

Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. By Grant Petersen

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Eat Bacon, Don t Jog is a catchy title for a book about diet and exercise by Grant Petersen, who also wrote an exercise book called Just Ride.

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Here's an awesome interview with Grant Petersen, the author of "Eat Bacon, Don't Jog."

Eat bacon, don' t jog blog

Eat Bacon, Don t Jog tells you all you need to know about losing fat and getting stronger. Don t eat a pound of cheese, eat an ounce or two. Eat two eggs,

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Kombucha! God bless you. No, I didn't sneeze. I am passing on probiotic goodness. We all need to be making this and drinking it

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A bicycle times interview with author grant

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If you saw the book title, Eat Bacon, Don't Jog, what take would you have on that? Even though the criticism of bacon and other saturated fats isn't quite as harsh as

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