

Ultimate Fat Burning Diet Primer Review

The Ultimate Fat Burning Diet Primer

By Paul Crane

I recommend this book for beginner and intermediate dieters. The more experienced of you would probably benefit more from Tom Venuto's Burn the Fat Feed the Muscle.

The Ultimate Fat Burning Diet Primer is almost 200 pages and a great easy to read book.

Paul starts off by explaining primitive man, what that entails and what was necessary to survive back in the day.

The diet followed in Ultimate Fat Burner is a high protein, moderate to low carbohydrate diet. The fat intake varies depending on the quantities of carbohydrates consumed. After reading this book you will have a solid understanding of the different types of fats, which ones you should take in on a regular basis and which to avoid.

Despite extensively covering diet, Paul tells you not to worry about counting calories. This seems a bit strange to me, since the difference between gaining weight and losing weight is caloric surplus or deficit. Regardless, this puts you on track and in the right mentality for losing weight and controlling what you look like.

Overall I enjoyed the book and I think beginners would get the most bang for their buck with this one.

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