



The Burrito Diet



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Excerpt from

The Burrito Diet

by Matt Lisk





The Burrito Diet



Warning

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About the Author



Are you tired of having people who have never been fat a day in their life telling you how to [lose weight](#)? Well, how about a program developed by a person who twice in their life has lost tremendous amounts of weight?

I'm Matt Lisk, a REAL fat loss expert – in my mid-twenties I lost **50 pounds in four months!** Unfortunately I did not learn anything while I was doing it, and I was not always following safe nutrition and fitness protocols. Eventually, I put the weight back on, plus much more. When my first son was born, and after a series of health scares, I realized I needed to lose the weight again and keep it off. This time, I lost **80 pounds in eight months!!!** I have kept it off for over almost three years, and maintain a body fat percentage around 10%.

I am a busy husband and dad of two boys, working 50 or more hours a week with 15 hours of commute time, plus travel commitments that force me to live in hotels for 3 months of the year. And I managed to do it! You don't have to spend thousands of dollars on gyms, personal trainers or fat burning pills – you just have to follow the program!

If you follow this program as it is laid out, you will lose as much fat as you want to lose – now, how does that sound?! You can read all of the science and research behind the program, or you can just jump right in and follow exactly what I did. Just trust me that I know this program works because I have done the research, have had great success in using it with others, and most importantly, I have used it myself!





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What the Heck is a Burrito, and How Can It Help Me Lose Fat?

I have a running joke with my wife - I always try to convince her that burritos are nature's perfect food. I really do have a special place in my heart for burritos. The word "burrito" literally means "little donkey" in Spanish, coming from *burro*. The name *burrito* possibly derives from the appearance of a rolled up wheat tortilla, which vaguely resembles the ear of its namesake animal, or from bedrolls and packs that donkeys carried. The flour tortilla is usually lightly grilled or steamed, to soften it and make it more pliable. In Mexico, refried beans, Spanish rice, or meat are usually the only fillings and the tortilla is smaller in size. In the United States, however, fillings generally include a combination of ingredients such as Spanish rice, beans, lettuce, salsa, meat, guacamole, cheese, and sour cream, and the size varies, with some burritos considerably larger than their Mexican counterparts. I am sure many of you are familiar with the American version of burritos served at chain restaurants such as Taco Bell, Baja Fresh, Chipotle and Qdoba. This book will introduce you to the Matt Lisk version of burritos - lean, mean, fat-burning machines!

My first son was born in September 2005, weighing exactly eight pounds. Doctors, nurses, and everyone else who would see him would say some variation of, "My, what a big baby - not a surprise considering your build!" I would get angry - I did not want my lack of self control associated with my innocent baby boy. But I couldn't argue - a few months after he was born I had reached an all-time high in weight, just over 280 pounds. It was an especially disappointing time for me, given that in my mid-twenties I weighed 190 pounds and achieved a 6% body fat reading. That was after participating in one of the Body for Life contests that were popular at the time. I was driven to succeed in the contest, and did great - losing fifty pounds





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in four months. But, I wasn't losing fat in a healthy way, and was keeping an exercise schedule and diet that no one could hope to maintain. By the time I took the "final" pictures I was completely worn out...and I pigged out. That was just the beginning of my slow climb back to my current (2005) poor shape.

One night in late 2005 I was in bed, struggling with my breathing, and had attributed my wheezing to a combination of seasonal allergies and my dog (who despite the fact that I am allergic to her I would never imagine giving her up). As it got progressively worse, I moved downstairs to the recliner, thinking that the upright position would somehow be better for me. My chest was tightening and I could barely get a half of a breath in. When my wife woke up in the morning, I told her that I felt like I should go to the emergency room. We made arrangements for my parents to watch my son, and off we went - and what a life changing moment that became. After several hours in the emergency room and countless diagnostics, it was determined that I had developed adult-onset asthma. Several follow-ups in the next month also determined that I had very high cholesterol and sleep apnea, in addition to the seasonal and pet allergies I already knew I had. I was given an arsenal of puffers, inhalers and medicines to help combat the issues.

During one of my visits to the pulmonologist, he said what no one else would and the thing I needed to hear: "All of the issues that you are experiencing are related to your weight. If you would [lose weight](#) all of your symptoms would lessen or go away altogether. You are 32 years old and you need to be there for your wife and son - please lose some weight now."

That was my wake up call. The only thing I had to blame for my current condition was me. I was in a stressful job (one that I still hold, by the way) with long hours and a very tough commute - one that required me to leave my home at 4:30AM on a Monday to fly to the Washington, D.C. area, where I would live in a hotel for 3-4 nights a week and travel home to





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spend the weekends with the family. Not an ideal situation for losing fat. But the cards were laid on the table for me:

- Continue living life the way that I was and, not only would my current ailments continue, but they could worsen...and I could develop new ones
- Make an effort to lose the dangerous body fat I was carrying, ensuring a long, healthy life with my wife and son

I needed a way to eat healthy and exercise within the hectic schedule I was maintaining. The exercise portion required the commitment to making time in my schedule, and learning how to exercise smarter (and I will share with you the programs I used to [burn fat](#) in a minimal amount of time). It was the "eating healthy" portion that provided the greatest challenge - that was how I came up with my burrito inspiration! Burritos serve as a perfect way to get a great fat burning meal in an easy-to-hold-in-one-hand, portable package (that is also edible!). You can fill them with lean proteins, fruits and vegetables, and fiber. They can contain Mexican or Tex-Mex cuisine, or Chinese, Thai, American, even Italian! They may be called "wraps" by some people, but I prefer burrito. Burritos are so versatile - they can be consumed for breakfast, lunch and dinner! They were the perfect way for me to get a healthy meal I could take with me in the car, on the plane, or in a business meeting. Wherever I was I had a burrito wrapped in foil, full of the healthy, fat-burning foods that also gave me the energy to get through the day. Three burritos a day with snacks and protein shakes mixed in were what enabled me to drop 80 pounds of fat over the next nine months and keep it off. Now I want to share my fat-burning program with you - including all of the delicious recipes that were easy to make for an on-the-go family!





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What Makes the Burrito Diet Different?

If you are reading this book, I am assuming that you have read or used at least one of the 15 million other diet books on the market today! So how is my program different than every other weight loss program available and why should you use it? Well, it is the only program that is based on eating burritos! Seriously, though, this program addresses many of the primary issues that most diet programs fail to deal with.

Satiety

Say-what? Satiety - you know, feeling full, gratified. Most diet programs leave people feeling very hungry - which has a host of other effects. When you feel hungry, you are more likely to binge the next time you eat. Hunger can also lead to depression, anger, and headaches - side effects that are certainly undesirable.

The Burrito Diet tackles satiety in several ways - first, you will be eating every 3-4 hours. This is a component of most diet plans available today for a very good reason - eating smaller, more frequent meals has been proven to help burn fat and keep your metabolism revved up.

Creating a Calorie Deficit

Another thing that we know for sure is that for fat loss to occur, you must burn more calories than you take in. I can just hear the thousands of "no duhs" being muttered as you folks read this shocking revelation! However, there are several components to creating a calorie "deficit" (not just eating less), and using them all together will be the most effective. Plus, you won't be starving yourself like you usually do when you diet. Achieving satiety while also creating a





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calorie deficit is a challenge, but not impossible.

My dear sweet Grandma (may she rest in peace) struggled with her weight her entire life. I always got a good chuckle when she would say to me, "Matthew, I wish I could lose weight like you. I don't understand, I hardly eat anything at all." I never wanted to challenge my 70-something year old Grandma on the scientifically impossible statement she made. If you are taking in less than your body requires, you will lose weight, end of story. If your body could gain weight from eating nothing, you'd be on Dr. Phil, Oprah and the Today Show tomorrow!

So, how do you create this calorie deficit? It is a combination of watching your intake along with the right combination of exercise types, which burn calories not only during activity, but also after, as long as 36 hours after completion! When you eat less and burn more, you have achieved the magic fat loss formula.

So, as an example, let's assume that you determined that you needed to take in 2,000 calories a day to create a calorie deficit - is it better to:

1. Eat one 2,000 calorie meal per day
2. Eat four 500 calorie meals per day
3. Eat six 333 calorie meals per day

They're the same, right? Same amount of calories coming in, so they have to be the same. Ummm, no.

Actually, studies have shown that option 3 is the most effective meal pattern for burning fat due to a principle known as the Thermic Effect of Feeding, or TEF. Your body burns calories for everything you do, including to process the food you are taking in, up to 10% of your calorie intake per day. So if you are eating 333 calories in a meal, your body is using approximately 33 of them to process your meal. When you eat less frequently, you'll experience a lower TEF,





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which has been related to weight GAIN in the long term.

Other studies have shown that the higher the TEF (from eating frequently) the higher the feeling of satisfaction. This is important from a psychological standpoint, meaning that you do not feel like you are starving yourself because it is only a couple of hours until your next meal.

One other important point above - your meals don't have to be EXACTLY the same size every time, but they should be as close as possible, meaning, do not eat one huge meal with five apples spread through out the day. We will cover more on exactly what you'll be eating every meal a little later on.

Besides eating every 3-4 hours, how else do you achieve satiety while creating a calorie deficit? Your diet needs to be rich in 4 components known to make you feel "fuller" but also contribute to fat burning - protein, fats, fiber and water. By eating meals containing these components every 3-4 hours, your metabolism will be running on full tilt but you won't feel like you are starving yourself!

Portion Control

One of the most difficult aspects of any [fat loss program](#) is to get your portion sizes under control. Remember that in order to achieve fat loss you need to create a calorie deficit, and one of the ways to do that is through portion control - but how do you do this while not feeling hungry? This was the biggest challenge I had - which is how I ended up with the burrito idea.

As I just mentioned, consuming a lean protein along with healthy fats and fiber at each meal, and eating each meal 3-4 hours apart BEFORE you have a chance to feel hungry again, will cover the satiety aspect. Portion control is achieved simply through the size of the tortilla! In





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order to properly wrap a burrito, you cannot overstuff it - you need to strategically place the food in the middle of the tortilla and allow enough space to wrap the sides inward. Tada - instant portion control!

Regularity

The first time I lost a large amount of weight, I did not include any fiber-rich foods in my diet (for example beans, peas, apples, grapefruit) and I paid the price for it. Let's just say that the old "golf ball through a garden hose" analogy could not even begin to describe the pain that I experienced when passing my bowels.

A major advantage of fiber is the effect on weight control. Studies have shown that the majority of seriously overweight people have diets low in foods containing fiber. Since fiber-rich foods are filling and, for the most part, low in fat, you'll feel more satisfied with less food and [lose weight](#) more easily.

It is recommended that between 20 and 30 grams of fiber be consumed daily. This is not difficult if fruits, vegetables and grains are added to the daily diet. However, at least eight glasses of water should be consumed daily to aid the movement of food through the digestive tract.

So what if you are not a fruit and vegetable guy/girl? Don't worry, I've got you covered. In the [Burrito Diet](#), you will get, at a minimum of 40 grams of dietary fiber every day! This will be plenty to keep you feeling full AND regular...without any yucky fiber supplements or seven bowls of shredded wheat. So just how do we accomplish this?

