

A top-down view of a white bowl with a blue rim, filled with a quinoa salad. The salad includes cooked white quinoa, steamed broccoli florets, sliced cherry tomatoes, sliced zucchini, sliced carrots, and Brussels sprouts. Fresh green herbs like basil and parsley are scattered on top. The bowl sits on a light-colored woven placemat. Surrounding the bowl are fresh ingredients: a whole cherry tomato, a sprig of basil, a sprig of parsley, and a piece of ginger root on a light blue cloth napkin.

The 1# Diet Secret

Science-based

Version 8.0: Fully Updated
by Bar Brothers Groningen



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DISCLAIMER

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. If you have any doubts due to medical conditions, consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose to work with the forthcoming advice in this ebook, you are agreeing to accept full responsibility for your actions.



1. A SHOCKING fact

Hey there, let me tell you why you downloaded this ebook...

...you are looking for real results that last.

...you are done with stuff that does not work.

And you are serious about TRANSFORMING your body.

Well, since that's the case...



...let's start this with a shocking fact:

90+% of people on a diet FAIL.

For example, if you would start a diet today with 10 friends, **9 people would fail...**

...ouch.

In fact, how many diets do you know?

Take a few seconds. Think REALLY hard.

Here are the popular ones summarised:

- **Vegan** - Eat only plants
- **Vegetarian** - Eat mostly plants
- **Carnivore** - Eat mostly meat
- **Keto** - Eat mostly fat
- **Intermittent fasting** - Eat on this and this time
- **Whole foods** - Eat unprocessed foods



Why do all of these diets even exist?

Well...

...they all WORK.

Confused?

You've downloaded the right ebook.

Because I'm going to give you the **MOST important principle behind ALL diets.**

Let's jump right in!



2. The **SCIENCE** behind your diet **SUCCESS**

Did anybody ever tell you that losing weight is a simple as $1 + 1$?

I know...why didn't they, right?

I'll explain why:



In science, **it's defined as a calorie.**

Which is a unit of energy.

Like a centimetre is a unit for distance.

All your food consists of these energy units in different amounts. **It's what you eat.**

Just like a car needs fuel, you need calories.

Losing, gaining and maintaining is all about managing these units of energy.

Here is how it works EXACTLY:

- Eat more than you burn = gain weight
- Eat less than you burn = lose weight
- Eat as much as you burn = maintain weight



Basically, NOT knowing what you are actually eating is like driving your car **somewhere without looking at your gas meter.**

Doesn't sound like a plan, does it?

Unfortunately there are a lot of lies out there.

Here are the 3 BIG Myths:

- **Myth 1** - Magical fat burners (unimportant) , they DON'T exist.
- **Myth 2** - Instant six pack exercises (unimportant), they DON'T...
- **Myth 3** - Legal muscle building supplements... (you get the idea).

Here is what is important 100% of the time:

Tracking how much you eat. Let me put that in CAPITALISED LETTERS.



(I don't like screaming on white pages, got a little bit carried away there.)

But this...

...is the science based secret behind **ALL diet success.**

Summarized:

ALL successful diets, make you eat less than you burn.

And as you know by now...

...that's why you lose weight and get ripped.

So how can you get started?



The 3-Day Diet Challenge

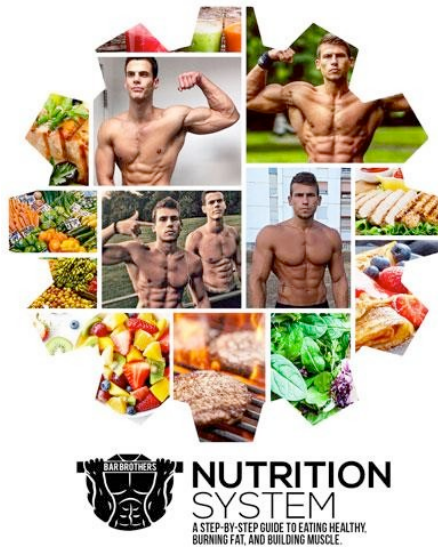
Task 1: [Click here to download the myfitnesspal app.](#)

CAUTION: This simple app will change your view on nutrition for ever.

Task 2: Track your calories for at least **3 days** to discover what you are REALLY eating.

You probably will make some miscalculations, but that doesn't matter.

Consider it an experiment.



THE BAR BROTHER DIET PLAN

This guide has provided you with a glimpse...

Yes, there is MORE.

If you are looking for specific meal plans...

And a list of the BEST foods to eat.

All covered in the NEW **Nutrition System** by the official Bar Brothers (Dusan and Lazar).



ONLY check it out if really want results.

Because it's not a million bucks, but isn't for free either.

And I don't want you to get something you don't end up using even if there is a **full money-back-guarantee.**

Then again...

...would you be willing to sacrifice 2 dinners at a fast-food restaurant for **the body of your dreams?**

...if so, click on the red button below now!

Start The Nutrition Plan



REMEMBER THIS...

Your body is your biggest tool.

It's the groundwork for EVERYTHING you do and want.

In fact, without a healthy body...

And to build muscle and burn fat, you need to understand how to use it and take good care of it.

Now you know that it ALL boils down to energy balance...

...that information puts you in the top 3% of people on this planet.

IF you actually put it to use.

Unbelievable, right?



It's SO simple. When you know...

...because ultimately the BEST diet, is the one
your can STICK to.

In other words, **find the shoe that fits you.**

Whether that's eating more plants, or more meat
or eating less often.

No magic. No fairy dust. **It's solid science.**

Now before you go, remember one FINAL thing:

**"A healthy man has many wishes, a sick man
only one."**

Fist bump

Bar Brothers Groningen

PS. Any questions, send an e-mail to
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