



# Extra Lean: The Fat-Burning Plan That Changes the Way You Eat for Life

*Mario Lopez, Jimmy Pena*

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**Extra Lean: The Fat-Burning Plan That Changes the Way You Eat for Life** Mario Lopez, Jimmy Pena  
**Live Extra Lean!**

In this *New York Times* bestselling diet book, Mario imparts his fool-proof plan for permanent weight loss while eliminating the guilt from enjoying the foods people love. The *Extra Lean* plan trains the body to constantly burn fat by following three simple steps:

- ? Balance daily intake of carbs, protein, and fat
- ? Practice proper portion control
- ? eat frequently throughout the day

In *Extra Lean*, Mario clearly identifies optimal combinations of daily nutrients, transformative eating habits and invigorating mental conditioning tools that will truly redefine your approach to food. By following this plan, your metabolism will become a fat-burning machine allowing you to splurge on special days, weekends or vacations with little to no effect on the scale. With over 40 delicious recipes and grocery lists for each week, *Extra Lean* is the complete program to change your body and the way you eat for life.



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