Hey, Guys! Want to trade your fat for muscle? It's finally possible, thanks to the Mens Health TNT Diet. TNT - or Targeted Nutrition Tactics - is a scientifically designed program that can be customized for any body, including yours. It's as easy as knowing what to eat, and when to eat it. So whether you have a lot of fat to lose or just a little, TNT has a plan to fit your goals. In fact, TNT works not only for the guy who wants to lose 50 pounds of flab but also for the guy who wants to trade 10 pounds of fat for 10 pounds of muscle. Just as important, the TNT diet significantly reduces the risk for heart disease and diabetes, a finding that's been scientifically proven in studies at the University of Connecticut. The results of these studies, which you'll read about inside, are amazing. The best part? The TNT Diet and accompanying exercise plan couldn't be simpler. In fact, throughout the book, you'll find out why you can:

- Stop counting calories. The TNT Diet reprograms your appetite, allowing your own body to regulate the amount you eat. So you'll never feel like you're on a diet, even though you'll look like it.
- Go back to enjoying the foods you love - like prime rib, omelets, and even butter. Through a revealing report, you'll see why fat - even saturated fat - isn't the dietary demon it's been made out to be.
- Exercise just 90 minutes a week. Instead of exercising in the so-called fat-burning zone, you'll learn how to exercise in the carb-burning zone. This is the secret to making your workouts both shorter and more effective.

So what's stopping you? The Mens Health TNT Diet provides all the tools you need to dramatically transform your body - both inside and out.

My Personal Review:

Worked for me,
I have been struggling with weight problems my whole life and have family history of heart problems so was very reluctant to try a low carb lifestyle. Living in a ski resort, most people I know are very fit and active. As a 35 year old man over 320 pounds I would still tell you that I was more active then most (skiing over 50 day per season, biking to work most days in summer, ect.) but I was still packing on the pounds. Mens Health has been my bible for the last 10 years trying to eat `clean meals. I no longer buy things that come in a box or a can no fast food, but still gaining weight. I had come to accept that I will always be big and it will always be a struggle to keep weight under control.

June 19th 2007 I started the TNT plan A my weight was over 320 the last time I was in the gym and my pants were pushing 48. Today, January 4h the scale says 270 and pants size is well.. 40 is a bit big and 38 still a bit snug.. Im close to about the halfway point and feel great, ski better, look better then I can remember. I owe Adam more then the few dollars it costs to buy this book, it has been life changing for the better.

The workout plan is easy to get though.. sorry its not easy, but you can get it done fast. Your results after a short time are very noticeable, but dont weight yourself often. Use your cloths as a measure and in no time you will have everyone you know asking what you have done.

Im not a fan of the `its to good to be true message, but if youre struggling with weight and you have tried to eat better to no avail like me give this plan a try. Stick with it, be honest with yourself and Ill bet you will have results that you can be proud of in just a month.

Thank you so much Adam

For More 5 Star Customer Reviews and Lowest Price:
Mens Health TNT Diet: The Explosive New Plan to Blast Fat, Build Muscle, and Get Healthy in 12 Weeks by Adam Campbell MS  CSCS - 5 Star Customer Reviews and Lowest Price!