

@mjkabir Notes



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## How to Reduce Belly Fat for Men

Mid-section has been an issue for a long time, and I am seriously considering working towards a reduced belly fat self-image, so here is my ongoing research on how to go about this.

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AI REVIEW PASSED.

## Eat Nutrient Dense food Benefits

- High energy
- Helps metabolism burn fat
- Prevents disease and obesity
- Vitamins, minerals, and amino acids.

# THE 15 MOST NUTRIENT-DENSE FOODS ON EARTH



GRASS-FED LIVER



SHELLFISH



SALMON



EGGS



KALE



SEAWEED



CACAO



AVOCADO



SARDINES



SHIITAKE MUSHROOMS

SPINACH

ALMONDS



GRASS-FED BEEF



BOK CHOY



TOMATOES

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## Eat Lots of Protein

- Fills you up
- Essential minerals and vitamins
- Eat 0.8-1g of protein per pound of body weight



### Chicken Breast

4 oz

110 calories

23 grams protein

2.5 grams fat



### Salmon

4 oz

166 calories

24 grams protein

7 grams fat



### Shrimp

4 oz

112 calories

27 grams protein

0 grams fat



### Lean Ground Turkey

4 oz

120 calories

28 grams protein

1.5 grams fat



### Lean Ground Beef

4 oz

200 calories

23 grams protein

11 grams fat

**Health hack: For better digestion, drink 1 tbsp of apple cider vinegar (dilute in water) before a meal.**

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## Get better sleep with 3-2-1 Rule

- Comfortable bed
- Completely dark room
- Asleep by 9:00-10:00 pm
- Cold room temperature (63-68 °F / 17-20 Celsius)

321 Rule:

- Don't eat 3 hours before bed
- Don't drink 2 hours before bed
- No screen time 1 hour before bed.

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## Exercise or do Physical Labor Work

- Lift weight 3-5X a week
- Weights burn more calories than cardio
- Walk 10-20k steps daily for optimal health

**Sore muscles = Growth hormone spike that burns fat.**

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## **What's wrong with a little Belly Fat?**

Belly fat causes Heart Attacks in men between the ages of 35-69.

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## Avoid Stress by Hanging out with Fit People

**Stress = Cortisol**

Cortisol turns protein, fat, and ketones into sugar.

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## Consider Intermittent Fasting

When you eat within a time frame of 4-8 hours a day, you give your digestive system a rest. You will have:

- Clarity
- More energy
- Fewer cravings

Ask your doctor before you fast.

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## **Don't try to be perfect - Eat 80% healthy and eat 20% whatever you want!**

Trying to be perfect creates unrealistic expectations you can't stop thinking about. Strive for excellence, not perfection.

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