

## Summary

Abdominal fat is the most resistant pocket of fat in the body. Even when the body fat percentage is relatively low there is often enough to obscure the core muscles. Remember that in general abdominal fat is the last to mobilize—so don't expect to see a six-pack until the rest of your body is very lean. However, removing central fat is what separates people in good shape from people who are *ripped*. If you have been making progress and are ready to take your physique to the next level, then follow the steps below. Remember, to get more results, you must work harder *and* smarter.

### The Abs Program

1. Lower the Glycemic Index of all carbs
2. Eliminate saturated and trans-fats
3. Use large amounts of omega-3 and omega-9 fats
4. Increase fiber intake to 40 grams/day
5. Lower calories
6. Perform all cardio as intervals: intensity, not duration, is key
7. Use supplements to regulate blood sugar and increase fat loss

## Diet: General Rules

Eat *at least* five separate times per day.

Eat whole, unprocessed foods.

Absolutely no white sugar, white flour, or fruit juice.  
None means **none**, not ever.

Balance all of your meals:

Always begin with a protein

Next choose a complex carb and/or vegetable

Finally select a good fat

Be aware of portions!

Eat 20-40 grams of **protein** at every *meal*.

Include several sources daily of **good fat**—nuts, seeds, oils, egg yolks, natural peanut butter and seafood are preferable.

The starches you eat must be on the **low or moderate glycemic** tables included in this packet—you should not eat *any* high-glycemic carbs at all.

It is OK to use pre-bagged salad and frozen vegetables but the more greens and fibrous carbs the better.

Drink **green tea** at every opportunity.

**Prepare your own food.** There is a reason that athletes and dieters don't eat out much. If you want the best from your body, you *cannot* afford to be at the mercy of others when it comes to your food intake.

## Diet: The Big Picture

In general I counsel against severe food restriction. I think your health and weight are best served by concentrating on what to eat, not what to avoid. Fill your diet with foods that provide health benefits, taste good and encourage fat loss and muscle gain.

Top foods to include:

1. Extra virgin olive oil
2. Flax seed oil and/or flax seed meal
3. Natural peanut butter
4. All types of nuts and seeds, especially walnuts, almonds, and macadamias
5. Salmon, albacore tuna other seafood high in omega-3 fat
  
6. Berries
7. Oatmeal
8. Dairy protein—whey protein, cottage cheese, yogurt, hard cheese
9. Salad greens and other fibrous vegetables
10. Small amounts of fresh fruit

Close runners-up:

1. Omega-3 eggs
2. Protein supplements
3. **Green tea**
4. Cinnamon
5. Cayenne pepper
6. Ginger

A diet concentrated in these foods is high in essential fatty acids, protein, minerals such as calcium, fiber, and phytonutrients. Together these nutrient-dense foods help lower cholesterol, regulate blood sugar, increase metabolism, and support optimal health.

Many of these foods not only support muscle weight gain but also inhibit fat storage. The quality and type of food in your diet, as much as the amount, will partially determine whether and how much fat and muscle you gain. Remember that after your protein needs are met, adding essential fats will best support muscle gain. Oils and other foods high in unsaturated fats are also dense sources of calories.

## The Bare Minimum

If you don't eat at least this much,  
Do not expect good results from training

Your further progress depends on a steady intake of quality protein

Every day eat at least:

Six (6) servings of 15-30 grams protein

Three (3) servings of good fat:  
Flax oil, omega-3 eggs, fish or fish oil, olive oil

For example, choose **one** of the following at each meal:

### Breakfast

- 1 omega-3 eggs and ½ cup egg substitute or
- 8oz 1% cottage cheese or
- Meal replacement/RTD or
- Protein drink or bar

### Morning Snack

- Dairy protein: yogurt, string cheese or
- Whey protein: drink or bar
- Add flax oil to yogurt or cottage cheese

### Lunch

- Six to eight ounces of any animal protein, salad and vegetables
- Small serving of low or moderate glycemic carb such as rice or yam

### Afternoon Snack

- Dairy protein: yogurt, string cheese or
- Whey protein: drink or bar

### Dinner

- Six to eight ounces of any animal protein, salad and vegetables
- Small serving of low or moderate glycemic carb such as rice or yam

### Evening Snack

- Protein drink with whey—Add flax oil to shake
- Mix in berries and ice for a smoothie

## I. Lower the Glycemic Index (GI) of all carbs

### Low-Glycemic Index Foods: Ideal Choices

Low glycemic carbohydrates disturb blood sugar the least. Most low-GI carbs are unprocessed and contain fiber. They help keep blood sugar and energy stable, keep you fuller longer, and contribute to both muscle gain and fat loss *when paired with proteins*.

Choose carbs with only one ingredient, such as oatmeal, yams, and rice. *Bread, pasta, and other refined carbs are prohibited on this diet.*

Artichoke <15

Asparagus <15

Broccoli <15

Cauliflower <15

Celery <15

Cucumber <15

Eggplant <15

Green beans <15

Lettuce, all varieties <15

**Peanuts <15**

Peppers, all varieties <15

Snow peas <15

**Spinach <15**

Young summer squash <15

Zucchini <15

Tomatoes 15

Cherries 22

Peas, dried 22

Plum 24

**Grapefruit 25**

Pearled barley 25

**Peach 28**

Canned peaches, natural juice 30

Dried apricots 31

Fat-free milk 32

**Apple 36**

**Pear 36**

**Whole wheat spaghetti 37**

Tomato soup 38

Orange 43

Canned lentil soup 44

Canned pinto beans 45

**Long-grain rice 47**

**Parboiled rice 47**

**Bulgur 48**

**Canned baked beans 48**

Grapefruit juice 48

Green peas 48

**Old-fashioned oatmeal 49**

Canned kidney beans 52

Kiwifruit 52

**Sweet potato 54**

## 2. Eliminate saturated and trans-fats

## 3. Use large amounts of omega-3 and omega-9 fats

### Highest omega-3 oils:

Fish oil  
Flax oil  
High oleic canola oil  
High oleic sunflower oil

### Highest omega-9 oils:

High oleic safflower  
Extra virgin olive oil  
Macadamia oil  
Avocado oil

### Highest omega-3 nuts:

Walnut  
Pistachio  
Pecan  
Macadamia

### Highest omega-9 nuts and seeds:

Macadamia  
Hazelnut  
Pecan  
Almond  
Sesame seeds  
Pumpkin seeds

## 4. Increase fiber intake to 40 grams/day

### Vegetables with highest fiber content:

Artichoke  
Brussels Sprout  
Potato *Skin*  
Acorn Squash  
Kale  
Yams  
Dandelion and Turnip greens  
Broccoli  
Cauliflower  
Eggplant  
Water Chestnut  
Spinach  
Cabbage  
Squash

### Vegetables with lowest calorie density:

Celery  
Lettuce  
Cucumber  
Cabbage  
Tomato  
Asparagus  
Pepper  
Cauliflower  
Spinach

### Grains with highest fiber content:

Bulgur  
Barley  
Rolled Oats  
Cous Cous  
Long Grain Brown Rice

## 5. Lower calories

In general choose foods with the most bulk for the fewest calories. The greater the weight and volume of the food for an equivalent number of calories, the more full you will feel. Low calorie density foods promote decreased calorie intake while increasing fiber and water.

### Lowest calorie density foods:

Broth

#### **Sugar-free gelatin**

Pickles

Escarole soup

Cucumber

Cabbage

#### **Tomato juice/V8**

Vegetable soup (also tomato, onion, etc.)

Sugar-free hot cocoa mix

Squash

Cauliflower

Mushrooms

Potato

Melon

Salsa

#### **Protein smoothie**

(Blended with ice to increase volume)

**Meal replacement** made with water

## 6. Perform all cardio as intervals: Intensity, not duration, is important

### Lactic Acid Conditioning

This routine will raise lactic acid levels significantly. The purpose is to alternate between periods of high effort—kettlebells—and lighter “cardio” activity. The cardio machines serve as active rest; they will keep your heart rate up but allow your muscles to *partially* recover. Use this routine to improve fatigue tolerance and reduce body fat levels.

20xTwo-Hand Swing

2 minutes treadmill

*Repeat 5 times*

20xDouble Outside Swing

2 minutes Spin Bike—1 min spin, 1 minute sprint

*Repeat 5 times*

20xTwo-Hand High Pull

2 minutes rower

*Repeat 5 times*

20xDouble Inside Swing

2 minutes Step Mill

*Repeat 5 times*

The goal is to complete all four parts five times. At that point you will have performed 400 kettlebell reps and 40 minutes of cardio—10 minutes each treadmill, Spin Bike, rower and Step Mill. The full routine should take *less than* 50 minutes.

## 7. Use supplements to regulate blood sugar and increase fat loss

### Nutritional Supplements to Support Weight Management

#### Summary

1. If you need a protein supplement, use a product that contains **Supro™** brand soy protein. Whey protein may also be included.
2. Use Barlean's flax oil and NOW Foods **Super EPA** soft gels to increase your intake of omega-3 fatty acids.
3. Once per day after a meal take the **Super Pak** by Beverly Nutrition to provide nutritional insurance.
4. Take **Glucosol™** twice per day to lower blood sugar and insulin levels.
5. Take **7-keto™ DHEA** twice per day to help create a more youthful hormonal environment in your body.

#### Sample Daily Schedule that provides omega-3 at every meal:

- Meal #1: Shake or smoothie with **soy** protein and **flax** oil.  
One 100mg capsule **7-keto™ DHEA**.  
One 24mg soft gel **Glucosol™**
- Meal #2: One or more **omega-3 eggs**.
- Meal #3: One soft gel **Super EPA**.
- Meal #4: Cold-water **fish**.  
One 100mg capsule **7-keto™ DHEA**.  
One 24mg soft gel **Glucosol™**.
- Meal #5: One soft gel **Super EPA**.  
**Multiple vitamin-mineral pack**.
- Meal #6: Small amount of **flax** oil.