the recipes in the book. I also like this it is targeted at a single person (single servings), instead of having TONS of meals left over as if you perform in traditional diets.anybody can go out and make there own meals, they just have to understand what exactly you should feed your body so when it's necessary too. I've noticed multiple people stating that now there aren't any purchasing lists and they have to feel the entire week to determine what to buy. I'll save \$10 and the rice won't be wasted.-----My only complaint is that publication doesn't have any kind of shopping lists.-----CONS:\* One week's well worth of food for one person is just a little pricey. We do not have any cravings and enjoy all of the foods. Great book with the best recipes to use for your get fit plan! During Week 2, "sugar free Jell-o gelatin" is on the grocery list and several of those are on the program in the forthcoming weeks.) The

quinoa was \$5 per box (you need two boxes during Week 2. Thanks a lot, Mario! after pics and my results. We've also visited in the homes of family and eaten what they ate, no fuss, and also have eaten out with interpersonal groups and continue to lose weight with no adverse effect. Great healthy diet program. I tried this course of action for 2 weeks with family. of deli sliced chicken (53-cents in the lunch meats section) and 3 oz. During Week 1, "extra fat free, sugar free of charge Jell-o" is among the products you can eat. Once again, I in fact LOVE the premise of this and found I lose pounds and enjoy eating. Used it for weekly Ok recipes Four Stars good Mario knows how exactly to cook! I understand this will work if I stick to it which means this will end up being my 3rd try. Furthermore, it would be good if they could be downloaded to allow them to be printed easily. My food bible I adore this cookbook so much!! I love that it offers you a plan of meal plans, not really a bunch of recipes you need to try and balance proteins, carbs, ect. every day. My husband and I are both in our mid 60's and have been struggling to exercise because of knee and calf muscles problems but that has not affected our results.



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