

Burn The Fat, Feed The Muscle: Review Examines Popular "Fat Loss Bible"

Summary: DietsAndFitnessGuides.com releases a review of Burn The Fat, Feed The Muscle the #1 best selling diet and fitness guide in Internet history.

"Burn The Fat Feed The Muscle remains a top selling fitness guide now nearly a decade since it's initial release," reports DietsAndFitnessGuides.com's Vince Delmonico. "We did a Burn The Fat Feed The Muscle Review to get the the bottom of this phenomenon and see why as fad fitness systems come and go, Burn The Fat, Feed The Muscle stays on top."

Burn The Fat Feed The Muscle was created by Tom Venuto a renowned weight loss expert, personal trainer, and natural bodybuilder who has been featured on such well known media outlets as Oprah, The New York Times, The Wall Street Journal and The Huffington Post as well as popular fitness magazines like Muscle & Fitness, Men's Fitness, and Natural Bodybuilding, to name a few. In the program Venuto presents readers with a personalized approach to fat loss whereby they are able to understand their own body physiology and work towards their personal fitness goals.

Delmonico offers this explanation for the programs long lasting appeal:

"New programs offering 'quick and easy' fat loss fixes come out everyday, and they sell because people are hardwired to seek out simple solutions," says Delmonico. "However, these sorts of programs never last long because they can't live up to their over the top claims. Burn The Fat Feed The Muscle is still around because it does what it says it is going to do for people. It takes time, and it takes some work, but it actually gets results, that's the difference."

The fact that Venuto openly admits that fat loss is hard work may turn off those looking for a magic fitness bullet. But, that being the case, Burn The Fat, Feed The Muscle sincerely endeavors to help user to get lean as quickly as possible while adhering to proven, effective strategies and techniques.

Weighing in at over 300 pages, Burn The Fat Feed The Muscle provides as comprehensive an explanation of weight loss nutrition as one can find, dispelling the many popular fallacies which surround what can be an extremely confusing subject. Readers learn an easy way to set up a meal plan they can enjoy using Tom's patented menu "template" system. One simply chooses foods they like from a recommended food list and plug them into the meal plan template provided. In addition to the nutritional information the program shows how to set up a exercise training program, including workout routines used by top natural bodybuilding and fitness champs.

"Really, I can see why Burn The Fat Feed The Muscle is often referred to as a 'Fat Loss Bible'," says Delmonico. "The program provides such a massive wealth of information it is a bit overwhelming at first. Tom has included content for people at every fitness level, from complete fitness newbies to professional body builders, cramming this program full of fat loss goodness."

[Those wishing to purchase Burn The Fat Feed The Muscle, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Burn The Fat Feed The Muscle review is available at the following web address: <http://www.dietsandfitnessguides.com/burn-the-fat-feed-the-muscle-review/>

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