

THE TOP 10 FOODS FOR LOSING FAT AND GETTING RIPPED SIX PACK ABS

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In this newsletter I want to tell you about a MAJOR diet pitfall that held me back for years, that I want to help you avoid. And I want to show you the incredibly simple, yet very powerful nutrition philosophy which got me my six pack abs – and which will work for you too.

Variety – The Key To A Healthy Diet?



I can remember back in high school health class, I was taught that variety is one of the keys to eating a healthy diet.

“Everything is healthy in moderation,” my teacher would say. “The key is just eating a little bit of everything, and not eating too much of any one thing.”

And this seemed to make a lot of sense to me too, because I’m the type of person who gets bored easily and enjoys eating a wide variety of foods. So when I started on my quest to get six pack abs, this was the philosophy I started with.

Because of this, one of the first eating plans I tried was one that promised that I could eat healthy with tremendous variety in my diet. “I’ve got a different meal for you every day,” the nutrition expert said on his webpage selling the course. “You’ll NEVER get bored – and you’ll be more healthy because of all the variety in your diet.”

I bought the plan, and he wasn’t lying – he gave me 6 new healthy meals to prepare every day for 180 days. I thought “this is awesome! It’s just what I’ve been looking for!”

But literally one week later, I was already struggling to keep up with the plan. Just buying all the obscure foods recommended in the plan was very time consuming, inconvenient, and expensive. And while cooking a 6 new meals every day for 180 days initially sounded like a good idea, I soon figured out I didn’t have anywhere near enough free time to cook 6 different meals a day. Not only were they time consuming to actually cook, but just LEARNING how to prepare all these new things just confused me.

And when I wasn't following the plan exactly, I got tremendously CONFUSED about what I should be eating. There were hundreds of pages detailing the exact nutritional benefits and drawbacks of hundreds of foods, but not making any solid recommendations about which ones were the best. It was just way too complicated, and I frequently got frustrated and broke my diet with fast food, or something equally damaging.

Within three weeks I had totally quit the plan. I was pissed off at myself for my lack of willpower, and frustrated that I had bought yet ANOTHER product that actually took me further from my goal of getting six pack abs.

Why The Plan Failed



But I stopped beating myself up when I went on the internet and started reading what other people had to say about the product on some forums. It turned out, many other guys were getting frustrated and quitting the plan, just like I had!

I didn't understand this at first. After all, all the foods recommended by the plan WERE healthy. And it used the "scientifically proven" principle of dietary variety. "What was wrong with us?" I asked myself. Did we just lack willpower?

After thinking about it for a while, I realized that it wasn't a question of willpower. **It was that the assumptions about "dietary variety" that the plan was based on – and almost all other diets and nutrition plans are based on – were fundamentally incorrect.**

My Nutrition Breakthrough

What I realized is that although dietary variety sounds like a good idea in THEORY, in practice eating a wide variety of foods actually makes it MUCH MORE DIFFICULT to stick with a healthy diet.

This is because for every new food you introduce into your diet, you also introduce a tremendous amount of WORK:

- You need to research the nutritional benefits and drawbacks of the food (otherwise you might be eating something unhealthy without even realizing it.)
- You need to learn how to cook the food in a way that tastes good. And if you're a kitchen klutz like me, this can take a long time.
- Then you need to actually cook the food. Since most foods are NOT simple to cook, this also is a lot of work and takes a long time. It also creates dirty dishes and a mess in your kitchen, which is a pain to clean up.
- Also, I found that I simply didn't like the taste of most healthy food. More often than not, my healthy "experiments" turned out to be borderline inedible...which was very discouraging and a big factor in why I quit the diet.

So, I thought...maybe dietary variety isn't all it's cracked up to be.

The Solution That Worked For Me



What finally worked for me was when I started doing the OPPOSITE of what all the fitness gurus recommended.

Rather than trying to get a wide variety of food in my diet, I asked myself "What are the ten BEST foods for fat loss, that I also enjoy eating? And what are the ten BEST foods for muscle building, that I also enjoy eating?"

I then resolved that I would SIMPLIFY my diet by making these the staples of my eating. I would concentrate on eating these foods as much as possible, because they were healthy, easy to cook, and tasted great. And I wouldn't waste so much time with "healthy eating experiments" that usually turned out poorly.

And rather than eating a wide variety of foods I knew very little about, I would be focusing on eating the absolute BEST foods where I had thoroughly researched their nutritional content. This would help me avoid nutritional fad foods which were marketed as healthy, but actually were not healthy at all.

This was a HUGE eating breakthrough for me. I had finally found a diet I could actually stick to, and which worked!

Here are a few reasons why it worked so well for me:

- **It was SIMPLE** – I just had to think about eating these ten foods as much as possible, and that's it. No confusion, no frustration.
- **It was CHEAP** – All the foods on my lists were very cheap, and saved me a lot of money compared to buying obscure health foods.
- **It was CONVENIENT** – All the foods on my list were very simple to prepare. Also rather than cooking individual meals, I could cook a large amount at once and eat the meals all week.

As a result of this diet, my physique improved dramatically. I lost fat, gained a large amount of muscle, and got the six pack abs you see me with today.

Of course, my eating wasn't the ONLY factor...there were many changes that I made to my workout plan and my mentality that were very important as well. But the breakthrough that I needed to SIMPLIFY my diet, rather than make it more complex, was definitely a major factor.

My Top 10 Foods For Fat Loss



So now, I want to share my top 10 staple foods for fat loss with you.

Now to be clear – you will not actually “burn fat” just by eating these foods. There is no such thing as a food that does that.

However, these foods will SUPPORT fat loss because they are very nutritionally dense, while also being low in calories. They'll give your body the raw materials you need to be energetic and have great workouts – and they're low enough in calories that you will lose weight if these are the staples of your diet.

Fat Burning Food #1 – Skinless, Boneless Chicken Breasts



If I had to pick one food that's the most important for getting six pack abs, it would be the chicken breast.

Nutritionally, chicken breasts are close to being the perfect protein. A 8 oz. boneless, skinless chicken breast packs a walloping 48 grams of extremely high quality protein. It also has only 220 calories, and less than 2 grams of fat and carbohydrates.

Chicken breasts are also very cheap when you know how to buy them in bulk and find good deals. They're also extremely easy to prepare, on a Foreman grill or in a frying pan.

Because of this, chicken breasts are one of the more important staples of my diet. I'd estimate that about 50% of my protein comes from chicken breasts – they're simply the best way to get your protein, hands down.

So why aren't more people taking advantage of this incredible protein source? Well, the first reason is that many people don't know how to prepare chicken breasts so that they taste great. As a result their chicken breasts turn out to be dry and bland, and they quickly get sick of them.

If you're struggling with tasteless chicken breasts right now, I recommend you check out the "How To Cook Proteins" video in the nutrition vault right away. It'll show you how to cook your chicken so that it's moist and juicy, even after being microwaved. And I show you how to flavor your chicken in many different ways, so that it always tastes different and you never get bored.

Fat Burning Food #2: Lean Steak



While chicken breasts will always be the best staple protein, lean steak is also excellent. It's my second favorite protein source, and a great way to mix it up to prevent you from getting tired of chicken breasts.

Lean steak is not quite as good as chicken for fat loss because of its additional fat content. Both steak and chicken have about the same amount of protein, but a lean 8 oz. steak has about 12 grams of fat, while a chicken breast only has 2 grams of fat.

However, I LOVE the taste of steak myself...so I'll often use it as a "reward" while I'm losing fat for good behavior. For example, I'll make a few Zero Willpower meals that have steak and slightly larger portions of brown rice and veggies. Then I'll eat this relatively high calories meal right after I work out.

I like doing this because this is when my body will benefit from the calories the most. And even more importantly, it gives you a reward for working out and reinforces the positive behavior.

While steak can get expensive if you don't know how to find the right deals, if you buy it in bulk and on sale it can actually be very cheap. I recently found an incredible sale on steak – filet mignon for only \$3.99 a pound. I'm not one to waste an opportunity like this, so I bought 80 pounds (that's right 80 POUNDS) and stashed it in my deep freezer.

If money is a concern, look out for sales like this and buy your steak in bulk. This way you'll have a cheap, great-tasting, and high quality source of protein to complement your chicken breasts.

Fat Burning Food #3: Salmon/Tuna



Although high-fat fish like salmon and tuna is not as lean as chicken breasts, I like it for the same reasons as I occasionally like to eat lean steak. It tastes great, and it gives me an awesome alternative to my staple chicken breasts when I'm in the mood for something different.

It's also great to have fish in your diet for health purposes – fish is rich in omega-3 fatty acids, and essential vitamins and minerals. This is not going to have a large visible impact on your physique, but it will affect your resistance to disease and your energy and well-being in the long-term.

It's also a great way to add some great flavor into your diet when you're trying to lose fat, without adding in too many extra calories.

The only drawback of fish that you have to be aware of is that it's very PERISHABLE. While Zero Willpower meals containing chicken breast and steak will be good for up to 7 days, meals containing fish will only keep for 2-3 days. Because of this, make sure to eat all your meals containing fish in the first few days after you cook them – and to only cook moderate amount that you can consume within a few days.

Fat Burning Food #4: Egg Whites



For the fastest fat loss, my favorite way to consume eggs is to eat only the whites. An excellent and tasty fat loss meal that I love to make is to scramble egg whites with generous portions of onions, peppers and mushrooms. I'll also add a small amount of bacon for flavor, as well as a little salt, black pepper, and cayenne pepper.

This is a great-tasting and very filling meal, which is very low in calories.

If you don't like the taste of egg whites, you can start making these meals with whole eggs at first. This will add a significant amount of fat and extra calories into your meals, but the calories will still be far lower than a meal containing a carbohydrate such as potatoes, pasta, or even rice.

And eventually I think you'll learn that egg whites can be very tasty – you just have to be creative with the way you flavor them. Experiment with adding your favorite vegetables, meats, and seasonings into your egg white scrambles – you'll find that they can be some of your most tasty meals when you find the right mix.

Also, keep in mind that like fish, eggs and egg whites are very perishable. Only cook enough to eat in the next 2-3 days to make sure your meals don't spoil.

Fat Burning Food #5: Brown Rice



Brown rice is by far the best starchy carbohydrate for fat burning. It's the only grain that I recommending on this list of fat loss foods, and for good reason.

Most popular carbohydrates such as potatoes, pasta, and bread are terrible for fat loss. These foods all contain a large amount of carbohydrates and calories, so ideally they won't be a part of your Zero Willpower meals when you're trying to

lose fat.

Flour-based carbohydrates such as pasta and bread can make it especially difficult to lose fat. These foods have been processed to strip out the fiber, and to give you nothing but pure calories. This makes it possible to eat a large amounts of these foods without feeling full, which usually leads to overeating.

It IS ok to eat these foods occasionally when you are losing fat, as part of the 20% of your diet where you are "cheating." But in the healthy 80% of your diet, I recommend replacing these carbohydrates with brown rice for the fastest fat loss.

The benefit of brown rice is that it does not have its fibrous outer layer removed, as white rice does. As a result, it has more fiber and natural vitamin content than white rice. And the main benefit for your physique is that it's much more difficult to overeat brown rice than something like pasta or bread, because the fiber will create a sensation of fullness.

In addition to this, the carbohydrates from brown rice are absorbed into your bloodstream slower than the carbohydrates from white rice. This means that it will not cause you to "crave" carbohydrates like white rice, pasta, etc. which cause a more intense blood sugar spike.

I've also found that eating brown rice tremendously aids my digestion. And I've noticed a perceptible difference in my energy levels when I'm eating brown rice vs. white rice – I just feel much better overall when I'm eating brown.

For all of these reasons, I feel that brown rice should be your main source of grain carbohydrates when you are trying to lose fat.

However, if you really dislike the flavor, even white rice is better than flour-based carbohydrates. If you're currently eating a lot of bread and pasta, I recommend weaning yourself off of these foods by first switching to white rice. From there, you can switch to a 50-50 mix of white and brown rice, and eventually get all the way to eating pure brown rice.

Fat Burning Food #6: Steamed Broccoli



Steamed broccoli is another great food for fat loss. It's very low in calories – there's only 98 calories in one large 12" stalk. But for the amount of calories it contains, it packs a huge nutritional punch.

A 12" stalk of broccoli contains 9 grams of fiber, which prevent over-eating by creating the sensation of "fullness" without having consumed a lot of calories. It also contains a surprising 7 grams of protein, and only 11 grams of non-fiber carbohydrates.

Broccoli is also a very rich source of vitamins and minerals. A small amount of broccoli in your diet can go a long way to maintaining your health, especially when the main focus of your diet is bodybuilding-type foods like chicken and rice.

When cooking broccoli, it's important to STEAM it rather than BOILING it. Check out the video "How To Cook Vegetables" in the Nutrition Vault to learn exactly how to do this. It's important – not only will steaming retain more of the vitamins and minerals than boiling, it will also give the broccoli a much crisper taste.

It's also important that you UNDERCOOK the broccoli significantly if you are using it in your Zero Willpower meals. It should be VERY crisp when you take it out. This is because when you later microwave it to re-heat it, the broccoli will be getting cooked again. Make it very crisp initially, and it'll turn out perfectly tender once you microwave it.

Fat Burning Food #7: Spinach



I love spinach for fat loss for the same reasons I love broccoli. It's low in calories, while also being high in fiber, vitamins and minerals. It also tastes great when paired with other fat loss foods, such as brown rice and salmon.

Spinach is extremely easy to cook – you don't even need to use water or a steamer. All you have to do is get a large pot, put some spinach inside, and stir it as you cook. The spinach contains enough water to cook itself, and all you have to do is add more into the pot as it cooks and reduces itself in volume.

It is even MORE important to undercook your spinach than it is to undercook your broccoli. You should cook it for literally a minute or less, so that it's just barely cooked before being microwaved. The microwave will handle 70% the cooking when you warm your food, and you'll have perfectly cooked and tender spinach for every meal.

Fat Burning Food #8: Apples



Apples are one of my favorite snacks when I'm losing fat. Like broccoli and spinach, they are low in calories while being high in fiber. They create the same sensation of fullness with minimal calories.

Apples make a great snack, that you can use to fight cravings whenever you get hungry and don't have time for a meal. Getting into the habit of reaching for an apple rather than chips or crackers is one of the best things you can do for fat loss.

The drawback of apples is that they have slightly more sugar than vegetables do.

However, I think this is more than outweighed by the fact that they make such great snacks, and that they're so tasty. And really, the extra calories are negligible compared to the calories in something like potato chips or high-fat crackers. As my friend Craig Ballantyne says, "nobody ever got fat by eating fruit."

Try and displace your high-fat snacking as much as possible fruit or other healthy alternatives. I prefer apples myself, but whatever fruit you personally like will do the trick.

Fat Burning Food #9: Almonds



This one may be surprising to you, since almonds are high in both calories and fat. However, I still like them as a fat burning food for four reasons.

- First of all, almonds contain protein, fiber, healthy monounsaturated fats, and other nutrients. This makes them superior as a snack

food to flour-based snacks such as crackers and chips, which are basically just empty calories.

- Second, a small amount of almonds can be very filling and can prevent cravings. They're also great for when you're craving something crunchy.
- Third, almonds are much less perishable than fruit, and can be taken anywhere. This makes a great snack to take with you when you don't have access to Zero Willpower meals or fruit.
- Finally, there is a growing body of research that suggests that replacing starchy carbohydrates in your diet with almonds will significantly aid in weight loss.

In a 2003 study, two groups of overweight people ate an identical diet with one exception. One group ate approximately 400 calories worth of starchy carbohydrates per day on top of their regular diet, and one group ate 400 calories worth of almonds.

And although the calories in their diets were identical, the almond-eaters reduced their weight by 18% over 24 weeks, while the starchy carb eaters only reduced their weight by 11%.

The researchers' theory on why this was is that the cell walls in the almonds may be blocking the absorption of some of the fats in the nuts. This theory has not been completely proven, but what is clear is that almonds can definitely support fat loss.

When buying almonds, be sure to dry roasted almonds or unsalted natural almonds. Many almonds sold in stores are cooked in oil, which makes them much higher in calories and not as good for fat loss.

Fat Burning Food #10: Green Tea



One of the biggest problems that many people have when trying to lose fat is boredom-driven overeating. Meaning, when they are watching TV or otherwise just hanging around they want to munch on something, or drink something out of habit.

This was a big problem for me when I first started losing fat. One great way that I found to deal with this is to drink green tea whenever I'm not hungry, but I feel the temptation to munch because I'm bored.

Green tea contains practically no calories when it's unsweetened, or when it's sweetened with calorie-free sweetener such as stevia. Once you know how to make it properly, it also tastes great and can be very relaxing to drink.

Green tea also contains a small amount of caffeine, which will act as a gentle and natural appetite suppressant.

Try this the next time you're watching TV and you feel the temptation to munch – make yourself a large glass of iced green tea, and eat a small handful of almonds. The fiber and fats in the almonds will fill you up immediately, and the caffeine in the green tea will reduce your desire to munch in the next few hours.

My Top 10 Fat Loss Foods In Review

To review, here's that list of my personal top 10 fat loss foods again:

- Chicken breasts
- Lean steak
- Salmon/tuna
- Egg whites
- Brown rice
- Steamed broccoli
- Steamed spinach
- Apples

- Almonds
- Green tea

If you make these foods the staples of your diet, I guarantee that you will lose weight unless you are over-eating them in absurdly massive quantities. This would be very difficult to do though, and I have never actually seen anyone who became overweight by eating too much of these foods.

Your Action Steps From This Newsletter

Here's your action step from this newsletter: create YOUR OWN personal top 10 list of fat loss foods, using my list as a starting point.

Check out what I have, and keep any foods which you personally like the taste of. But if there's anything on there which isn't your favorite, substitute something that tastes better to you and which is nutritionally equivalent.

Make sure it IS actually nutritionally equivalent though! For example you cannot substitute high-fat ground beef for lean steak, or bread for brown rice.

But if you want to substitute tilapia for salmon, or nectarines for apples, or walnuts for almonds these are all perfectly legitimate substitutions.

Write your personal list of top 10 fat loss foods out now. Once you have them, post them in a prominent place in your house. This will keep them at the top of your mind, and remind you to keep them as the staples of your diet.

And remember, you only have to focus on these foods for 80% of your diet. Just get that under control, and if you want to eat higher calorie foods in the other 20% that's fine as long as you are not binging in huge quantities.

Until next time, eat clean and train hard.

Mike Chang

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