

## 6 Pack Abs Nutrition Secrets Truth About Abs



### 3.0 NUTRITION STRATEGIES



### 3.1 Post-Workout Nutrition: Secrets to a Hard, Lean Body

As you've probably heard before, your post-workout meal may very well be your most important meal of the day. The reason is that when you're finished with an intense workout, you're entering a catabolic state where your muscle glycogen is depleted and increased cortisol levels are beginning to excessively break down muscle tissue. These conditions (if left to go too long) are not good and the only way to reverse this catabolic state (and promote an anabolic state) is to consume a quickly digestible post-workout meal as soon as you can after training. The goal is to choose a meal with quickly digestible carbs to replenish muscle glycogen as well as quickly digestible protein to provide the amino acids needed to jump start muscular repair. The surge of carbohydrates and amino acids from this quickly digested meal promotes an insulin spike from the pancreas, which shuttles nutrients into the muscle cells. The post-workout meal should generally contain between 300-500 calories to get the best response. For example, a 120-lb female may only need a 300-calorie meal, whereas a 200-lb male may need a 500-calorie post-workout meal. Your post-workout meal should also contain anywhere from a 2:1 ratio of carbs:protein to a 4:1 ratio of carbs:protein. While most of your other daily meals should contain a source of healthy fats, keep the fat content of your post-workout meal to a bare minimum, since fat slows the absorption of the meal, which is the opposite of what you want after a workout.

When choosing what to make for your post-workout meal, the first thing to realize is that you DON'T need any of these expensive post-workout supplement formulations that the magazines (who advertise for them) will tell you that you absolutely NEED! As with any nutritional strategies, natural is always better. A good source of quickly digestible natural carbs such as frozen bananas, pineapples, raisins, honey, or organic maple syrup are perfect to elicit an insulin response that will promote muscle glycogen replenishment and a general anabolic (muscle building) effect. The best source of quickly digestible protein is a quality non-denatured whey protein isolate, some fat-free or low-fat yogurt, or even some fat free or low fat ricotta cheese. Ricotta is mostly whey protein, so it is fast

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digesting. Cottage cheese, on the other hand, is mostly casein and is slow digesting and would not be good as a post-workout meal (even though it is great any other time of day). Here are a couple ideas for delicious post-workout smoothies that will kick start your recovery process:

Chocolate Banana – blend together 1 cup water, ½ cup skim milk, one and a half frozen bananas, 2 tbsp organic maple syrup, and 30 grams chocolate whey protein powder – 38 g prot, 72 g carb, 0.5 g fat, 440 calories.

Pineapple Vanilla - blend together 1 cup water, ½ cup vanilla yogurt, one cup frozen pineapples, 2 tbsp honey (preferably raw), and 30 grams vanilla whey protein powder – 35 g prot, 71 g carb, 0.5 g fat, 425 calories.

When looking to lose body fat, keep in mind that post-workout meals should have the opposite characteristics of all of your other meals throughout each day. While post-workout meals should have quick high glycemic index carbs, quickly digested proteins, and minimal fat, all of your other meals throughout the day should be comprised of low glycemic index, slowly digested carbs, slow release proteins, and ample healthy fats. These are powerful strategies towards developing a lean muscular body with a low body fat percentage. Another great thing about post-workout meals is that you can satisfy even the worst sweet tooth, since this is the one time of the day where you can get away with eating extra sugars without adding to your gut. Instead, it all goes straight to the muscles! Enjoy!

### 3.2 Don't be Afraid of Dietary Fat! Even Some Saturated Fats are Healthy for You

I'll preface this section by saying that it will help if you have an open mind and accept that some of these facts are a slap in the face to politically correct nutrition in this day and age where fats are admonished by many well intentioned, but mislead health professionals, doctors, the mass media, etc.

To start, eating an adequate supply of healthy dietary fats is vitally important to your overall health. Fats are one of the main components in all of the cell membranes throughout your entire body. If you eat enough healthy natural fats, your cellular processes will proceed normally. On the other hand, if you eat man-made, heavily processed, chemically altered fats (damaged fats) that are found in most processed foods, your cellular function will be impaired as these damaged fats become part of your cell membranes, the body will have to work harder to operate correctly, and degenerative diseases can develop. In addition, healthy dietary fats are essential for optimal hormone production and balance within the body and are therefore essential for the muscle building and fat burning processes. Did you know that eating a diet that is too low in fat will reduce your testosterone levels? You know what the results of that are: less muscle and more fat on your frame. Females, don't be afraid...your testosterone is not going to go through the roof by eating more fat. It helps to keep everything in balance for both men and women, as long as you eat the right fats (more on the right fats in a minute). Other important functions that dietary fats play in a healthy body are aiding vitamin and mineral utilization, enzyme regulation, energy, etc.

I cringe every time I hear so called "health experts" recommend restriction of dietary fat, claiming that a low-fat diet is the key to good health, weight loss, and prevention of degenerative diseases. Restriction of any one macronutrient (protein, carbs, or fat) in your diet works against what your body needs and can only lead to problems. All three basic macronutrients serve important functions for a lean, healthy, and disease-free body. As Dr. Mary Enig, Ph.D, and one of the

leading fats and lipids researchers in the world notes in several of her books and articles, there is very little true scientific evidence supporting the assertion that a high fat diet is bad for us. For example, if these so called "health experts" that admonish fat are correct, and a low-fat diet is the solution to good health, then why did traditional Pacific Islanders who typically obtained 2/3 to 3/4 of their total daily calories from fat (mostly from coconut fat), remain virtually free from heart disease, obesity, and other modern degenerative diseases (that is, until Western dietary influences invaded)? Also, why did traditional Eskimo populations, consuming up to 75% of their total caloric intake from fat (mostly from whale blubber, seal fat, organ meats, and cold water fish), display superior health and longevity without heart disease or obesity? Why did members of the Masai tribe in Africa remain free from degenerative diseases and maintain low body fat percentages on diets consisting of large quantities of raw whole milk, blood, and meat? What about the Samburu tribe of Africa, which eats an average of 5 times the quantity of dietary fat (mostly from raw whole milk and meat) as overweight, disease-ridden Americans, yet Samburu members are lean, healthy, and free of degenerative diseases? What about traditional Mediterranean diets, which are known to be very high in fat (sometimes up to 70% fat), and are also well known to be very healthy?

These examples of high fat diets and the associated excellent health of traditional populations around the world go on and on, yet it seems that many doctors, nutritionists, and government agencies still ignore these facts and continue to promote a diet that restricts fat intake. It's not that their intentions are bad, it's just that everyone has been brainwashed by poor science over the years, when in fact, there really is no hard evidence that **natural unprocessed** fats are bad for us.

Well, the problem that has led to this misconception is that the good fats (the natural, unprocessed, health promoting fats) have gotten mistakenly lumped together in nutritional advice with the deadly processed fats and oils that make up a large percentage of almost all processed food that is sold at your local grocery store, restaurant, deli, fast food joint, etc. These deadly processed fats are literally everywhere and almost impossible to avoid unless you know what to look for and

make smart choices in what you feed your body with. Take note that I'm not recommending following a super high fat diet. Active individuals that exercise on a regular basis certainly also need adequate supplies of healthy carbohydrates for energy and muscle glycogen replenishment, as well as good sources of protein for muscle repair. The above examples of the high fat diets of traditional populations and their corresponding excellent health were simply to prove the point that you don't need to be afraid of dietary fats as long as you make healthy natural choices and stay within your daily caloric range to maintain or lose weight (depending on your goals). Following is a list of some of the healthiest fatty foods (some will surprise you!) as well as some of the deadliest fatty foods to try to avoid at all costs:

**The Healthy Fatty Food Choices:**

- Coconut fat (and other tropical oils): Coconut fat is approximately 92% saturated fat, yet surprisingly to most people, is considered a very healthy natural fat. The health benefits of coconut fat lie in its composition of approximately 65% medium chain triglycerides (MCTs). Specifically, about 50% of coconut fat is a MCT called lauric acid, which has very potent anti-microbial properties helping to enhance the immune system. Also, MCTs are more easily utilized for immediate energy instead of being stored as body fat. Coconut oil is also an excellent cooking oil for stir-frying, baking, etc. since saturated fats are much more stable and do not oxidize like polyunsaturated oils when exposed to heat and light, which creates damaging free radicals. The best sources of healthy coconut fat are organic coconut milk, virgin coconut oil, or fresh coconut. Palm oil (non-hydrogenated) is another healthy tropical oil that is highly saturated. Keep in mind that most mainstream health and fitness professionals have been brainwashed to believe that tropical oils are unhealthy. So you will see other health professionals all over the place writing statements such as "avoid saturated fats at all costs" and similar. Come on now. Think about it. A large portion of our natural food supply on this planet is composed of saturated fats, substances that we humans are meant to eat and thrive on. It is only

when we humans take natural food and put it through all kinds of chemical and physical processing (that it was never meant to undergo naturally), that it becomes unhealthy.

- Extra virgin olive oil: Olive oil is approximately 71% monounsaturated, 16% saturated, and 13% polyunsaturated. Choose “extra virgin” olive oil, which comes from the first pressing of the olives and has higher quantities of antioxidants. Unlike most other oils on supermarket shelves, extra virgin olive oil is not extracted with the use of harmful industrial solvents and is one of your healthiest choices for liquid oils. Try making your own salad dressing by mixing a small amount of olive oil with vinegar. This is healthier than most store bought salad dressings, which are usually made with highly processed and refined (chemically damaged) soybean oil extracted with industrial solvents.
- Dark, bittersweet chocolate (>70% cocoa content): The cocoa bean is a very concentrated source of antioxidants and responsible for part of the health benefit of dark chocolate. The fat portion of the cocoa bean (cocoa butter) is a healthy natural fat, composed of approximately 59% saturated fat (mostly healthy stearic acid), 38% monounsaturated fat, and 3% polyunsaturated fat. I’ll limit the description of healthy chocolate to ONLY dark bittersweet chocolate with >70% cocoa content. Most milk chocolates are only about 30% cocoa, and even most dark chocolates are only about 50% cocoa, leaving the remainder of those products composed of high amounts of sugar, milk fat, corn sweeteners, etc. Look for a quality dark chocolate that lists its cocoa content between 70%-80%. A dark chocolate with cocoa content in this range will contain mostly cocoa and very little sugar, but still have a mildly sweet taste with a smooth and creamy texture. Keep in mind that although dark chocolate can be a healthy treat, it is still calorie dense, so keeping it to just a square or two is a good idea.

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- Avocados or guacamole: The fat in avocados (depending on where they're grown) is approximately 60% monounsaturated, 25% saturated, and 15% polyunsaturated. Avocados are a very healthy natural food that provides many nutrients, fiber, and healthful fats, while adding a rich flavor to any meal. Try sliced avocado on sandwiches or in salads or use guacamole in wraps, sandwiches, or quesadillas.
- High fat fish such as wild salmon, sardines, mackerel, herring, trout, etc.: Just about any fish or seafood are good sources of natural omega-3 polyunsaturated fats, but the higher fat fish listed above are the best sources of omega-3's. Due to the radical switch to a higher proportion of omega-6 polyunsaturated fats like soybean oil, corn oil, safflower oil, etc. in our food supply during the middle of the 20<sup>th</sup> century, the average western diet is currently way too high in omega-6's compared to omega-3's, which wreaks havoc in your body. This is where good omega-3 sources like high fat fish, walnuts, and flax seeds can help bring you back to a better ratio of omega-6/omega-3.
- Nuts (any and all - walnuts, almonds, peanuts, cashews, macadamias, etc.): Nuts are great sources of healthy unprocessed fats as well as minerals and other trace nutrients. Macadamias, almonds, and cashews are great sources of monounsaturated fats, while walnuts are a good source of unprocessed polyunsaturated fats (including omega-3's). Try to avoid nuts that are cooked in oil. Instead, choose raw or dry roasted nuts.
- Seeds (sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, etc.): All of these seeds are great sources of natural unprocessed healthy fats. In particular, flax seeds have received a lot of attention lately due to their high omega-3 content. However, keep in mind that omega-3 polyunsaturated fats are highly reactive to heat and light, and prone to oxidation and free radical production, so freshly ground flax seed is the only way to go. Instead of using the store bought ground flax seed, you can buy whole flax seed and use one of those miniature coffee grinders to grind your own flax seed. Try grinding fresh flax seed into your yogurt, cereal, or even your salad. If you're using flax oil, make sure it's a cold-pressed oil in a light-proof

refrigerated container, and use it up within a few weeks to prevent it from going rancid. NEVER cook with flax oil!

- The fat in organically raised, free-range animals: This is one area where most people have been misinformed by the mass media. Animal fat is inherently good for us, that is, if it came from a **healthy animal**. Human beings have thrived on animal fats for thousands of years. The problem lies in the fact that most mass produced animal products today do NOT come from healthy animals. They come from animals given loads of antibiotics and fattened up with hormones and fed un-natural feed. The solution is to choose organically raised, free-range meats, eggs, and dairy. At this time, the price is still a little higher, but it is worth it, and as demand grows, the prices will come down.

#### **The Deadly Fatty Foods:**

- Hydrogenated oils (source of artificial trans fats): These are industrially produced chemically altered oils subjected to extremely high pressure and temperature, with added industrial solvents such as hexane for extraction, and have a metal catalyst added to promote the artificial hydrogenation, followed by bleaching and deodorizing agents.....and somehow the FDA still allows this crap to pass as food. These oils aren't even worthy of your lawnmower, much less your body! They've been linked to obesity, heart disease, diabetes, cancer, and more. Even small quantities of as little as 1 to 2 grams of trans fats/day have been shown in studies to be dangerous. For comparison, if you eat a normal order of fries at a fast food joint or any restaurant, you can easily get 5 grams or more of trans fats. Now if as little as 1 gram daily can be dangerous to your health, imagine what you're doing to yourself with 5 grams...and that was only the fries! What about all of the cookies, cakes, chicken fingers, donuts, and other stuff people eat on a regular basis? Some people are getting more than 20-30 grams of trans fats every day and don't even realize that they're slowly killing themselves with this crap. If you care about your health, check the ingredients of everything you buy, and if you see partially hydrogenated oils of any kind, margarine,

- or shortening, protect yourself and your family by choosing something else. If I were asked to pick one thing that is most harmful to our health that is used in our food supply, it would be the artificial trans fats by a landslide. They are simply THAT dangerous that they must be avoided. In my opinion, artificial trans fats are right up there with cigarettes in terms of negative health effects. Because of the growing awareness and concern over the negative health effects of trans fats, the FDA mandated that all food manufacturers show the quantity of trans fat on all labels starting back in January 2006. However, they can still claim that their product is “trans fat free” or “no trans fat” if it has 0.5 grams of trans fat or less per serving according to regulations in the US. So all they have to do is reduce the serving size portion small enough so that it has 0.5 grams of trans, and they can claim “no trans fat”. Don’t trust them! You must inspect the ingredients for yourself to know if it’s free of hydrogenated oils, margarine, or shortening.
- Refined oils: Even if the oils are not hydrogenated, most oils on your supermarket shelves are refined, even most of the so called “healthy” canola oils. Most refined oils still undergo the high temperature, high pressure, solvent extraction, bleaching, and deodorizing processes. Anything labeled vegetable oil, soybean oil, corn oil, cottonseed oil, safflower oil, and even many canola oils have been damaged by this refining process. This damages the natural structure of the fats, destroys natural antioxidants, creates free radicals, and produces a generally unhealthy product. Take note that the explosion of heart disease in the middle of the 20<sup>th</sup> century coincides quite nicely with the rapid increase in the use of hydrogenated and refined oils in the food supply at that time, while the consumption of **saturated fats has actually decreased** between the early 1900’s and present time. Think about that. I think you’ll begin to see the real culprit for heart disease...hydrogenated and refined oils, not the natural healthy saturated fats that have received an undeserved bad rap.
  - Anything deep fried: including tortilla chips, potato chips, French fries, donuts, fried chicken, chicken nuggets, etc. It’s all fried in hydrogenated or

refined oils...most of the time using cheap oils like cottonseed or soybean oil. All of this crap doesn't even pass as real food in my opinion! If you can actually find something that's deep fried in a non-hydrogenated tropical oil like palm or coconut (which are stable oils under heat), then that might be the only deep fried food that's acceptable. It's unlikely you'll find that these days though.

- Homogenized milk fat - Milk fat is a very healthy fat in its natural raw state. Traditional populations around the world thrived in perfect health while consuming huge quantities of raw, non-pasteurized, non-homogenized, full fat dairy products. Once again, food processing ruins a good thing by pasteurizing and homogenizing milk fat, rendering it potentially dangerous inside the human body. Unfortunately, you will find it almost impossible to find raw milk in the US unless you personally know a farmer. Check out [realmilk.com](http://realmilk.com) for more info on the benefits of raw milk and to find out if it's available near you. As an alternative, cultured dairy products like yogurt have at least had beneficial microorganisms added back to them making them better for you. Just watch out for the yogurts that are loaded with refined sugar and high fructose corn syrup. Instead, find one that's just lightly sweetened with honey or real maple syrup, or just use plain yogurt and add your own fruit to sweeten. Realistically, since you probably won't find raw milk, sticking to skim milk is probably the best option. Just keep in mind that a large percentage of the population has difficulty digesting (or has allergies to) cow's milk either due to the lactose for some people, and the proteins for others. If you use butter for cooking, cultured organic butter is the best option.

I hope this section has shed some light on the truth about dietary fats and made you realize their importance in a healthy diet. This doesn't mean I'm promoting any sort of gimmicky high-fat, low-carb diet. I'm simply trying to show you that a balanced diet including ample healthy fats (including the healthy saturated fats) is very important to your overall health and training results.

### 3.3 Healthy Trans Fats vs. Unhealthy Trans Fats Revealed

I'm going to talk about something in this section that most of you have probably never heard...that there is a distinction between good trans fats and bad trans fats. There is some evidence that the good trans can help you with fat loss, muscle building, and even cancer prevention, while the bad trans fats have been shown to cause heart disease, cancer, diabetes, and the general blubbering of your body.

I'm sure most of you have heard all of the ruckus in the news over the last few years about just how bad man-made trans fats are for your health. If you've been a reader of my newsletter and my "Truth about Six Pack Abs" e-book program, then you definitely know my opinion that these substances are some of the most evil food additives of all and are found in the vast majority of all processed foods and fast foods on the market today. In my opinion, man-made trans fats are right up there with smoking in terms of their degree of danger to your health. After all, they are one of THE MAIN factors for the explosion of heart disease since approximately the 1950's.

As you may have heard recently, the FDA has mandated that food manufacturers include the grams of trans fat on all nutrition labels starting back at the beginning of 2006. This means that as inventory is replaced in the grocery stores, you should start to see grams of trans listed on all packages from now on, providing you with an easier way to avoid them.

With all of the talk about trans fats in the news these days, I wanted to clarify some things, particularly regarding bad trans fats vs. good trans fats. If you've never heard of good trans fats before, let me explain in a bit.

#### **The Bad Trans Fats**

First, the bad trans fats I'm referring to are the man-made kind. These are represented by any artificially hydrogenated oils. The main culprits are margarine, shortening, and partially hydrogenated oils that are in most processed foods, junk

foods, and deep fried foods. These hydrogenated oils are highly processed using harsh chemical solvents like hexane (a component of gasoline), high heat, pressure, have a metal catalyst added, and are then deodorized and bleached. A small % of the solvent is allowed to remain in the finished oil. This has now become more of an industrial oil rather than a food oil, but somehow the FDA still allows the food manufacturers to put this crap in our food at huge quantities, even with the well documented health dangers.

These hydrogenated oils cause inflammation inside of your body, which signals the deposition of cholesterol as a healing agent on artery walls. Hence, hydrogenated oil = inflammation = clogged arteries. You can see why heart disease has exploded since this crap has been loaded into our food supply over the last 5 to 6 decades. As time goes on, and science continues to unveil how deadly these oils really are, I feel that eventually they will be illegal and banned from use. The labeling laws were just the first step. In fact, certain countries around the world have already banned the use of hydrogenated oils in food manufacturing or at least set dates to phase them out for good.

However, keep in mind that as companies are starting to phase out the use of hydrogenated oils in processed foods, they are replacing them, in most instances, with highly refined cheap vegetable oils. These are still heavily processed oils using high heat, solvents, deodorizers, and bleaching agents. Even refined oils are known to produce inflammation in your body...a far cry from natural sources of healthy fats. Once again, for the best results, your best bet is avoiding highly processed foods altogether and choose whole, natural, minimally processed foods. Your body will thank you!

### **The Good Trans Fats**

Ok, after having trash talked the man-made trans fats, let me clearly state that there IS such a thing as healthy natural trans fats. Natural trans fats are created in the stomachs of ruminant animals like cattle, sheep, goats, etc. and make their way into the fat stores of the animals. Therefore, the milk fat and the fat within the

meat of these animals can provide natural healthy trans fats. Natural trans fats in your diet have been thought to have some potential benefit to aid in both muscle building and fat loss efforts. However, keep in mind that the quantity of healthy trans fats in the meat and dairy of ruminant animals is greatly reduced by mass-production methods of farming and their grain and soy heavy diets. Meat and dairy from grass-fed, free-range animals always have much higher quantities of these beneficial fats.

One such natural trans fat that you may have heard of is called conjugated linoleic acid (CLA) and has been marketed by many weight loss companies. Keep in mind that these man-made CLA pills you see in the stores may not be the best way to get CLA in your diet. They are artificially made from plant oils, instead of the natural process that happens in ruminant animals. Once again, man-made just doesn't compare to the benefits of natural sources.

Now that all of your labels should be listing grams of trans fat, keep in mind that if a quantity of trans fat is listed on a meat or dairy product, it is most likely the natural good trans fats that we've discussed here. Otherwise, if the quantity of trans is listed on any processed foods, it is most likely the dangerous unhealthy crap from artificially hydrogenated oils, so stay away!

I hope you've enjoyed this interesting look at good trans fat vs. bad trans fat and use the info to arm yourself with more healthful food choices for a better body.

### 3.4 The Top Fitness Foods to Stock Your Cabinets With...Making Smart Choices Starts at the Grocery Store

In most of my newsletters, I like to provide a healthy snack or meal recipe that not only is delicious, but also helps to get you closer to that hard-body appearance that everyone is looking for. In this section, I'd like to give you healthy food ideas in a different way. This time, I figured I'd just give you some ideas of what I stock my kitchen with. Remember, if you don't have junk around the house, you're less likely to eat junk. If all you have is healthy food around the house, you're forced to make smart choices. Basically, it all starts with making smart choices and avoiding temptations when you make your grocery store trip. Now these are just some of my personal preferences, but perhaps they will give you some good ideas that you'll enjoy.

Alright, so let's start with the fridge. Each week, I try to make sure I'm loaded up with lots of varieties of fresh vegetables. During the growing season, I only get local produce, but obviously in winter, I have to resort to the produce at the grocery store. Most of the time, I make sure I have plenty of vegetables like zucchini, onions, asparagus, fresh mushrooms, spinach, broccoli, red peppers, etc. to use in my morning eggs. I also like to dice up some lean chicken or turkey sausage into the eggs, along with some swiss, jack, or goat cheeses. Coconut milk is another staple in my fridge. I like to use it to mix in with smoothies, oatmeal, or yogurt for a rich, creamy taste. Not only does coconut milk add a rich, creamy taste to lots of dishes, but it's also full of healthy saturated fats. Yeah, you heard me...I said healthy saturated fats! Healthy saturated fats like medium chain triglycerides, specifically an MCT called lauric acid. If the idea of healthy saturated fats is foreign to you, check out an eye-opening article at [truthaboutabs.com](http://truthaboutabs.com) called "The Truth about Saturated Fats".

Back to the fridge, some other staples:

- Cottage cheese, ricotta cheese, and yogurt - I like to mix cottage or ricotta cheese and yogurt together with chopped nuts and berries for a great mid-morning or mid-afternoon meal.
- Chopped walnuts, pecans, almonds, macadamias, etc. - delicious and great sources of healthy fats.
- Whole flax seeds - I grind these in a mini coffee grinder and add to yogurt or salads. Always grind them fresh because the omega-3 polyunsaturated fats are highly unstable and prone to oxidation, potentially creating inflammation causing free radicals from pre-ground flax.
- Whole eggs - one of nature's richest sources of nutrients and high quality protein (and remember, they increase your GOOD cholesterol).
- Nut butters - Plain old peanut butter has gotten a little old for me, so I get creative and mix together almond butter with sesame seed butter, or even cashew butter with macadamia butter...delicious and unbeatable nutrition!
- Salsa - I try to get creative and try some of the exotic varieties of salsas.
- Butter - don't believe the naysayers; butter adds great flavor to anything and can be part of a healthy diet (just keep the quantity small because it is calorie dense...and NEVER use margarine, unless you want to assure yourself a heart attack).
- Avocados - love them...plus a great source of healthy fats, fiber, and other nutrients. Try adding them to wraps, salads, or sandwiches.

- Whole grain wraps and whole grain bread (look for wraps and bread with at least 3-4 grams of fiber per 20 grams of total carbs).
- Rice bran and wheat germ - these may sound way too healthy for some, but they actually add a nice little nutty, crunchy taste to yogurt or smoothies, or can be added when baking muffins or breads to add nutrients and fiber.
- Leaf lettuce and spinach along with shredded carrots - for salads with dinner.
- Home-made salad dressing - using balsamic vinegar, extra virgin olive oil, and Udo's Choice oil blend. This is much better than store bought salad dressing which mostly use highly refined soybean oil (source of inflammation-causing free radicals).

Some of the staples in the freezer:

- Frozen fish - I like to try a couple different kinds of fish each week. There are so many varieties out there, you never have to get bored. Plus, frozen fish is usually frozen immediately after catching, as opposed to fresh fish, which has been in transport and sitting at markets for days, allowing it more opportunity to spoil.
- Frozen berries - during the local growing season, I only get fresh berries, but during the other 10 months of the year, I always keep a supply of frozen blueberries, raspberries, blackberries, strawberries, cherries, etc. to add to high fiber cereal, oatmeal, cottage cheese, yogurt, or smoothies
- Frozen veggies - again, when the growing season is over and I can no longer get local fresh produce, frozen veggies are the best option, since they often have higher nutrient contents compared to the fresh produce that has been shipped thousands of miles, sitting around for weeks before making it to your dinner table.

- Frozen chicken breasts - very convenient to nuke up for a quick addition to wraps or chicken sandwiches for quick meals.
- Frozen buffalo, ostrich, venison, and other "exotic" lean meats – Yeah, I know, I'm weird, but I can tell you that these are some of the healthiest meats around, and if you're serious about a lean healthy body, these types of meats are much better for you than the mass produced, hormone-pumped beef and pork that's sold at most grocery stores.

Alright, now the staples in my cabinets:

- Oat bran and steel cut oats - higher fiber than those little packs of instant oats.
- Cans of coconut milk - to be transferred to a container in the fridge after opening.
- Various antioxidant rich teas - green, oolong, white, rooibos are some of the best. Surprisingly, even chamomile tea has been shown to provide important trace nutrients and antioxidants.
- Stevia - a natural non-caloric sweetener, which is an excellent alternative to the nasty chemical-laden artificial sweeteners like aspartame, saccharine, and sucralose.
- Organic maple syrup - none of that high fructose corn syrup Aunt Jemima crap...only real maple syrup can be considered real food. The only time I really use this (because of the high sugar load) is added to my post-workout smoothies to sweeten things up and also elicit an insulin surge to push nutrients into your muscles.
- Raw honey - better than processed honey...higher quantities of beneficial nutrients and enzymes. Honey has even been proven in studies to improve

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glucose metabolism (how you process carbs). I use a teaspoon or so every morning in my teas.

- Whole wheat or whole grain spelt pasta - much higher fiber than normal pastas
- Brown rice and other higher fiber rice - NEVER white rice
- Cans of black or kidney beans - I like to add a couple scoops to my Mexican wraps for the fiber and high nutrition content. Also, beans are surprisingly one of the best sources of youth promoting antioxidants!
- Tomato sauces - delicious, and as I'm sure you've heard a million times, they are a great source of lycopene. Just watch out for the brands that are loaded with nasty high fructose corn syrup.
- Dark chocolate (as dark as possible) - This is one of my treats that satisfies my sweet tooth, plus provides loads of antioxidants at the same time. It's still calorie dense, so I keep it to just a couple squares; but that is enough to do the trick, so I don't feel like I need to go out and get cake and ice cream to satisfy my dessert urges. Choose dark chocolate that lists it's cocoa content at 70% or greater. Milk chocolate is usually only about 30% cocoa, and even most cheap dark chocolates are only around 50% cocoa. Cocoa content is key for the antioxidant benefit...the rest is just sugar and other additives.
- Organic unsweetened cocoa powder - I like to mix this into my smoothies for an extra jolt of antioxidants or make my own low-sugar hot cocoa by mixing cocoa powder into hot milk with stevia and a couple melted dark chocolate chunks.

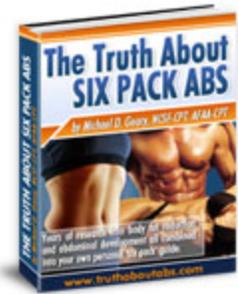
Of course, you also can never go wrong with any types of fresh fruits. Even though fruit contains natural sugars, the fiber within most fruits usually slows down the carbohydrate absorption and glycemic response. Also, you get the benefit of high antioxidant content and nutrient density in most fruits. Some of my favorites are

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kiwi, pomegranate, mango, papaya, grapes, oranges, fresh pineapple, bananas, apples, pears, peaches, and all types of berries.

Well, I hope you enjoyed this special look into my favorite lean body meals and how I stock my kitchen. Your tastes are probably quite different than mine, but hopefully this gave you some good ideas you can use next time you're at the grocery store looking to stock up a healthy and delicious pile of groceries.

If you're interested in my fully comprehensive program that I've developed for losing as much body fat as you want by following a smart, scientifically designed training and nutrition program, check out my [Truth about Six Pack Abs](#) program.



Here's a taste of what some of the people from around the world have been saying about the **Truth about Six Pack Abs** program:



Stephanie before



Stephanie after

Mike,

I attached a couple photos to show you how far I've come since starting your program.....it was quite shocking to see what I looked like just last year!! I had forgotten how overweight I was, and looking at these before and after pics again almost made me cry...but tears of joy this time, as I'm so thankful for how much progress I've made.

Not only do I feel so healthy and vibrant, but I feel that I look younger now too! Its wonderful! I went from a size 14 to a 5. Weight wise I was around 190 lbs when I started and now I am 120 lbs. I'm so passionate about your book and style of nutrition...it's absolutely amazing...I don't crave unhealthy stuff anymore...I have eliminated an insane sweet tooth.

I happened upon your book about 9 months ago. Once I downloaded and printed your ebook, I read it once, and then again. There is so much information in there that expands

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beyond just working out and abs. The nutritional information was fascinating, and I believe that was what helped me get to where I am today. The workouts are also so challenging, and talk about breaking a sweat! I love it.

I have SO MANY people ask me what diet I was doing to lose all that weight. They just don't understand that I'm not on a diet... It's been a total lifestyle change. I would recommend your book to anyone! I feel exceptional, and I am in the best shape of my life!

I hope that my testimonial will help you out, as well as other people that have struggled to get in shape. Thank you so much!!

Stephanie Hurst  
Tulia, Texas

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Mike,

I have been following your workout plans from your book for past couple months. I wanted you to know that I have seen great results. When I started I was 190 lbs, waist 35 inches, bench was 165lbs.

I'm now 175 lbs, with a waist of 33 inches, and benching 225lbs. Your full body workouts are some of the best I've ever used. I'm also making much better food choices now based on your advice and staying away from the junk I used to have trouble with. Thanks for everything.



John P. Hembree, Sergeant, US Military

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If you've got extra belly fat you'd like to get rid of, what are you waiting for? Follow this link for more info about the [\*\*Truth about Six Pack Abs\*\*](#)

I hope you find the information in this free ebook useful. Read more free quality articles on a variety of health and nutrition topics at [popularfitness.com](http://popularfitness.com)