

Chapter 2

EAT THIS, WEIGH LESS

Why The Abs Diet Works When Others Fail

T

HE ABS DIET IS A SIMPLE plan built around 12 nutrient-packed foods that, when moved to the head of your dietary table, will give you all the vitamins, minerals, and fiber you need for optimum health while triggering lean muscle growth and firing up your body's natural fat burners. (Tell me this isn't a meal plan you can stick to!)

Almonds and other nuts

Beans and legumes

Spinach and other green vegetables

Dairy (fat-free or low-fat milk, yogurt, cheese)

Instant oatmeal (unsweetened, unflavored)

Eggs

Turkey and other lean meats

Peanut butter

Olive oil

Whole-grain breads and cereals

Extra-protein (whey) powder

Raspberries and other berries