


"Dr. Life lives and  
breathes a paradigm of  
health, vitality, and fitness."

—ANTHONY ROBBINS



# *The* **LIFE PLAN** *Diet*

How Losing Belly Fat  
Is the Key to Gaining a  
Stronger, Sexier, Healthier Body

NEW YORK TIMES BESTSELLING AUTHOR

**JEFFRY S. LIFE, M.D., Ph.D.**

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## The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body



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Feel younger even while you get older! From NY Times bestselling author Dr. Instead, it focuses on teaching guys over fifty how to increase metabolism and shed genuine pounds. Lose the Belly Fat, Become Heart-Healthy, and appearance and Feel Years Younger For most men, having six-pack abs appears like an impossible goal. But look no further than Dr. a fat-burning diet that powers through pounds loss plateaus to let you continue to lose weight week after week • Packed with easy everyday menus and rules for eating out, suggestions for enhancing muscle tissue and bone strength, foods that naturally boost testosterone amounts and growth hormone, and good food practices for optimizing human brain function, THE LIFE SPAN Plan Diet plan is a proven and wildly successful solution to help guys over fifty lose pounds and remain vital.s been able to maintain his physique for more than 15 years. His trip has inspired thousands of men across the country. Right now it't require expensive equipment or tough recipes with hard-to-find ingredients. This groundbreaking diet book offers a four-tiered method of losing weight without strenuous exercise. Well-defined abs are the hallmark of great health, and The Life Plan Diet will highlight how to lose the stomach fat to be able to not only find your six-pack, but more important, lower your risk of cardiovascular disease, stage off the blood-sugars roller coaster, and ignite your sex life. The bestselling author of THE LIFE SPAN Plan and the popular face of anti-aging medicine has one particular message: Any man can lose quite a lot of weight and keep those pounds off permanently. It features: • a jump-start diet plan that puts men on the right track with quick results • a basic health diet plan that optimizes blood sugar levels by eating plenty of the best foods the whole day • Jeffry Existence, who transformed himself from an overweight fifty-nine-year-old with low sex drive, sky-high cholesterol levels, and borderline diabetes in to the picture of health. a heart-health diet plan for men who wish to lose fat and reverse heart disease This simple program doesn's your turn to follow his path toward total wellness. Life, this heart-healthy diet plan will help males aged fifty and older lose weight, boost their energy, and build solid bodies and minds. Best of all, he'



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Great theoretically but a bit impractical to check out This book outlines 3 progressive weight loss programs, you start with a 2 week "Jump Start" diet. This stage starts with a 36 hour fast followed by an eating plan that is similar to the Atkins induction stage, but which is a lot lower in saturated fat content. Three Stars Is ok Three Stars S O S This stage consists of eating a multitude of foods with an ideal balance between proteins, carbs and healthy fat. lol Love the life span Plan Diet Love the Life Plan Diet! Existence recommends staying on until you reach your fat loss objective..There is also an optional Heart Health Diet included for people who may be coping with cardiovascular issues, a fitness plan involving a progressive walking program, and a variety of healthy recipes. As the second stage of the program (the essential Health Diet) involves needing to buy approximately 30 various kinds of fruits and vegetables for each week, plus a plethora of various types of meat, seafood, dairy, grains etc. Existence and what he offers accomplished, But sorry to say, I will not be following a Life Plan Diet plan. Why?I have a whole lot of respect for Dr. If you want to lose stomach fat fast and reduce your cravings for the bad foods this is a terrific way to go! Two Stars Another diet book. And while I think this is great in theory, the many types of food you should buy, store and plan each day of the plan is simply too impractical for me to follow. This book was a life saver..Yes you are taking in a wide variety of very healthy foods upon this plan. Nothing new. Lose weight fast! Well I lost 10 lbs the first 10 days and . This phase eliminates dairy and crimson meat.. Well I lost 10 lbs the first 10 days and not really starving. Spare tire deflating gradually.As an aside, it's a very important thing folks don't great their pies on the windowsills any more. Put your blinders on and stay away from the center aisles. The third phase is named the Fat Burning Diet plan which Dr. You really lose your craving for processed food items and crave foods that are much better! It makes for an unwieldy grocery list, and most of the fruits and veggies are just eaten at one meal during the entire week. Get this book! Great book. Existence expands upon this original "Life Strategy". Excellent ideas and ideas. In the event that you truly want to boost not only your health but also your physical appearance and quality of life, follow the life span Plan! Dr. I have to look within my own ... Great book. I need to look within my own diet plan harder and follow more of his recommendations; I'm nearly 60 with three Granddaughter's and my wellness is essential and this book is a very smart first step and it lays out solid info. Promotes being truly a vegan which doesn't work for me. I prefer something much simpler - not with regards to the actual effort required to adhere to the diet program, but easier when it comes to managing the actual meals gathering, storage and planning process. In the last 6 weeks I have lost 55lbs following the principles in this book. If you can make it through the 36 hour fasting after that it becomes easy to eat small amount of calories. Thank you so much for writing the program. This has transformed my life! too much to read, very strict diet, a great deal to read , very strict diet, not really for me I'm a woman so it doesn't connect with me all ... I'm a woman so it doesn't apply to me completely but extremely interesting and I am following the diet guidelines..I One Star Not impressed. The second phase is called the Basic Health Diet which also lasts 2 weeks.



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