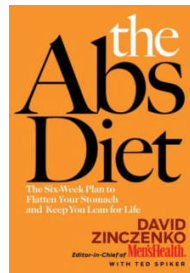


**the
Abs
Diet**
DAVID
ZINCZENKO



Date of Publication: 2004, Rodale Press

Summary: Program focuses NOT on cutting carbohydrates or changing eating habits but relying on our own NATURAL fat burning mechanisms—attaining MUSCLE!!!

- ✓ 12 Power Foods which provide protein, fiber, and foods that fight fat.
- ✓ When you combine exercise with the foods that most promote muscle growth, the ones that keep you full, and the ones that give your body a well-balanced supply of nutrients, you'll be in the sweet spot, doing what this plan is all about.
- ✓ The plan consist of 3 components—nutrition, exercise, & motivation.
- ✓ The plan PROMISES the potential weight loss individual that they can lose 20 pounds in 6 weeks.



Nuts & Bolts of the Program

Number of meals: Six/day, spaced evenly throughout the day
Eat snacks 2 hours before larger meals.

12 Groups of Foods:

- ✓ Use the A.B.S. D.I.E.T. P.O.W.E.R acronym:



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A=Almonds and other nuts

B=Beans and Legumes

S=Spinach and other green vegetables

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

I=Instant Oatmeal (unsweetened, unflavored)

E=Eggs

T=Turkey and other lean meats

P=Peanut Butter

O=Olive Oil

W=Whole Grain bread and cereals

E=Extra Protein (whey) powder

R=Raspberries and other berries

Other Tid-bits:

- ✓ Limit alcohol 2-3 drinks/week
- ✓ Ultimate Power foods: Smoothies
- ✓ Cheating—one meal/week (eat anything you want)
- ✓ Exercise (High Intensity Strength Training)
 - Workout 3 days per week
 - Full body workout



Sample Menus:

The book has many choices for breakfast lunch and dinner. It also has good recipes. The following menus are just a sample of what a typical week might look like. Keep in mind, the details of each meal may be missing. I have included the pages that correspond to the meals mentioned, in the event you buy the book. I have included 3 days.

Monday:

Breakfast: One tall glass (8-12 oz) Abs Diet Ultimate Power Smoothie (page 136); make extra for later.

Snack 1: 2 teaspoons peanut butter; raw vegetables (much as you want).

Lunch: Turkey or roast beef sandwich on whole grain bread, 1 cup 1% or fat-free milk, apple.

Snack 2: 1 ounce almonds, 1 ½ cup berries.

Dinner: Mas Macho Meatballs (page 145).

Snack 3: 8-12 oz Abs Diet Ultimate Power Smoothie

Tuesday:

Breakfast: Eggs Benedict Sandwich (page 139).

Snack 1: 2 teaspoons peanut butter; 1 bowl oatmeal or high fiber cereal.

Lunch: The I Am-Not-Eating-Salad Salad (page 142)

Snack 2: 3 slices of deli turkey, 1 large orange

Dinner: Bodacious Brazilian Chicken (page 145).

Snack 3: 1 ounce almonds, 4 ounces cantaloupe.

Wednesday:

Breakfast: One tall glass (8-12 oz) Strawberry Field Marshall Smoothie (page 137), make extra for later.

Snack 1: 1 ounce almonds, 1 ounce raisins.

Lunch: Guac and roll (page 142)

Snack 2: 1 stick string cheese, raw vegetables (as much as you want).

Dinner: Chile-Peppered Steak (page 146).

Snack 3: (8-12 oz) Strawberry Field Marshall Smoothie

Comments:

- ✓ Hidden under the glossy marketing-speak in the Abs Diet, you will find sensible and workable ideas for fat loss. The principles are not new, but simply repackaged for a different market. In fact the program is quite similar to [Body For Life](#).
- ✓ While the book is called "The Abs Diet" - having visible abdominal muscles is about attaining very low levels of fat - rather than any magic diet, special exercise, or special piece of equipment. Attaining defined abs is difficult and challenging - but it sells, and many men now consider visible abs to be the pinnacle of a good body.
- ✓ The book is written for men but can be applied to women. In fact, the author has written additional books for women.



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