



Fit with Deb

5 Metabolic Toggles (Jade Teta)

jadeteta

Follow

EAT LESS, EXERCISE MORE (ELEM)
THE DIETER

- BEST FOR SHORT PERIODS ONLY
- LIMIT TO 2-4 WEEKS MAX
- POSSIBLE MUSCLE LOSS
- METABOLIC SPRING TIME
- WEIGHT GAIN REBOUND LIKELY



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Follow

EAT MORE, EXERCISE MORE (EMEM)
THE ATHLETE

- BEST FOR FAT LOSS AND MUSCLE GAIN
- 3 - 4 MONTH TRAINING BLOCKS
- EAT TO FUEL EXERCISE
- DEVELOPS THE LOOK OF AN ATHLETE
- METABOLIC SUMMER & EARLY AUTUMN



