

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

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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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Nov 06, 2014 author of Eat Bacon, Don't Jog: Get Strong. Get Lean. No Bullshit. It isn't as though butter is some superfood Butter is healthy

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