

DR HUD'S

9 TO 5 LEAN BODY BLUEPRINT

5 TIPS TO HELP YOU GET LEANER AND FITTER AND CORRECT
YOUR METABOLISM WITHOUT HUNGER OR EXHAUSTION



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MEDICAL DOCTOR REVEALS **5 SECRET** REAL-LIFE STEPS TO A LEAN FIT BODY

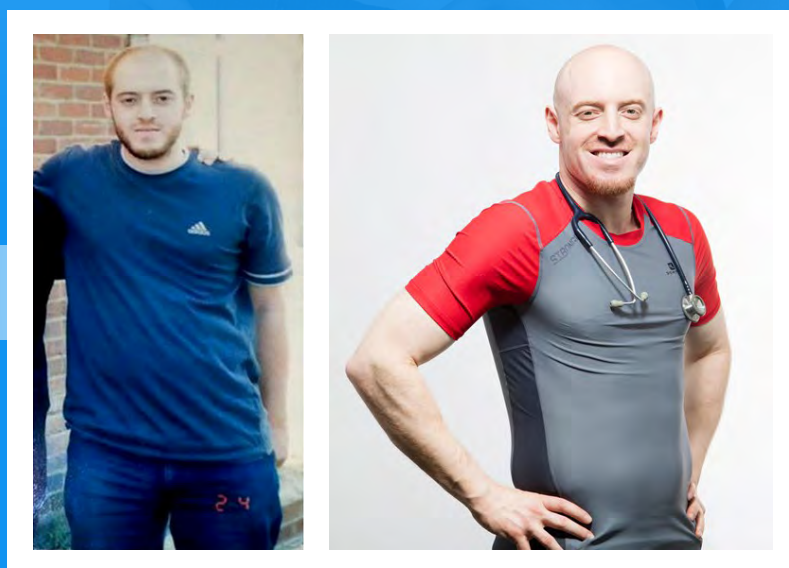
My name is Hud Shaker, I'm a medical doctor (MD) and medical researcher (PhD).

I help **busy working people** like you develop permanent habits that get you **lean and fit without getting hungry or exhausted.**

There are no gimmicks here but also no shortcuts. If you want to start shedding the inches, **dropping the pounds** and **accelerating your energy levels** you need to put in the effort. But not the effort that gets you exhausted, frustrated and craving for the next meal.

The kind of **Real-Life effort** that is manageable AND gets you results.

You know how to lose a few pounds. But what do you do when you pile it back on? **I'm here to help you take control.**



Before and after I discovered how to get and STAY lean
whilst eating more and exercising smartly

PROBLEM 1:
Your metabolism is storing fat on overdrive

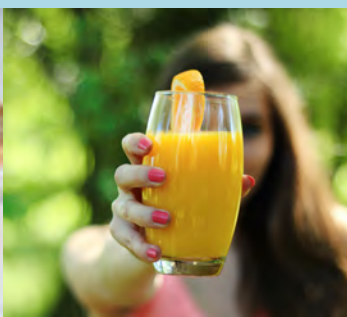
SOLUTION 1:
Replace carbohydrates with protein and good fats

Gaining or losing weight is about more than calories, it's about the effect of food on your metabolism. Processed and starchy carbohydrates stimulate fat-storing hormones like insulin. As unpopular as it may sound, minimizing foods that are starchy (e.g. potatoes) or grain-based (e.g. bread/pasta) minimizes these fat-storing effects. Reducing carbohydrates doesn't mean starving, it means replacing the carbohydrates with **healthy protein, good fats** and plenty of **non-starchy vegetables**. This will nourish you and correct your metabolism so your body **burns the fat in your body** instead of all the sugar and carbs you feed it.

DO THIS:

No more breakfast cereals, wholemeal bagels or orange juice. Have eggs, yogurt or avocado for breakfast.

Have full fat dairy, meats and fish in your mains and pack nuts, cheese and beef jerky to snack on.



PROBLEM 2:
You rely on your canteen and packaged food for your meals

SOLUTION 2:
Prepare **MOST** of your meals
(and keep it simple!)

The number one way you will lose weight is by preparing **MOST** of what you eat. You don't need to be an Instagram chef to prepare nutrient-dense, fat-burning meals. Ensuring most of your meals are packed with non-starchy vegetables, healthy fats and protein and minimizing carbs ensures you take control of your diet and correct your metabolism.

DO THIS:

Find 2 or 3 easy meals you can prepare quickly and regularly from [SuperCook.com](https://www.supercook.com) (or similar sites) and work on **JUST** these for at least 2 weeks to ensure consistency!

Invest in a good [Wok](#) to cook your meals (stir fries are easy!) and [Tupperware](#) to store them.



PROBLEM 3:
You're running every day
and not losing weight

SOLUTION 3:
Stop running. You're doing
the wrong exercise!

Running is a popular way of trying to lose weight but it's very ineffective. Running doesn't significantly stimulate your large muscle groups needed to boost your metabolism to fat-burning levels. Your body also quickly adapts to low-intensity cardio like running. Instead, do bodyweight high intensity exercise that stimulate large muscle groups and make you sweat, 2 to 3 times a week. Intense workouts (relative to your own fitness) are all that's required to shed fat and have you looking and feeling fit.

DO THIS:

Only run if you enjoy it or complement other exercise. Don't run to lose weight.

Learn how to perform simple squats, lunges, press ups, high knees and burpees (*or their low intensity modifications*) and incorporate these into your workout at home or in the gym.



PROBLEM 4:
You eat out often which may be
hampering your goals!

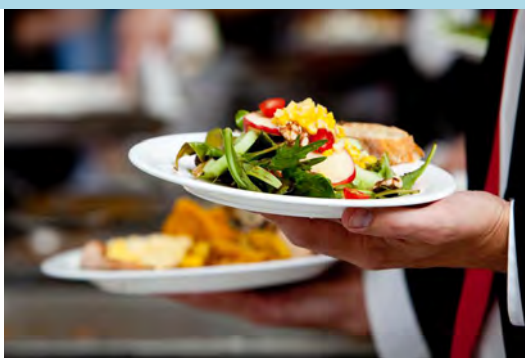
SOLUTION 4:
Eat Out BUT Eat Well!

Prepare MOST of what you eat, but not everything! Eating out is a part of life. Learn how to eat out smartly when you're out on your own, with friends or with work colleagues! Instead of ordering low-calorie foods like salads (which will leave you hungry!) order nutrient-rich foods containing healthy fats, protein and non-starchy veg. Work on reducing carb-loaded and starchy starters and mains for a perfect meal out!

DO THIS:

Focus on minimizing carbs and sugar in your starters (garlic bread, nachos) mains (fries), sides (e.g. naan bread) and drinks (e.g. full-sugar soda)

Eat MORE nutrient-dense starters (e.g. chicken wings, prawns) and mains focusing on healthy fats and protein (bunless double burger, extra olive oil, butter, cheese) as well as veg (e.g. spinach with parmesan).



PROBLEM 5:
You make it to the gym and don't know what to do

SOLUTION 5:
AVOID most of the gym equipment. Lift LIGHT dumbbells instead

Ever get to the gym and get overwhelmed at what to do? You use the cardio machines, swim a little and maybe do some biceps curls? Well, lifting heavy weights has great benefits however it requires competing for popular equipment and learning to lift the weights safely and consistently. The BEST alternative is to incorporate light weights into a high intensity workout. Dumbbells make short workouts more effective because the large muscle groups have to do more work and so increases your metabolic rate and fat burning potential.

DO THIS:

Stick to using light dumbbells in the gym or invest in a pair of light dumb-bells to use at home.

Always have gym gear ready in a bag in your car or home ready to do a workout when you suddenly become free.



As a busy working hospital doctor, I know what challenges there are when wanting to burn off the excess pounds and stay healthy whilst balancing a busy life.

To help you further I am offering you 50% off my in-demand '10-Step Mini Course'.

This highly rated course will help you take the first steps to getting you leaner and fitter. Learn how to re-programme your body to burn fat, build muscle and be in the best physical, metabolic and mental health you can be...without going to extremes.

Just click on the link below and enter the code FBDHALFPRICE to receive this special offer and take control of your metabolism and your health today.

I'll see you there!

Yes, Take Me To Dr Hud's Course!

bit.ly/10-Steps-To-Lean