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Lean Belly Diet

The Lean Belly Prescription: The fast and foolproof diet and weight-loss plan from America's top urgent-care doctor was created by well-known Travis Stork, MD, along with editor of Men's Magazine – Peter Moore. Together these two men created a 6-week diet plan that boasts eating the foods you love while losing pounds by adhering to simple Lean Belly laws each day.

Examples of lean belly laws:

- 3 servings of calcium-rich foods per day
- Switch all refined carbohydrates with whole grains
- 8 ounces of water per day
- choose 2 fruits to consume per day - along with at least 3 servings of vegetables per day
- eat a breakfast rich in protein

The exercise component promoted in The Lean Belly Prescription is non-exercise activity thermogenesis, more commonly referred to as NEAT. In other words, you don't have to run miles or join a gym to burn calories. NEAT refers to daily activities such as mowing the lawn, or walking the dog – something that has you moving, but doesn't necessarily mean lifting weights or running on a treadmill.

Foods to increase:

- Whole grains
- Vegetables
- Fruit
- Low-fat meat (optional)
- Beans

Foods to reduce:

- Refined carbohydrates
- Trans-fats

Pros:

- Allows dieters to make small changes to diet that they may find easier to adhere to
- Promotes whole grains and dark, leafy greens
- Discusses the benefits of achieving healthy weight and lowering risk of associated conditions and diseases
- Promotes long term lifestyle changes rather than quick-fixed to drop pounds
- Suggests tips on how to incorporate exercises that are easier for beginners

Cons:

- Book claims you can continue eating desserts and foods you love - rather than give potentially healthier suggestions

Sources:

Travis Stork's *Lean Belly Prescription*

Non-Exercise Activity Thermogenesis [Shapefit.com](http://shapefit.com) [\(http://shapefit.com/\)](http://shapefit.com/)