26 Flab Fighting Foods

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As Gandhi once said, “You must become the change you want to see in the world.” As for reaping the fruits of your labor nutritionally, **you must become the change you want to see in your world**! Although this takes major work and requires you to be consistent, steadfast, and loyal towards achieving your goal(s); the help of a mentor or coach will allow you to most effectively collapse time and ramp up productivity in the most amazing of ever-expanding ways.

The first goal of your nutritional planning is to ask yourself, “Based on my current nutritional habits and preferences, am I going to achieve the body I desire?” In other words, are you eating more of the “less bad” things each day or are you selling yourself short of what you R-E-A-L-L-Y need to be doing to make a significant difference?

Listed below are 5 very relevant questions you should be asking yourself:

- Am I eating foods an “expert” would consider healthy for weight loss?
- Am I skimping on the serving size of fruits and vegetables I consume?
- Am I benefitting from the HIGEST QUALITY proteins for my needs?
- Are the wrong carbs destroying my odds in my fight with body fat?
- Have I instituted 1 cheat day here-or-there or is everyday a cheat day?

When **using a qualified and proven mentor or coach**, you will get through many of the tough emotional and physical obstacles that you’ll encounter much smoother. Whether your journey is to transition from flabby to fit or scrawny to brawny, you will have to conquer your fears while overcoming learned behavior.

The truth of the matter is that each of us has an “ideal” frame of thinking that surrounds how we envision ourselves aesthetically. Many times, this is a fantasy until we actually begin to see the tangible evidence from our actions. I am “living proof” that all is possible in the world of building a “rock hard” body!

If It Isn’t Green, Doesn’t Fly, Swim Or Run Don’t Eat It…

If you are wondering “where this report is going,” just know that it is based 100% on the principles of how our scientifically is comprised!

Did you realize that **the human genome (our DNA) has only changed .002% in the last 40,000 years**?

Although this report was written for the “everyday person”; bodybuilders, fitness models, and personal trainers benefit tremendously from its clarity and no-nonsense. This report is jam packed with awesome info!

My name is John Gosselin and I've been personal training (in one way or another) for over 13 years.

This report MAY BE the time that "you really got it?"

You know when that 'light bulb' moment occurs and you say, "Wow, did that just really happen?" It's a powerful feeling to absorb knowledge that (when implemented) can and will change your life if you follow the step-by-step process.

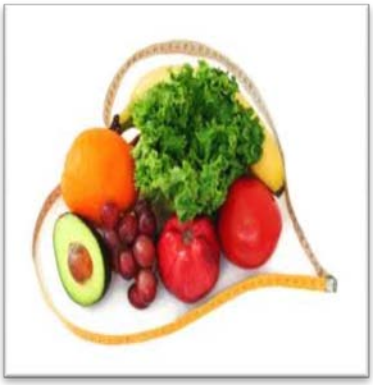
Discovering the knowledge you're about to read may lead you to feeling like you just "woke up"… Some of the content is a bit technical but nothing you can't handle and absorb. Just know that my career as a 'Fitness Expert' hit a whole new level when I absorbed, and implemented what you're about to learn.

Also, if you have not subscribed for our FREE *Blast Your Body Fat Blueprint*, DO IT ASAP --- go back to our blog and subscribe for it. When you combine this reports food choices with the workout tips of that, you have a "perfect" recipe.

Why Should You Read This Report?

The fact that you are the sole decision maker for what goes into your body, and that your body is the vehicle that is going to carry you through life, I would think it's kind of that important to know a little bit about this stuff… After all, it's your ability to fight disease, look better, feel younger, and prevent ageing that we're talking about here. This report has been the ignition button for many to take that "lead of faith" that got them going on their tweaking of their physique quest.

I believe that there are 3 PRIMARY REASONS why America is losing ground each day with the battle of the bulge: (1) we don't eat even remotely close to healthy, (2) our stress levels are through the roof, and (3) for those of us that appear to be exercising the right way (whatever that means), we are not creating enough of a feel good effect FOR OUR BODY to fully be reaping the benefits.



Our Projected Plan Moving Forward…

"Knowledge is extremely powerful." And what you don't know will severely hold you back from acquiring that ROCK HARD BODY you've always desired.

One of my FAVORITE AND MOST POWERFUL strategies in coaching my clients is teaching what not to eat. I call this the **Elimination Plan, and it can be just enough to get you moving in the right direction, initiating some rapid metabolic response in just one weeks time.**

Clients who do not want to count calories or follow a pre-set caloric plan benefit the most when using the Elimination Plan to win their battle with the bulge.

A WORD OF CAUTION TO THE SKEPTIC: **The elimination plan will only take you so far**, and there will come a time when you need to "trim the fat" from your waistline or wherever else by using our Metabolic Calorie Formula to shave the last few body fat points holding back from attaining your ROCK HARD physique.

To advancing onward and inward,

Greater Boston's "Fight Your Flab" Expert
(781) 248 – 5102 | Email Me Directly

The C List

People who eat most of their food off of this list are “sitting on the fence” with breaking their bond with traditionalism. They either believe (a) getting rid of the saggy areas on their body isn’t that important, or (b) they have yet to acquire the necessary knowledge it takes to make it all vanish into “thin air.”

Alcohol

The negatives of ABUSING alcohol will always outweigh the positives. In this publication, let’s simply face the facts; using alcohol doesn’t get you any leaner.

You will never meet a bodybuilder, fitness model, personal trainer, or average Joe or Jane committed to SERIOUSLY leaning down that is consumes any more than 3-5 drinks per week. Although this should tell you something about the “big picture,” don’t let the statistics impede your lifestyle or hinder your fun factor.

Alcohol suppresses your testosterone levels, slows fat loss and contains empty calories, which should be 3 good reasons to lay off the booze!

Cheese

Unless you are eating 100% organic cheese that comes from cows that were on a purely grass-fed diet and were raised naturally, then I would “cut the cheese” when it comes to cutting fat. If you live in the United States, you are MOST LIKELY never going to “gain access” to non-pasteurized dairy products. (Don’t be fooled)

Commercially manufactured cheese equals a lot of chemicals, calories, saturated fats and hydrogenated oils; which “clog your system.”

I would bump cheese up to the B List if you can afford organic grass-fed cheese because you’ll get a balance of **omega-3 and omega-6 fats**, very high **CLA (conjugated linoleic acid; high beta-carotene, vitamin A, vitamin D, and vitamin E, calcium and cheese that is free from antibiotics** and growth hormones.

Eliminating processed dairy sources will be a huge step to seeing your abs faster and improving your overall health.

Chocolate

The only way chocolate made the C List, respectably high, is because I am only referring to **rich, dark chocolate that has been connected to improved insulin resistance and blood pressure**. Cocoa, found in dark chocolate, is rich in flavanols, a species of polyphenols found in plants. Clients often include a slice or two of dark chocolate into their fat loss meal plans as a treat each evening before bed for a job well done, but only if they stuck to their plan all day.

It must be dark chocolate in order to reap the antioxidant benefit. Don't get too excited though, chocolate is still very high in sugar which can damage your immune system, delay recovery and can lead to over indulgence if you are not satisfying your craving with a balanced diet of proteins, carbohydrates and fats .

Manufactured Protein Bars

To date, I have not found a protein bar that I'm truly satisfied with, and have been disappointed by the lack of protein bars that contain healthy fats, protein, fiber, and are low in carbohydrates.

Most bars that claim to be *"low carbohydrate"* still have over 20 grams of carbohydrates, and are **loaded with high fructose corn syrup that disturb your insulin levels.**

Some research on the actual makeup of energy bars and protein bars has found that most nutritional labels are very misleading because they do not include glycerin, which is a sweetener and moisture additive. **The bar's sodium and saturated fat levels are often two to three times higher, and the average bar contains an extra 8 grams of sugar over what was shown on the packaging.**

The only thing accurately reported was the protein, cholesterol and calorie count.

A friend of mine, who is a fitness model, never travels without a protein bar in her purse for emergencies, and I think this is a fantastic insurance policy if you're tempted to reach for foods from the C List or worse, but in the end, whole food is your first choice and eventually you'll want to drop bar consumption completely.

Butter

Many people are unaware of butter's rich source of vitamins, minerals, CLA, a small amount of essential fatty acids and cholesterol (responsible for testosterone production and intestinal health). Notice no mention of margarine here! (stay away)

I was always fearful using a bit of butter while cooking because of the fat, until I learned that **15% of the fatty acids in butter are of the short and medium chain variety**, which are not stored as fat but used for your daily functions.

You may want to cut butter and replace it with calorie-free cooking spray to avoid the incidental calories and risk of consuming too much. **Don't be afraid to use a bit of butter while cooking until you are ready to strip your last few pounds.**

Energy Drinks

THE MAIN INGREDIENT IN ENERGY DRINKS IS OFTEN TIMES CAFFEINE, which blocks the chemical that makes you feel sleepy. **This chemical is known as adenosine and also plays a role in blood vessel dilation.**

When blocked it causes your brain's blood vessels to constrict. This is why you feel your heart rate increase, blood pressure rise and you begin to sweat sooner. **Caffeine also releases calcium**, which allows you to be stronger and get a more intense workout. You will also feel happier from the increased dopamine release.

The short-term benefits are excellent while dieting because of the increased alertness and workout intensity, but in the long-term it can leave you drained and exhausted when the effects wear off and your brain reconnects with adenosine.

I don't have as much of a problem with the caffeine as I do with the sugar that contributes to the majority of calories. Most energy drinks contain up to seven teaspoons of sugar, which is the daily recommend intake for someone on a 2,000 calorie diet. As you know, controlling insulin levels is mandatory for dropping the last 10-20 pounds of fat, and sugary energy drinks will stunt your progress.

The B List

The B list is exactly that – not the A list. These foods are okay to eat every once in a while and will do little harm to your health and waistline. They will provide a steady, but NOT RAPID fat loss. Consider the B list like flying coach seating across the Atlantic ocean – you'll make it but it's certainly not flying first class.

Multi-Colored Fruits

The only reason fruit does not qualify for the A List is because of its sugar, and if you're committed to getting a 6-pack then **you'll eventually have to replace these natural sugars with starchy carbs that have less sugar (Glycemic load)**.

When you are stripping off the last few pounds of unwanted fat, every insulin spike slows the process. Some experts go the extreme, saying that "fruit is evil," but if you eliminate them completely you'll miss out on the **abundance of fiber, low-calorie benefit, vitamins, minerals and fullness they can provide.** Everything in moderation until you get SUPER SERIOUS!

During the last 6 to 8 weeks of your projected fat loss goal(s), you might consider cutting your fruit consumption completely and replacing it with more vegetables and starchy carbohydrates to make your plan more effective.

Also, avoid calorie-packed raisins and assorted dried fruits; although very high in antioxidants, which are an excellent bulking food, they do not fit into a "shred it to the bone" type of fat-loss program. **If consuming fruit during a strict fat-loss program, front load it into the start of your day, before or after a workout.**

Tuna

By far one **of the most powerful and affordable proteins you can get for your buck**, tuna comes packed with 30-40 grams of protein in a single tin.

Tuna is an amazing carbohydrate and fat free muscle building MUST HAVE SNACK!

Mixing tuna with a calorie-free salsa and hint of extra-virgin olive oil at night or in-between big meals will accelerate your 6 pack quest dramatically. Some of my roommates at college lived on rice cakes, tuna, and chicken breast – and were shredded to the bone. **Tuna should absolutely be a staple of your diet** and the only reason it did not make the A List is because of its mercury content which can create toxicity if eaten in excess. (The "magic number" is 3 cans per week)

Milk

Milk is a double-edged sword because of its sugar content (that many people cannot digest) and high fat.

It can be an easy source of protein for the *"growing teenager,"* an aggressive form of bulking, woman looking to increase bone density, and for older folks wanting more calcium in their diet.

I personally, as well as many others find that lactose can cause you to hold water and bloat. I always look harder and leaner and lose fat faster when I cut dairy out completely out.

If you can consume lactose then this is a convenient form of protein, but as your body fat drops, I suggest you limit your milk intake.

Cottage Cheese

This is one of the best protein sources for maintaining your muscle mass because of a slow-releasing protein called casein. Not only does cottage cheese contain casein, which plays a huge role in absorption and slowing digestion, but it's affordable, easily portable (just don't let it get warm or the chunky curds and texture will knock you out), and it contains 60 grams of protein for a 500 ml container. Even when choosing the fat free kind (your first choice), the reason cottage cheese didn't make my A List is because of the **milk sugar**.

Low-Fat Yogurt

This is a better alternative to milk because it contains a critical ingredient for the efficiency of your digestion system – **"good" bacteria**. The "good" bacteria (a.k.a., Probiotics), which literally means "for life," refers to living organisms that can result in a health benefit when eaten in adequate and favorable amounts.

Most yogurts contain a lot of sugar, (even in a small serving), so read the labels and look for a natural one without all the calories.

When dialing in on 6-pack abs, you'll find that yogurt should be replaced with a carbohydrate with less sugar – like oatmeal or a slice of whole wheat bread.

Protein Powder

Many often ask, "Why didn't protein powder make the A list?" Look no further than the fact that you should never put a protein powder in the same category as metabolically and hormonally active food sources. **Powders lack the enzymes, hormones, nutrient density and substance of a lean piece of fish, beef or steak**.

They also contain lots of fillers, artificial flavors and sweeteners and when you're pushing the last 5-10 pounds of fat off your lower abdomen, you want to stay as natural as possible.

For those **competing in fitness or bodybuilding, your last 6 weeks should cut out protein powders completely** (for the best results) and rely solely on whole food – you'll be amazed at the impact on your metabolism.

Whole Wheat and Whole Grain Products

Many bodybuilders will cut whole grains completely with 12-16 weeks left before a competition, but if used in moderation, complex carbohydrates can remain a staple up until a few weeks before your deadline. The reason I make references to **bodybuilders and fitness models** alike is because they **are the "holy grail" spokespeople for how to eat "right"**… In other words, would you rather take basketball lessons from Michael Jordan or your dad? (No offense dads ☺)

If your body fat is not dropping with whole wheat and whole grain products (like bread, pasta, cereals and rice products) then you are probably *"carbohydrate-sensitive"* and need to cut them out completely. (Oatmeal bulged my belly for years)

In the big picture, **most whole grain products can be used all year long if not overeaten**. Only you know your body best – listen to it and adjust accordingly.

Mixed Nuts and Natural Peanut Butter

A friend of mine almost sabotaged his first fitness show when he came home one night absolutely starving and found a bag of salted peanuts in his cupboards.

Convincing himself that they were high in protein he began *"sneaking"* a small handful here and a small handful there, and the next time he stepped on the scale, he hadn't lost a thing. (SNACKERS BEWARE of the serving size)

After discovering that just 32 peanuts have 150 calories (six grams of protein and five grams of carbs), he realized that he was canceling out half of his cardio workouts with the two *"innocent"* handfuls he was indulging in each day. NUTS DO MAKE A WONDERFUL AND CONVENIENT SNACK combined with proteins and healthy fats to keep you feeling full. But if you are following a strict meal plan that says, *"8 almonds,"* that is not a joke. It sounds petty but it's not; **nuts are a calorically dense food – that's the reason they didn't make the A List.**

They are easy to overeat and calorie-for-calorie inefficient to burn off. Natural peanut butter became a *"candy"* for me when I added it to my oatmeal/egg white pancakes in the morning, but like nuts, it is calorically dense and can easily add an extra 100-200 calories a day if you're not careful.

Never eat the peanut butter loaded with sugars, syrup and hydrogenated oils. (Skippy, JIF, un-natural store brand, etc.) The ingredients should read *"peanuts and salt",* it should be wet not dry, and should taste *"different"* for it to be natural.

Lean beef

I love my steak, but it does not make the A List because of the fat content. **Lean beef is loaded with high-quality protein, B vitamins and creatine, which is excellent for building muscle and making you feel satisfied.**

If you can avoid the fatty cuts of beef then having one or two small pieces (6-12 oz depending on your size) will do little harm, but if you are striving to follow the strictest nutrition plan possible, stick with chicken and egg whites instead of any beef.

Beans

Mixed beans are a cool food because they contain a high amount of protein and carbohydrates. I consider them a carbohydrate, the protein is a *"bonus."*

Beans have zero fat, no cholesterol, and are one of the best sources of fiber (which explains the extra gas you'll initially experience until your body gets used to the increased fiber). Black beans have been found to have the highest antioxidant levels, followed by red, brown, yellow and white – **the darker the bean the more flavonoids, therefore, the more antioxidants.**

The only reason these don't make the A List is because of the high carbohydrate, but they should still be a staple for most of your journey.

Olive Oil

Without a doubt, extra-virgin olive oil is clearly one of the best monounsaturated fat sources for you, as long as you **don't use it for cooking**, which can cause oxidative damage at high temperatures and ruin nutrient PH.

The only reason that olive oil did not make the A List is because olive oil can hit you with extra calories if you're not careful. If measured properly olive oil should stay in your program as long as possible to reap the numerous health benefits and cardio protective nutrients.

The A List

The absolute BEST INGREDIENTS you can put in to your body with no ill effects BAR-NONE are vegetables! These are the only food that will make your fat burning furnace work flawlessly. This is your first class ticket to fat to fit, scrawny to brawny, and whatever else you want to say. Whether weight loss or muscle gain, befriend these top-notch ingredients as much and as often as you can.

Multi-Colored Vegetables

These are, by far, the most underestimated and underutilized food for getting lean very, very fast.

I consider veggies to be a *"free food"* because they have virtually no calories, and are completely loaded with water, fiber, vitamins, minerals, antioxidants, and phytochemicals. Veggies galore equals shredded abs!

They help improve the digestion and absorption of your food. They also trick you into feeling like you ate a large meal, which is a key when dieting to control food craving and hunger pains. If you could only consume two food sources to get a 6-pack faster than anything else it would be lean proteins and veggies.

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Green Tea

Why is green tea on the A List? **Green Tea serves many purposes, and one that you might not think of – socializing**. While you are dieting or attempting to trim your thigh, bi, tri, belly and butt areas; I'd strongly suggest you avoid restaurants as much as possible. Yes, this will severely limit your social options.

Don't be fooled be the advertisements that say **Green Tea will help you lose fat fast**. Green Tea does increase your metabolism, **but barely enough to burn one pound every 50 days** which I'm guessing is not as fast as you would like.

Chicken

By far, chicken is the most popular choice of bodybuilders and fitness models for getting lean. I've even gotten to know one competitor who consumes chicken breast, broccoli and a baked potato for six meals a day, 12 weeks straight, for each of his competitions... (Everything in moderation need not always apply here I guess)
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Go for the leanest part of the chicken - the breast - and avoid the fatty part in the thighs that can sneak in "incidental" calories. To maintain the power of this protein, ensure it is never fried, **but always steamed, broiled or baked**.

As we've mentioned, chicken *"cold cuts"* do not count as they are loaded with preservatives, binders, fillers and other unknown chemicals that don't mix well with acquiring a more lean physique, or trimmed and toned succulent 6-pack.

Eggs and Egg Whites

Egg whites are another staple in a bodybuilder's, fitness model's, or lean person's diet as they are **the only other protein that can compete with chicken for its absolutely zero fat count and carbohydrate count**.

I always consume at least 10 egg whites a day. A typical *"6-pack"* omelet in the morning after my cardio (on a empty stomach) would consist of 10 egg whites, 1 egg yolk, tomatoes, spinach, mushrooms and calorie-free cooking spray with organic salsa on top – absolutely delicious!

I'll often times have this meal twice a day, (at night on the "flip side" to a morning meal) which is perfect for gaining muscle and "trimming the torso."

Eggs wear many hats: scrambled, omelets, sunny-side-up, over easy, frittatas and hard boiled. For the ladies, don't be afraid to over-indulge on 4-5 eggs.

Oatmeal and Quinoa

I've always wondered why every bodybuilder and fitness model I speak to includes oatmeal into their diet on a daily basis. **The power within oatmeal is that it is slowly released into your bloodstream and does not cause an insulin spike,** which is perfect for getting lean and making you full.

A typical 1/2 cup serving includes 3 grams of fat, 5 grams of protein, and 27 grams of carbs, which is an ideal balance. **Always choose the natural oats that do not contain sugar like the sugary and sweetened instant packets**.

Brown Rice

This is another cornerstone staple whether you are bulking up or leaning down, as long as you measure it out (1/4 cup dry) to control calories. **Brown rice and basmati rice are your top choices** for a slow releasing starchy carbohydrate.

Always avoid white rice because it's the processed version of brown rice and enters your blood stream rapidly, making you hungry again within the hour.

Fish and Fish Oils

A food available in unmonitored amounts is fish. If you're looking to overcome the boredom factor that sometimes surfaces from simply eating chicken and egg whites every day, you may need to start getting a little "*fishier*" with your choices and selections.

The majority of fish has virtually no fat and no carbs, is high in protein and light on the stomach so you don't feel bloated. Experiment with an assortment of fish, (from cat fish, flounder, herring cod, Halibut, haddock, mahi-mahi, marlin, mackerel, orange roughy, salmon, trout and tuna) spices, salsas, jams, jellies, and more.

Use common sense and stick to herbs for flavoring instead of fatty sauces and butters. **Even though some of your fattier fish like herring, mackerel, sardines, salmon and trout, contain your good fat like Omega 3's, be aware of the calories and stick to your leanest forms of fish in the last few weeks of your quest**. Avoid fast food fish because, even with a custom order, it's guaranteed that it will get dipped in butter and fatty sauces.

Salsa

I consider **salsa a secret weapon when dieting** – I call it my *"free food"* because I can have as much as I want and it's delicious on anything. Mixing it with chicken, tuna and eggs totally rocks... And instead of popular condiments (sauces and dressings), spare yourself of the sugar, fillers, binders and salt.

Purified Water
One of the best investments you can make is a filtration system that guarantees healthy, clean water that is free of undesirable bacteria, viruses and other micro-organisms. You should strive to always consume between 3 – 8 liters per day.

You cannot afford to drink anything less than clear, fresh water. Filling your body with chlorine, fluoride, asbestos, Crypto sporidium and Giardia, and other chemical increases free radical formation which leads to a whole series of health problems like ageing, hardening of the arteries, difficulty breaking down cholesterol, liver malfunction, weakening of the immune system and cancer.

Throughout this abridged version of what could very well be a Nutrition 101 course in EVERY COLLEGE and specialty training curriculum around the world, we've talked about the ABC's of which food selections and ingredients will allow for "fighting your flab" and waking up you 'WOW' factor happen in a most seamless manner.

Bon Appetite,

John Gonzelin

It is because of producing publications just like this, and more, that I've been "deemed" the Greater Boston areas #1 "Fight Your Flab" expert. Feel free to contact me by my personal website, email, Facebook or by phone at (781) 248–5102.