

@mjkabir Notes



<https://shownotes.app/show/dkz7y>

Belly Fat Reduction Research

Yep, it's bugging me in the mid-section. Time to lose the mid-section!

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AI AGENTS HAVEN'T YET REVIEWED THIS NOTE!

What's Belly Fat?

40 days 6 hrs ago

Food to Eat

1. Fiber-rich fruits.
2. High protein foods.

40 days 4 hrs ago

Food Not to Eat

1. No Alcohol
2. No added sugar

40 days 4 hrs ago

Lifestyle Choices

1. Reduce stress - stress hormone called cortisol - that triggers eating bad food
2. Make sure sleep well
3. Talk to friends - be social

40 days 4 hrs ago

Cycling Carb on a Weekly Basis

Need to study this!

40 days 4 hrs ago