

Language	: English
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Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Screen Reader	: Supported
Print length	: 320 pages



## The 40-30-30 Revolution

The 40-30-30 Fat Burning Nutrition Program is a groundbreaking approach that has been scientifically proven to accelerate fat loss. It consists of three macronutrient ratios:

- **40% Protein:** Protein is essential for building and repairing muscle, which boosts metabolism and helps burn calories.
- **30% Carbohydrates:** Complex carbs provide sustained energy throughout the day, preventing hunger and cravings.
- **30% Healthy Fats:** Healthy fats promote satiety, regulate hormones, and support brain function.

## Personalized to You

Unlike one-size-fits-all diets, The Formula Personalized 40-30-30 Fat Burning Nutrition Program is tailored specifically to your individual needs, including:

- **Age:** Metabolism and nutrient requirements change with age.

- **Gender:** Men and women have different metabolic rates and body compositions.
- **Activity Level:** Active individuals need more calories than sedentary ones.
- **Hormone Levels:** Certain hormones, such as insulin, can influence fat storage and utilization.



## Effortless Fat Burning

By following The Formula Personalized 40-30-30 Fat Burning Nutrition Program, you can:

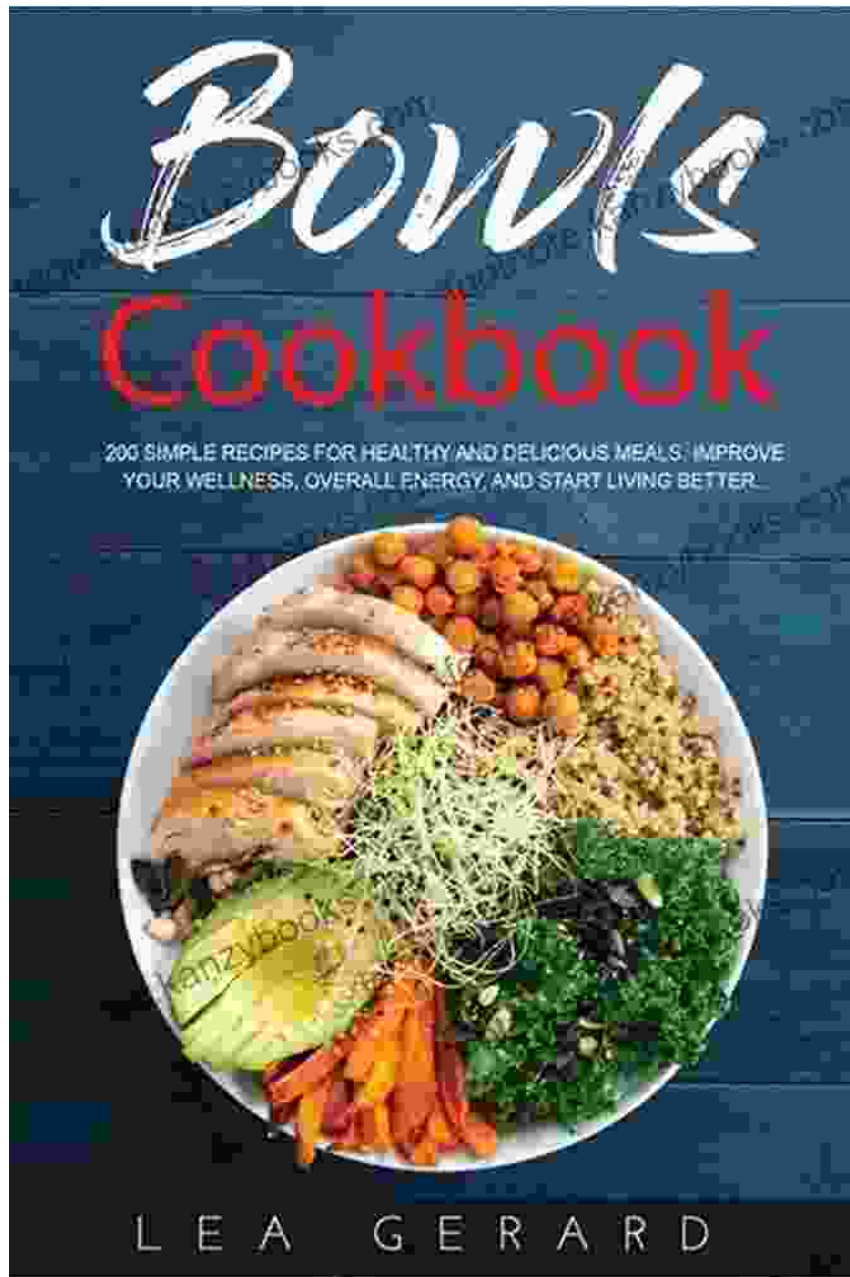
- **Lose weight effectively and sustainably:** The program promotes a healthy caloric deficit without sacrificing essential nutrients.

- **Boost your metabolism:** The high protein content increases muscle mass, which increases the rate at which you burn calories.
- **Reduce hunger and cravings:** The balanced macronutrient ratio keeps you feeling full and satisfied throughout the day.
- **Improve your overall health:** The program promotes healthy eating habits that support overall well-being.

## **Delicious and Convenient**

The Formula Personalized 40-30-30 Fat Burning Nutrition Program is not just effective, it's also delicious and convenient. The book includes:

- **Hundreds of recipes:** From quick and easy meals to satisfying snacks, you'll find everything you need to stay on track.
- **Grocery lists and meal plans:** Save time and effort with pre-planned meals and shopping lists.
- **Tips and resources:** Get expert guidance on nutrition, exercise, and mindset.



## **Your Journey to a Healthier You**

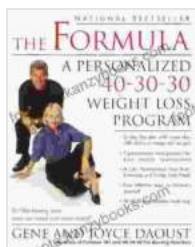
The Formula Personalized 40-30-30 Fat Burning Nutrition Program is the ultimate guide to effortless weight loss. By providing you with a personalized, science-backed nutrition plan, you can achieve your weight loss goals without sacrificing your taste buds or your health. Free

Download your copy today and start your journey to a healthier, more confident you!

### Free Download Now and Get Exclusive Bonuses:

- **Free Online Coaching:** Get expert support and guidance from a certified nutritionist.
- **Grocery Shopping Guide:** Make healthy grocery choices with ease.
- **Meal Planning App:** Plan and track your meals effortlessly.

Don't miss out on this incredible opportunity to transform your life. Free Download your copy of The Formula Personalized 40-30-30 Fat Burning Nutrition Program today!



## The Formula: A Personalized 40-30-30 Fat-Burning Nutrition Program by Gene Daoust

★★★★☆ 4.3 out of 5

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