

# The Warrior Diet Ori Hofmekler

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## Conversation With A Modern-Day Warrior : The Warrior Diet!

"Ori Hofmekler is a visionary who is, in many ways, ahead of his time. He brings his own unique vision for how to achieve optimal health and longevity through understanding the principles of biological stress.

### Warrior Diet by Ori Hofmekler - The Weston A. Price Foundation

The Warrior Diet & Workout Ori Hofmekler is a very lean and fit former columnist for Penthouse magazine, a world-renown artist (his paintings are best known for their political satire), and the founder and Editor-In-Chief of the men's health and fitness magazine Mind & Muscle Power .

### Warrior Diet

I have been following the warrior diet for nearly two years and got the great results. This diet focuses on Undereating and Overeating phase. In undreating phase one should eat light meals throughout the day - preferably fruits, veggies, nuts, seeds and small amount of protein.

### Ori Hofmekler on Under-eating and Exercise

The Warrior Diet ' s revised edition was published in 2007. Ori Hofmekler founded Defense Nutrition in 2007 with the mission to provide cutting edge information on human nutrition and help people make wise choices in their quest for achieving prime health. Defense Nutrition

offers healthy and tasty alternatives products with no added sugar, no sugar alcohol, no fructose, no soy, no gluten Non-GMO ingredients and nothing artificial, thus allowing people stay fit without compromising on their ... Fat Loss Program

Unlike the conventional diet plans, the warrior diet requires the dieters to eat one main meal, which is dinner. For breakfast and lunch, the dieters are allowed to have low-calorie foods such as eggs, yogurt, legumes, veggies, and fruits.

### The Warrior Diet: Ori Hofmekler, Diana Holtzberg ...

In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul.

### The Warrior Diet: Switch on Your Biological Powerhouse For ...

The Warrior Diet Ori Hofmekler

### Ori Hofmekler - The Warriors Diet Author Speaks - Fit After 45

Ori Hofmekler is the author of The Warrior Diet, The Anti-Estrogenic Diet, Maximum Muscle Minimum Fat, and the upcoming book Unlock Your Muscle Gene. In this interview, he discusses the surprising ramifications of under-eating and exercise.

### What is the Warrior Diet (Warrior Diet Basics and Mistakes

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In The Warrior Diet, Ori Hofmekler looks not forward but backward for a solution—to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul.

### The Warrior Diet Ori Hofmekler

Labels: defense nutrition, Ori Hofmekler, warrior diet. ...

With references to The Warrior Diet, Dr. Mattson

presented the adverse consequences of overfeeding via

frequent feeding. Other scientists worldwide have also been realizing that the human body is not programmed for frequent feeding. The facts speak for themselves – in spite of ...

### The Warrior Diet Plan – A Complete Guide

The Warrior diet was designed by Ori Hofmekler (b. 1952), a former member of the Israeli Defense Force (IDF), an artist, and a contributing editor of Penthouse magazine for 17 years. He was health editor of Penthouse from 1998 to 2000. Hofmekler created the Warrior diet on the basis of his own experiences in the Israeli army and his own theories about how such warriors in ancient history as the Roman legionaries ate and trained.

### How to Start the Warrior Diet | Livestrong.com

The Warrior Diet Fat Loss Program 1 Introduction The Warrior Diet Fat Loss Program is a revolutionary program specially designed to help you lose fat and in particular stubborn fat. It has a profound appeal to people who fail to lose weight or suffer from a typical fat gain rebound after following other diets.

In essence, the "Warrior Diet" will guarantee you a fat-burning hormone in your system for at least six to eight hours, which no other diet does. And last thing, the diet is based on a one meal a day principle. It's against all the rules. The meal is to be eaten at night. It could even be late at night; it doesn't matter. Ideally, it's right after a workout.

### The Warrior Diet

I could not believe how much better I felt and I knew that I could make this diet a way of life. Recently, I had a chance to chat with Ori Hofmekler, the author of the "Warrior Diet" and discuss a variety of topics including nutrition, exercise, and masculinity. Mike Mahler: Hi Ori, how is it going? Ori Hofmekler: Pretty good, busy. Launching a ...

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### The Warrior Diet by Ori Hofmekler - Goodreads

The Warrior Diet was created in 2001 by Ori Hofmekler, a former member of the Israeli Special Forces, who transitioned into the field of fitness and nutrition.

### The Warrior Diet: Switch on Your Biological Powerhouse for ...

The diet was created by former Israeli Special Forces member Ori Hofmekler, who first published the book, The Warrior Diet, in 2002. It's based on patterns of eating by warriors during ancient Greek and Roman times.

### *The Warrior Diet: Review and Beginner's Guide*

Stop when you feel satiated or when you feel more thirsty than hungry. Hofmekler's diet choices are generally WAPF-friendly, but with some glaring exceptions. His "avoid" list includes refined flour and sugar, margarine and hydrogenated oils, soy powders, commercial whey powders, too much polyunsaturated oil,...

### **Ori Hofmekler**

The Warrior Diet Ori Hofmekler. Over the last decade, it's become incredibly popular because of its sheer effectiveness and ease. What Is The Warrior Diet. In essence, the Warrior Diet is a way of intermittent fasting, which involves undereating during the day and consuming most of your calories at dinner.

### **The Warrior Diet | T Nation**

Unlike so many dietary gurus, Ori Hofmekler has personally followed his diet for over twenty-five years and is a perfect model of the Warrior Diet's success-the man is a human dynamo. Not just a diet, but a whole way of life, the Warrior Diet encourages us to seize back the pleasures of being alive-from the most refined to the wild and raw.