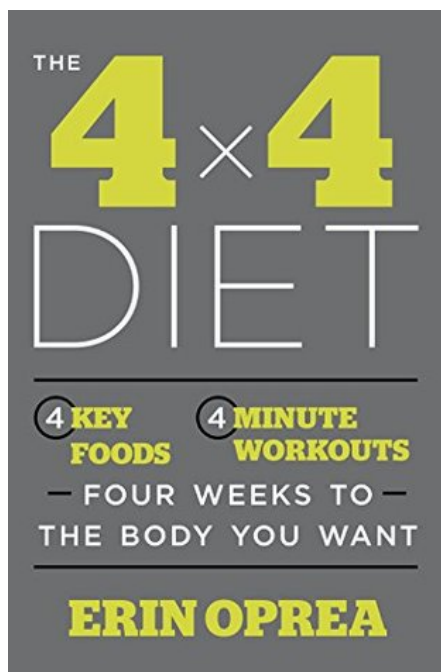




The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want

Erin Oprea , Carrie Underwood (Foreword)

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Discover the 4 key foods and the 4-minute workouts that will change the way readers look and feel in just 4 weeks. Celebrity trainer and former marine Erin Oprea's motto is "lean and clean." Her unique 4 x 4 diet shows readers how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells readers how to get lean, using her 4-minute tabata workouts: 8 repetitions of 20 seconds of high-intensity moves, then 10 seconds of rest. Within 4 weeks, the average person will be able to reduce bloating and belly fat; gain increased muscle definition in the arms, legs, and stomach; improve cardiovascular endurance; and break sugar and sodium addictions. Complete with meal plans and recipes, the 4 x 4 diet is perfect for anyone looking to streamline their body and lifestyle.

The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want Details

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From Reader Review The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want for online ebook

Camilla says

Putting it into the mix for some regular workouts.

Sherri says

This book is geared for those of us who aren't strong into the fitness regime, those who have tried all the other "fad" diets and realize that there has to be a better way. This book I believe heads you in the right direction. Instead of filling the book with pretty pictures of how to work out and the foods that you eat, it is instead dense with copy in telling you why you should be changing your diet and how.

Essentially this book will introduce you to four key foods and the four minute workout routines, which will help you feel better in four weeks. Who wouldn't want that? I definitely do!

The book is written by Erin Oprea and she talks about in the forward in the book as to what led her on the journey to healthy eating. She breaks down everything she has learned into an easy to understand formula. She says that the speed bumps in most diets includes four items: sugar, starch, sodium and alcohol.

I found the book to be easy to read and understand. It showed me that what I was eating wasn't necessarily the problem (I already have been trying to stay away from processed foods), but the time of the day when I'm eating them. My evening meals tends to consist of beans, pasta, potatoes.. all starches. According to her formula, those are best eaten at lunch and the latest during the day is around mid-afternoon. Why? Because it gives you time to burn off the sugar before you get home and chill.

Then, there are the exercise routines, which to be honest, sounds doable. Kind of terrifying I admit, but I'm determined to try it. Fortunately she gives a routine to start out for the beginners (like me).

After reading this book, I'm determined to adjust my diet and do better. I've already passed the book to a co-worker and together, for four weeks, we are going to be accountable to one other as we attempt this regime.

I received this book from Blogging For Books in exchange for an honest review.

Esmy says

I was about to re-shelf this book at work and I guess the 4's grabbed my attention since I've gained around 30lbs in the year and a half :o The "diet" is basically a short list of guidelines and there's no completely cutting out of foods, which I like. The workouts actually seem doable and fun, although the title was a bit misleading in making me think I was only going to have to exercise for 4 minutes total a day lol. The recipes sound delicious although serving sizes and nutritional info aren't included :/ All in all, this has helped inform and motivate me to get off my butt and do something which is exactly what I was looking for.

Lara says

I received a free copy for review through NetGalley, and am glad I did. This is a short diet and exercise book that provides a well-supported plan that is simple to follow and flexible. The first 4 from the title refers to four dietary rules to follow. Within those, you have freedom to be flexible. The second 4 refers to 4 4-minute tabata workouts each week. These are short and intense, and she provides a number of workouts at three levels of difficulty to allow for variation and preference. She also provides guidance for adapting the workouts.

There were a number of aspects of this book that I really liked. It is short, yet provides research references to support the rationale of each of her recommendations. The diet consists of simple rules to follow, so there isn't a lot to remember and you shouldn't end up obsessing about what and when to eat each day. The author is flexible and forgiving, making it clear that slip-ups and special occasions are fine. She recommends planning for exceptions so you don't end up in a situation that doesn't support the diet without knowing how you'll handle it in advance. There are a number of tips provided to make the process simpler and reduce the need for daily preparation time. The recipes sound interesting and tasty and incorporate a lot of different vegetables.

The exercises don't require special equipment or a gym membership. There are photos of each of the exercises for guidance. She recommends sedentary people start walking regularly, just to be more active throughout the day, and she recommends starting with a 5,000 step a day goal rather than the unrealistic 10,000 step goal from the start. She also gives recommendations for how to handle different health situations in terms of the exercise program. Finally, she recommends phasing into the dietary changes to make them more palatable and allow people to adjust.

So, there were a couple of reasons I decided to give the book only 4 stars. The first is that while she focuses on sugar and starch intake, she doesn't deal with the fact that the body more readily converts fructose into fat than other sugars. Instead, she talks about fructose as though it is better for you than sucrose, even though sucrose is half fructose. The second is that she doesn't address the challenges that come with the need for some to follow special diets, such as those who are allergic to eggs, are vegetarian, or cannot eat gluten. While the dietary rules are flexible enough to allow people on those diets to easily adapt, I think the book would have been much stronger if she had provided some tips on this issue. A third issue I had is that the recommendation to walk more is not well-integrated into the description of the plan except in the weekly exercise routines provided. I also wondered whether the progression wouldn't be a bit too fast for beginners, making them more likely to suffer injuries. While she does say it's fine to stay at the beginner level until the workout isn't exhausting, some people will simply follow the plan as laid out.

Overall, I think this is a reasonable and healthy lifestyle that should be relatively simple for people to adjust to and follow for long periods of time. I'd recommend it to people looking for a plan that provides guidance without being prescriptive, those who are looking for a low-cost plan, and those who want the flexibility to be able to carry out the plan in any setting.

Tracey says

I try not to get suckered into new diet or exercise books. The recognition of the facts that a) I need to lose weight, b) logically the best way to do so is to get moving, c) once I start it'll get easier, and d) starting is the hardest part. The exercise portion of Erin Ciprea's plan seems like something doable. As it says in the description: "4-minute tabata workouts: 8 repetitions of 20 seconds of high-intensity moves, then 10 seconds of rest." And as the author says at one point, almost anyone can do almost anything for twenty seconds. (She might have been more absolute in her statement.) I might even be able to manage it, though some of the

moves would absolutely cause hideous pain in both knees, and I'm not quite sure how far my back will make it ... so I admit I haven't tried it yet, but I think I am going to give it a shot. Carefully.

But it takes a long time to get to the exercise half of Ciprea's plan. First there is a very long and repetitive introductory section, in which she discusses how the plan came about and how she has implemented it and ... how it came about ... and how she has used it ... and so on. She says "I can't wait to show you exactly how it works—" ... but she does.

And then at last she gets into the first half of the plan, the diet aspect of it all: eliminating or drastically reducing sugar, starch, sodium, and alcohol. She seems to feel that will all be easy. However, she seems to exist in an isolated and rather privileged bubble, in which there's all the time in the world to cook delightfully healthy meals for oneself every night, in which there's never any need to resort to the cheap and easy and fast recourse of pizza or pasta or even a sandwich.... No carbs after a certain time of day? How?

The author never seems to quite register the fact that some of the changes she so blithely recommends mean a major increase in grocery bills. These stipulations, without which the whole diet aspect of the plan collapses, are definitely something needing consideration. Me? I only very rarely buy anything that isn't on sale, except milk. So when she says "Grind almonds to make your own flour!" ... Okay, right. Great idea. Let's see. On directeats.com, one 7.5 ounce bag of organic raw almonds is \$7.59. The yield of almonds to almond flour is one-to-one, so that's 7.5 ounces of almond flour. (For the fun of it, let's throw in the fact that a pound of King Arthur brand almond flour is \$9.99. The site seems to have nothing so mundane and horrible as plain old all-purpose white flour, so let's take King Arthur brand white whole wheat flour: \$5.09 for an 80 oz. bag. (Put away your calculator – that's five pounds.) For further comparison, I recently bought a five pound bag of I believe Pillsbury plain old all-purpose for \$1.99. (I'm not even going to go into the fact that, from the website I landed on, almonds have to be soaked for eight hours and individually peeled before grinding.)

So ... the diet plan may be modified in my life. I do want to try the exercises. But I could have done without the exclamation "Start taking your dog on longer walks—it'll improve your pet's health, too!" Given my current dog-less situation (likely to be semi-permanent), I had a very rude response to that in my notes.

The usual disclaimer: I received this book via Netgalley for review.

Lindsey James says

Very practical, an easy to follow eating plan and workout guide. Now to follow it.

Suzanne says

I've never read a diet book before, but this one makes a lot of sense. Erin explains how she developed her approach, what she means by "clean and lean," and even talks about excuses and how to overcome them. In the section on eating clean, she lays out the reasons for the 4 foods she targets and why it is important to control them. She doesn't advocate eliminating any of them, just limiting them and choosing your indulgences. Then she shares tips on kitchen tools and ingredients, and provides recipes for meals, snacks, and even desserts. In the next section she describes the tabata approach to exercise, lists equipment you will need, and gives sample workouts for beginning, intermediate, and advanced levels. The final section of the book puts it all together with a 4-week plan of menus and workouts.

I appreciate the detail Erin gives and the way she confronts and debunks excuses right from the start. The recipes offer various flavors and there are also variations and substitutions at the end of that section. The exercise section includes pointers for how to work around injuries and ailments, and she stresses that it is okay to move between the levels as needed. Her comment, "you don't have to put in 100 percent when you're not feeling 100 percent," is so sensible. (So if you have a cold and feel rotten, you may not be up to doing an advanced workout - but you can get up off the couch and at least go for a walk.) And I really appreciate the 4-week plan to get started. Having it all laid out so that beginners don't have to try and map out meals and workouts and worry about getting a good balance is great. It allows you to ease into the routine, working on one clean eating habit per week and gradually increasing the difficulty of the exercise so that you feel progress rather than frustration.

With the option to squeeze in these short 4-minute workouts throughout the day (if you can't do them all in one session), and plenty of recipes to choose from, as well as suggestions to make your own recipes a healthier version, there really aren't any excuses left. Guess I better get away from the computer and get moving!

I would recommend this to anyone who wants to create a healthier lifestyle for themselves and their families. Erin's writing style makes it seem you are talking with a friend whose energy and fitness you admire. The photos with the exercises show good form for the movements. And I can't wait to give some of these recipes a try.

Diane Estrella says

Very informative and inspiring. I feel like this is something my family and I can really do!

The first part of the book, is Erin explaining the four things to focus on. This is very interesting and not hard to understand and do. The next part of the book discusses food and showcases many good recipes that are easy to make. I have already made numerous ones and they are yummy and my whole family can and will eat them. Then comes the "Tabatas" which I had never heard of, but also interesting with the science behind it. Anyone can exercise for four minutes, right??!?! Then lastly, a putting it all together section that gives great encouragement to the reader.

This is definitely a book that you can do in stages until the whole thing comes together for you. It's not about depriving yourself but becoming healthy and feeling better all the time. I appreciated Erin sharing her story and having a very approachable personality. I wish she lived near me so I could be her client!!! This is one of the best "diet" books I have read and believe it is doable on some level for everyone.

I received a free copy of this book from Blogging for Books, for my honest review. The opinions expressed here are my own.

Nadine says

The 4x4 Diet by Erin Oprea is a wonderful book, no matter your fitness level or knowledge of nutrition. Are there mind blowing secrets in this book? If you know a good deal about health and fitness, then no. But what the book does provide is not only a simple plan to follow, but the why behind everything that she is telling you to do.

What I really liked about the book is that she talks to two groups of people, those who are completely inactive and unhealthy, and those who are giving some effort but could make some improvements.

Erin sets up a meal plan, tells you how to grocery shop and prep foods. She tells you what you need to cut back on, when to eat certain foods, and has a work out plan that fits in to anyone's schedule. I MEAN ANYONE. You have four minute a day, right? Yes, yes you do!

There are recipes and detailed pictures of the high intensity four minute work outs. At the end of the book, there is a four week plan to follow to make these adjustments in your life to come out on the other side lean and healthy. All of the changes are lifestyle changes that you can carry with you forever, not just for four weeks.

Basically, I cant say enough good things about this book so check it out!

To learn more about the book, go here.

To learn more about Erin Oprea, go here.

I received a copy of this book from Blogging for Books for my honest review. The opinions expressed here are my own.

Book says

‘The 4 x 4 Diet’ written by known trainer Erin Oprea would be welcome read for those interested in real results, not only promises. Her, on a first glance, simple diet focuses on four main causes for bad appearance of our bodies – starch, sugar, alcohol and sodium.

Given there are few people who don’t have problems with at least two of the listed four causes, Oprea’s diet can be broadly recommended as possible way to solve your dissatisfaction and reach relatively quickly some tangible results.

And one more important thing (well, at my opinion at least) is that Oprea’s diet can be especially useful for those who are finding themselves constantly stuck in yo-yo dieting cycle.

The author opens her book with description of her workday (devoid of glamor) that helps reader to understand why she dedicated her life to health and fitness – more specifically, the lean and clean lifestyle which is the basics and foundation of her 4x4 diet.

Erin Oprea continues with some basic advices such as “The more you move, the more you stay lean” or “Eat clean and get lean” that are some universal truths, not closely related only with her diet. And then she moves to more detailed description of her program that basically consists of four key eating habits, while getting lean consists of a four-minute workout called tabata.

Something that is not usually found in diet books Oprea nicely emphasized – her diet involves not only “what”, but learning the “why” behind, something that guarantees better results if we understand what we are doing, and not just follow someone's steps.

On 250 pages besides the details of four eating habits, reader can find recipes for every meal (including snacks, desserts and smoothies), description of tabatas three level with possible variations, together with

required equipment and ways of injuries treatment.

Therefore, 'The 4 x 4 Diet' is more than just the book about diet – besides all the diet details, author discusses diet background helping you to understand what we do and the problem we have, and not just forcing us to blindly follow instructions. For this reason, regardless of whether you want to have quick results, I think this book is worth the time you will spend because, eventually, the results will follow.

Katy says

I am glad that I stumbled upon Erin Oprea's book through a Facebook post. After seeing her on GMA, I was intrigued by the idea of Tabata and could see these short, yet powerful, workouts fitting into my morning routine. The book itself was user friendly and I was able to breeze through it quickly on my Kindle bookmarking areas for reference as a beginner and recipes to support my grocery list. Her explanations of the program and rationale behind the structure were research and experience supported. I am a few days into my workouts and feeling the burn! Definitely worth a read!

Rachel Devaughn says

This book was released earlier this year and I have been using it for the past several months. I absolutely love it!

I have a lot of health and fitness books and this one is by far one of the best ones I own. I have referred to it lots of times over the months for nutrition help and Tabata workouts. Don't be put off by the word "diet" in the title of the book. Over the course of 4 weeks, Erin walks you through the importance of REDUCING (not eliminating completely!) 4 things: sugar, starches, sodium and alcohol. For example, you don't eliminate your starches and carbs completely. She explains what carbs are better to eat and WHEN you should eat them to fuel your body properly.

She also explains what Tabata workouts are and how to do them. She includes a 4 week exercise plan (with pictures!) which includes beginner, intermediate and advanced Tabata exercises. I have incorporated these Tabatas into many of my workouts over the course of several months and love them! I am able to work at my own level to do 20 seconds of a movement as best and hard as I can, then 10 seconds of rest. You only need a set of hand weights for these workouts and small space. I was even able to do them while on vacation this summer!

I truly can't say enough good things about this book!

I received a copy of this book complimentary for blog and social media review. All opinions are my own.

Stacie says

I think I first heard about this book on Instagram with a few people I follow, including Carrie Underwood, the American Idol turned Country Music Star. The concept interested me and so I ordered it when it became available and read it right away, which is a rare thing. Unfortunately, it has taken me several months to write the review for it and now I almost need to read it again. Even though I haven't started any of the plans or

ideas presented in the book, I really liked the philosophy behind it.

Oprea is a celebrity trainer, including the trainer for Carrie Underwood who wrote the Foreward to the book. Oprea's motto is "lean and clean" and her program offers the secrets to eating clean and getting lean through her Tabata workouts. She states that by following her plan, you'll have less bloating, increased muscle definition, improved cardiovascular performance, and a boosted metabolism. These are all things I am interested in and are what drew me to her plan. But, I have to admit, I haven't started her plan....yet. I have tried a couple of her recipes and workouts, but nothing as far as a plan goes.

What I really appreciated about Oprea's book is her explanations. She doesn't just tell you to cut down on sodium, but WHY you should. Oprea states that eating excess sodium causes our body to retain more water, which leaves to bloating and looking puffy. Then she goes on to explain the difference between salt-free, reduced sodium, and no salt added so you can understand the labels that food makers try to trick you with. She lists out foods high in sodium and how to ration out your sodium throughout the day.

A good thirty plus pages offer recipes and food suggestions with the end of the book giving you a week by week look at food and exercises to take you through the four-week plan. When I first heard about the book, I had no idea what a Tabata exercise was. Tabata is a four-minute workout that is broken down into eight rounds of intense exercise for twenty seconds with ten seconds of rest. That sounds pretty doable. The best part is Oprea explains every exercise she suggests.....with photos. I am exercise-illiterate and so when someone says "mountain climbers" or "windmills", I want to know how to do that exercise properly. I also like the variety of exercises she offers so that you never get bored and your muscles don't get used to doing the same thing all the time.

I am really thrilled with Oprea's simple approach to getting healthy and lean through easy recipes and real food choices along with short bursts of exercise. This is a book I purchased for my own enjoyment and one I will be keeping to refer to over time.

Susan Browning says

Erin's book will add value to your time and enrich the quality of your life. The easy to follow 4 x4 diet changes are realistic and gradual. It isn't about eliminating foods from your plate as much as making better choices of when to eat certain types of foods. I knew that Erin was Carrie Underwood's trainer before I read the book, and who could argue with those results? WOW! However, what really encouraged me more to make the dietary changes is Erin's admission of why she studied nutrition. She lost her father suddenly, and it changed everything for her. We all know the skinny "fat" person who looks great, but really isn't in shape. Similarly, her father exercised all the time, but his diet wasn't the healthiest. It isn't enough to work out all the time. Without proper nutrition, no one will reach optimal health. For this reason, Erin focuses on both nutrition and exercise. "Food is fuel for the body". With sets of four minute exercises anyone can complete a daily tabata training session in 16 minutes; it isn't time consuming or boring. And it yields results. The tabata timer can be downloaded for free and "anyone can do something for 20 seconds". It becomes addictive doing the mini workouts. I have to stop myself from putting in an extra set when I am just standing in line at Starbucks. I have gained so much energy, I can't just stand still. Erin's book is full of practical advice from a trainer who knows how to motivate and educate while having fun.

Margie Van Evera says

I'm glad I found this at the library. I've never heard of the author but notice the forward written by Carrie Underwood who trains with the author and looks amazing. The basis of the book is cutting back 4 things from your diet - starch (at night), sugar, sodium, and alcohol. To go along with this there are exercises called Tabatas - one tabata is 20 seconds of high-intensity moves, then 10 seconds of rest, repeated 8 times.

I like how the book was written - explaining what starch, sugar, sodium, and alcohol do to your body, then telling you some substitutes to use in their place, and giving you some great recipes for breakfast, lunch and dinner. It will just take a conscious effort on my part to cut out these 4 things. The harder part for me is not to use "processed" foods. My family has begun to eat more fresh foods and lessen the amount of processed foods.

I'm looking forward to starting the tabatas. I think this is great for people who say they don't have a lot of time to exercise, as these exercises and stretches won't take more than 30 minutes a day. The author has included beginner, intermediate, and advanced tabatas so you can start out easier if you are not used to exercising and work your way up.
