

**The Lean Muscle Diet: A Customized Nutrition And
Workout Plan--Eat The Foods You Love To Build The
Body You Want And Keep It For Life! By Lou
Schuler;Alan Aragon**

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The Lean Muscle Diet: A Customized Nutrition and Workout Plan--Eat the Foods You Love to Build the Body You Want and Keep It for Life! by

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Lou Schuler, CSCS, is an award with Alan Aragon, of The Lean Muscle Diet. TAGS: diet. Latest Weight Loss Stories. Why the Body You Want Won't Happen Overnight.

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Frequently asked questions about the lean muscle

First, a word of thanks Before getting into this, I d like to thank everyone who bought the The Lean Muscle Diet, which I co-wrote with Lou Schuler, a veteran

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Alan Aragon and I began writing The Lean Muscle Diet with a simple and counterintuitive idea: Most diets work. They can work in the short term, long term, or anything

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Lou Schuler is a contributing editor of Men's Health magazine and the author of the New Rules for Lifting series. He lives in Allentown, Pa. Alan Aragon is a

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Alan aragon (author of the lean muscle diet)

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