

**Let Me Show You**

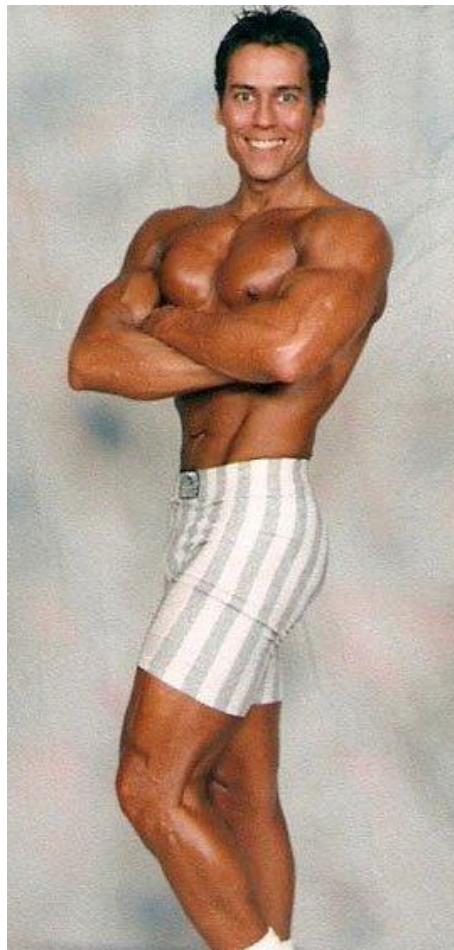
**"How To Get Down To 3% Body-Fat Without Drugs"**

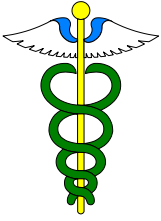


**DAN PRZYOJSKI**  
**1223 BORG AVE. TEMPERANCE, MI 48182**

**<mailto:mrmichigan@bex.net>**

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## Get A Physician's Checkup Prior to Beginning



### THE 3% BODY FAT DIET

#### Bodybuilding System

There is no age limit on improving your body and no body that cannot be improved by regular exercise. However, before you begin this bodybuilding course I want you to get a medical checkup. If you have some health problem, your doctor can take proper measures to correct it, and he may have some useful suggestions or cautionary advice to help you modify the course to make it more suitable and beneficial for you.

#### **Stress Test**

Tell your doctor you would like a stress test, which is simply a series of common exercises, such as riding a stationary bike, jogging on a treadmill, or stepping up and down on a low stool, performed while your heart and vital functions are monitored.

The stress test will tell your doctor how your body functions when subjected to physical stress. A less than perfect heart or other physical problems will be revealed if they exist. **Do not attempt to change your training or eating habits without first getting a thorough physical exam!** If your doctor gives you the OK, grab your gym bag and vitamins and hit the gym.

At the Mr. Toledo Bodybuilding Championship, I won Best Arms, Best Back, Most Muscular, my height class, and the Mid-West's most hotly contested overall title of Mr. Toledo. One of the judges told me my physique was so “ Ripped”, it looked as if it was carved from marble!

After five years of diligent training I had transformed my thin-boned, ectomorph body into a championship physique that defeated 18 other bodybuilders, some weighing up to 40 pounds or more than myself. But the real victory was not in the title that I had just won, but in the knowledge of nutrition I had acquired in winning it. Most all of the bodybuilders that day were more genetically gifted than myself, and some would go on to successfully compete on the State and National level, but because my physique was in *3% BODY FAT CONDITION* I won the title hands down.

From the start of my competitive bodybuilding journey my approach to getting in ripped condition was and still is different from everybody else's. Some people may scoff at my methods but all I have to do is point to the proof (the success of my clients and myself) to prove it works.

In 30 years of bodybuilding I have applied this knowledge to coaching hundreds of men and women to success using [The 3% Body Fat Diet](#)

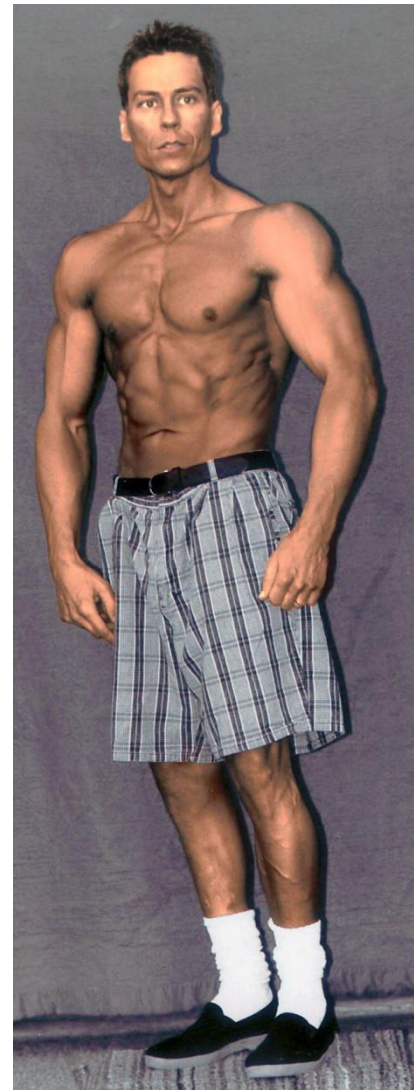




This book is for everyone young and old. Maybe you're interested in entering a bodybuilding contest, or you want to enter a 12-week body transformation contest. If so this book is for you.

[\*The 3% Body Fat Diet\*](#) is a healthy specific diet that can be used year round. Building your perfect physique requires cycled nutrition programs as well as cycling your weight lifting program.

I don't proclaim myself to be a great bodybuilder (my genetics are VERY limited and I won't use steroids) or nutrition guru. I just happened to create this diet after failing to burn fat after using all the standard get-ripped-diets I read about in the magazines. I have literally coached hundreds of successful clients into physically lean and muscular condition, and firmly believe that if you follow the advice in this book you will in time get into whatever condition you desire.



[\*The 3% Body Fat Diet\*](#)

# ENEMY OF HIGH DEFINITION!

Most people fail to get lean and muscular because they don't understand the natural laws that govern the physical body. The two great enemies of a High Definition Physique are toxic poisons (found in processed foods and water) and in nutritional deficiencies caused by unhealthy diet. The fastest and easiest way to get into High Definition Condition is to consume High Definition Nutrition.



Another successful student who used [The 3% Body Fat Diet](#) and Training!



## NUTRITION AND THE BODYBUILDER FACT AND FICTION!

Through 30 years of trial and error, I have learned that one component of muscle building is more important than all the rest. Especially as you age, it makes the difference between looking like a physique star or looking like somebody who *works out once in a while*. That component is nutrition.

If you are truly giving it your all in the gym by following a training program like [The 3% Body Fat Diet](#), diet and supplementation become 85% of the game.

Knowing how and what to eat puts you miles ahead of everyone else.

It should be understood that the **QUALITY** of food you eat is much more important than the **QUANTITY** of food you eat. The quality of food you consume should always be of the highest biological value. The quantity of food you will consume will be determined by the demands you place on your body for any specific period of time. Your ideal diet, or the ration of protein, carbohydrates, and fats will change with your age, training, and other outside factors.



## **NUTRITIOUS FOODS**

### **THE CORNERSTONE OF MUSCLE**

Food in its most natural state is the cornerstone on which a muscular physique is built. Believe you me, if you don't eat correctly, nothing else matters. To build a perfect physique you need to know exactly what foods to eat and what foods not to eat. There is a lot of hearsay information on the subject of nutrition. Most times someone reads an advertisement for this or that get-big-quick-pill or the latest meal replacement drink and believes everything written in the advertisement is the gospel truth. Commercial advertisements are not the best source of information when it comes to educating yourself in the field of nutrition. Dating up to the 1950's nutrition was a subject discussed in the bodybuilding publications. By some of today's health standards the info on nutrition may not have been completely sound but at least it was being honestly addressed for its time. Most bodybuilding magazines these days give you the impression that supplementation comes first and food comes second. Supplementation can play a major role in building a healthy and muscular physique but only if healthy foods (the cornerstone of muscle) are being consumed.



**Eugen Sandow in High Definition Condition in this 1800's Photo.**

# The Secret Of Getting Lean

## No Secret, Just Common Knowledge!

I want to reveal to you the secret (common knowledge) of getting as lean as muscular as I desire. The actual process for losing body fat and maintaining muscle mass is so simple that anyone in good physical condition (no heart, kidney, liver, pancreatic, or other health threatening condition) can do it. When you learn the simple fundamentals of applying select nutrition in conjunction with exercise you'll understand how easy it really is to get into ripped condition!

## Simplicity

**Protein Equals Muscle Mass:** Plain and simple. If you want to maintain or to gain more muscle mass you must consume the correct amount of protein to do the job. Ask ten different so called “experts” their opinion and you'll most likely get at least five different answers. But rest assured that if you consume at least 1 gram of protein per pound of body weight you're pretty much on target. Only you will know through experimentation of added or subtracted protein intake what works best for YOU!

**Starchy Carbohydrates:** Energy supply. Starchy carbohydrates have a higher carbohydrate and caloric content than fibrous carbohydrates do. For 12 weeks you will on a daily basis consume just enough starchy carbohydrates to give you ample energy to perform your weight lifting, cardio exercises, and daily work related duties.

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**Fibrous Carbohydrates:** Low calories, high fiber. Fibrous carbohydrates help to slow down the starchy carbohydrate release into the system, resulting in prolonged energy. Fibrous carbohydrates reduce the risk of insulin spikes. I consider fibrous vegetable carbohydrates a no calorie count because you burn up these calories in the digestion process. Eat as much as you want!

## CONCENTRATED CALORIES

You must at all costs avoid concentrated calories. This is a rule that cannot be broken. As an example, food sources that contain sugar have calories in one of the most concentrated forms. On the opposite side are fresh fruit and vegetables; an apple or cucumber has a great deal of volume and a low concentration of calories. If you eat plenty of processed foods or foods that contain sugar, you take in more calories than your body can use and you become fat. On the other hand, you could stuff yourself with apples and you won't take in more calories than your body can use and you won't become fat. The same can be said of vegetables.

Take a look at the ingredients in the so-called protein or energy bar you've been eating and see if it contains SALT or SUGAR. If it does, throw it away and never buy another one if you want to build a High Definition Physique.

## The 3% Body Fat Diet

# Fat Loss Guidelines

## **GOAL**

Maintaining muscle mass while minimizing body fat. Try to lose no more than two pounds of body fat per week. Fat loss each week may vary a bit as your metabolism adjusts its self.

## **PROTEIN INTAKE**

Eat about 1.0 gram of protein per pound of body weight each day depending on your age. Be sure to eat complete protein sources such as white meat chicken and turkey, fish and egg whites.

## **DIETARY FATS**

No more than ten percent of your total caloric intake should come from conventional dietary fats. Take at least 1 tablespoon of unsaturated oil daily for essential fatty acids.

## **STARCHY CARBOHYDRATES**

Brown rice, whole wheat, potatoes, sweet potatoes, oatmeal, black-eyed peas and lima beans are excellent sources of starchy carbohydrates. Avoid processed carbohydrates such as white breads and pasta.

## **FIBROUS CARBOHYDRATES**

Include one or two source's at each meal such as green beans, cauliflower, broccoli, asparagus, squash and salad vegetables.

## **MEALS**

Eat five or six meals a day spaced 2 ½ to 3 hours apart. Eat your last meal 2 ½ to 3 ½ hours before going to bed

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## Protein's Function In The 3% Body Fat Diet

. Protein is required for maximum muscle strength and growth, as well as to prevent muscle deterioration and loss of lean body mass to energy requirements. This is by far the most important muscle-building nutrient because it is responsible for the growth and repair of damaged muscle tissue. Every meal that you eat should contain some protein. Whenever you consume protein it will be broken down into its individual amino acid building blocks to be used throughout your body. The first source of protein should be from real food rather than from supplements. In that respect I found that these are the highest-quality proteins for getting ripped-up while maintaining muscle mass. In descending order of quality based on amino acid composition, are:

1. Egg albumen (from egg white)
2. Fish, and poultry
3. Whey and Egg White based protein powder.



### [The 3% Body Fat Diet](#)

The primary use of protein in bodybuilding is to optimize lean tissue health and mass, boost metabolism, maximize fat loss, minimize recovery time and muscle soreness, boost immune function and help prevent muscle and bone damage consequent to lifting heavy weights. Exercise increases muscle protein turnover rate demanding a greater need for this, as well as for tissue repair and muscle growth. When bodybuilding, what you want to do is keep the body in a positive nitrogen balance necessary for growth and repair. Most of your protein intake should consist of pure, low-fat protein sources such as chicken (white meat), turkey (white meat), low-fat fish and egg whites. Lean cuts of beef; red meats and egg yolks should be kept to a minimum, as they are high in fats. I like to exclude beef for the 12-weeks.

### **Carbohydrates**

Carbohydrates are used as an energy source for the muscles and brain. They also aid in the absorption of protein. All carbohydrates are eventually broken down into their simplest form: glucose. Choose carbohydrates that are full of healthy muscle building nutrients (such as oatmeal, brown rice or apples) as they will provide your body with a steady stream of energy and will prevent large fluctuations in blood sugar levels. Stay away from white breads, sugar, prepackaged snacks and so-called healthy foods like protein and energy bars that are nothing more than sugar-coated protein powder mixed with unhealthy preservatives. You will not get a H-D-Physique eating them.

### **[The 3% Body Fat Diet](#)**

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## Fats

If you want to get into lean muscular condition, you can't be afraid of fat! Not all fats are the same, and the unsaturated form is actually *beneficial* to overall health and will prevent you from storing excess body fat. Unsaturated fats play many important roles in the muscle-growth process (such as boosting testosterone levels and improving the energy production of cells) and should not be overlooked. Some good sources of unsaturated fat are flaxseed oil, olive oil, sunflower oil, walnuts, all-natural peanut butter and avocados. Those are the 3 basic nutrients and some good examples of foods that contain them.

To minimize body fat while maintaining muscle mass you need to get away from the traditional method of "3 or 4 square meals a day" and instead focus on eating smaller meals more frequently. You should aim to consume a small meal at least every 2-3 hours in order to keep your body in an anabolic, muscle-building state at all times. Grazing throughout the day will prevent muscle breakdown and will also keep your metabolism raised so that you store less body fat.

## [The 3% Body Fat Diet](#)

# CONCLUSION

## You Now Hold The Key To Your Success!

I have revealed to you the key secrets to getting into lean and muscular Condition. It is the KEY to your success. You can use the key to open the door to physical success, or put it aside and continue to drift from program to program, supplement to supplement, with minimal success. The choice is yours.

Success in bodybuilding requires discipline and hard work; but discipline and hard work alone aren't a guarantee of success. You must also use your head. If you can, remember that every 90 days a new bloodstream (the universal bodybuilder) is built in the body by the foods you eat, the liquids you drink and the air you breathe. From that bloodstream (the universal bodybuilder) the body's muscles are made, nourished and maintained. You will remember that your muscles are constantly in a state of bodybuilding, therefore you have no reasons, excuses, or alibis for not building the muscular, high definition physique you desire. All you have to do is work with the Universal Bodybuilding Law by feeding it the right combination of nutritious foods, supplements and High Definition Training. Follow the natural law of bodybuilding and you will succeed, guaranteed!

Power Health Always,

*Dan Przyojski*

Dan Przyojski Mr. Toledo – Masters Mr. Michigan / N.F.P.T.Certified

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