

Combat The Fat

Nutrition



Table Of Contents

Introduction	2
Meet Your Food:	
Protein	5
Carbohydrates	9
Dietary Fat	13
Portion Control	15
The "CTF Daily Diet Guide"	20
"Strategic Cheating"	30
Meal "Mission Planning"	34
Special Operations Response Guide	
Restaurant Survival	41
Late Night Snacking	44

Combat The Fat Nutrition Program

Introduction



Welcome to the Combat The Fat Nutrition Program!

Hopefully you've made it here BEFORE you moved on to the next Factor in the program, right?

Good!

Now, let's start out by first going over what we know about what DOESN'T work when it comes to eating to lose weight, ok?

We know that "DIETING" is a lost cause...

"Counting calories" is much too complicated and time consuming...

You can't trust a government overrun by special interest groups and lobbyists...

And "fad diet" programs perform better at making doctors and authors filthy stinking RICH than they do at helping the general public get FIT!

Well, you'll be happy to know that there IS a way to eat healthy, lose weight, AND fit it into your current lifestyle to make it EASY to follow.

With the Combat The Fat Nutrition Program, I'm going to be asking you to look at WHAT and HOW you eat from a totally new perspective.

You see, "diets" often look at food with a NEGATIVE association.

They look at TAKING FOOD AWAY, both in your choices and in amount, in order to reduce your calories to help you lose weight.

I look at food a bit differently...

By choosing the RIGHT foods and eating them the RIGHT way...you can actually make food a POWERFUL FAT-BURNING ALLY in your war on stubborn body fat.

AND...you can do it while continuing to eat your favorite "guilty foods" along the way!

Yes...that includes eating DESSERTS!

In fact I'm going to ORDER YOU to eat dessert EVERY DAY!

Combat The Fat Nutrition Program

Surprised?

I'll explain why this is just ONE of 8 essential eating guidelines you MUST follow to maximize your weight loss efforts.

Making CHANGES To Your Daily Eating Habits

Make no mistake...

I AM going to be asking you to make some changes!

We've all developed some nasty habits along the way – I include myself here – that have to be dealt with in order to see the kind of results you're capable of.

You have the body you see in the mirror right now because of your CURRENT diet and you have to LOOK at the mirror and say...

"I'm FAT because of the way I EAT!"

Hard words to say...but they're the TRUTH!

So if you thought that by "fitting it into your current lifestyle" meant you'd be able to stay on a diet 3 square meals of doughnuts and pizza, think again my friend.

Now there are two schools of thought here when it comes to making changes to your eating habits...

One method is to "ease into" things so you don't try to take on too much all at once.

The theory is that if you make too DRASTIC of a change to your eating patterns, you'll see your weight loss program as "too hard" and give up.

I say "NONSENSE"!

The military doesn't operate on the "slow transition" principle.

Here's how they start us off on Day 1 of our new "military lifestyle"...

Arrive at destination...cut off all hair...yell at new recruits...break them of their "street" habits...fill them back up with killer instinct...unleash them onto the battlefield.

It's simple...and it works!

So while you COULD start out by simply replacing you morning cheese danish with a carrot instead, I have HIGHER expectations of you.

Right now, you're as motivated as you're EVER going to be!

Combat The Fat Nutrition Program

You've bought this program and you're sold on the fact that the Combat The Fat program is your most devastating weapon for finally achieving that leaner, sexier body...so it's time to break some of your old habits...fill you up with some KILLER fat burning strategies...and unleash you onto the battlefield!

And here's my promise to you...

If you'll give this CTF Nutrition Program a full 40 DAY commitment, I GUARANTEE you'll not only LOOK better...but you'll FEEL better and take more pride in your new body and health than ever before!

A Word From Your "Fat Burning Commander"...



But remember...CTF is about establishing HEALTHY HABITS while chiseling out a body that will draw stares...in a GOOD WAY!

And if even THINKING about "dieting" makes your head spin...don't worry...

I'll even provide you with EXACT MEAL PLANS you can follow step-by-step with the bonus program I've included.

I've taken care of EVERYTHING!

So let's start by breaking down WHAT to eat so you have a better "relationship" with the food you'll be eating.

And I take the word "relationship" quite LITERALLY here...

You have relationships with people...some of them positive...some of them negative.

Some of these people are 'GOOD' for you, like the relationships you have with your children, best friends, spouse, etc....

...and some of the people you know may actually be 'BAD' for you, like perhaps, an abusive boss, back-stabbing 'friends', critical parent, etc.

Just as it is YOUR CHOICE with whom to choose as your friends, boss, etc. you have a choice over which FOODS to have a "relationship" with in your new health-focused nutritional plan.

But the key here is to base your decisions on what you KNOW about the foods you eat.

Combat The Fat Nutrition Program

Their POSITIVE qualities...as well as the ways they can stab you in the back and sabotage your health AND your waistline.

So let me introduce you to your food...

Getting To Know Your Food

Now you don't need to be a microbiologist to succeed with this diet, because I've constructed the **CTF Daily Diet Guide** to get you up to speed in minimal time.

But you DO need to have a basic understanding of the major nutrients that you'll get from your diet so that you can speak intelligently about what you're doing because people WILL ask you what you've been up to that made you look so GREAT.

And in VERY basic terms, the food you consume can be broken down into 3 MAIN CATEGORIES of nutrients:

1. Protein
2. Carbohydrates
3. Fats

Each of these nutrients performs a separate and very important role in the body.

Let's take a closer look at each of these nutrients and how you'll be using them in the Combat The Fat Nutrition Program:

A Word From Your "Fat Burning Commander"...



Regardless of how much you think you already know about protein, carbohydrates, and fats, stick around because I have some surprises you may not be aware of.

It doesn't matter what your knowledge base is, because I'm about to give you some information that even a lot of TRAINERS don't know.

Protein

Half of your body's "dry weight" is made up of protein.

Your muscles, your organs, your brain, everything all the way down to your digestive enzymes and even your genes are made up of protein.

Combat The Fat Nutrition Program

Unlike carbohydrates and fats which are your body's PRIMARY sources for fuel, you can't "store" extra protein away.

Oh sure, your MUSCLES will hold onto some of the protein in the form of amino acid pools...but that's about it...so you have a VERY limited storage area for the protein you consume from your diet.

And since you can't store protein, your body needs a never-ending supply of it in order to maintain all of your cellular regeneration process and especially your maintenance of, and increase in, lean muscle mass.

Yes...protein is your body's "brick and mortar" for building muscle and this is important not ONLY for the young studs looking to turn some heads at the beach with some bulging biceps and washboard abs...but ALSO for ANYONE who is looking for a body that is leaner and sexier.

But protein has ANOTHER special benefit that's ESPECIALLY useful for you in your goal to BURN FAT...

You see, the food you consume DOES require your body to expend some energy in order to digest it.

This is called the "THERMIC EFFECT" of food because you're BURNING some of those ingested calories as your body processes it for use.

But some nutrients require more energy than others and it just so happens that PROTEIN has the HIGHEST thermic effect of all the nutrients!

A Word From Your "Fat Burning Commander"...



Let me give you an example of how this works...

A typical meal you consume has a general THERMIC EFFECT of about 10%.

So if you consume a meal that's 500 calories, your body will burn up about 50 of those in the process of breaking down the food, digesting it, and moving it along all the way to excretion.

But PROTEIN has a thermic effect of about 25-30%...about 200% more powerful!

That makes protein an incredible MUSCLE-BUILDING, FAT-BURNING NUTRIENT!

So now the questions is...

Combat The Fat Nutrition Program

“How MUCH protein should I be eating?”

Most “experts” will tell you that anyone who is training with an exercise program should aim for about 1 gram of protein for every pound of body weight.

But this doesn't really make any sense...

While your body's DRY weight (like your muscles) NEED protein for maintenance and repair from your training, BODY FAT doesn't need or USE protein at all.

So basically if you have two guys of identical weight, but one has 25% body fat and the other 10% body fat, there's a huge difference in the amount of fat that they'll have on their bodies, right?

So if body fat doesn't use protein, why would both of them consume the SAME amount in their diet?

Because your body doesn't STORE protein, the leaner guy who's taking the same amount as the fatter guy would spend a whole lotta time “excreting” all that excess protein in the toilet!

This is why I ALWAYS use your body's LEAN body mass in factoring in your protein intake.

Normally, I recommend consuming 1.14 grams of protein per pound of lean body mass for those who are “nerds” like me and like to break out a calculator for their diets.

But I'm going to tell you NOT to get overly wrapped up in this figure because it will all become crystal clear as we go through the upcoming CTF Daily Diet Guide.

However, just as important as HOW MUCH protein you consume, is WHEN you consume your protein...

So let me share with you 4 VERY IMPORTANT RULES when it comes to

Protein Rule #1: Consume A Serving Of High Quality Protein In Every Meal

Because you'll be exercising pretty hard during the Combat The Fat program, your body is going to need an on-going supply of amino acids to keep feeding your muscles with the raw nutrients it needs to repair itself and increase in size and strength.

Therefore, EVERY SINGLE MEAL will include a serving of muscle-promoting, fat-burning protein!

Combat The Fat Nutrition Program

Protein Rule #2 : Consume 2 SERVINGS Of Protein Immediately After Your Workouts

When you train hard with a program like you'll be using in the Combat The Fat program, you're causing microfibril damage to your muscle cells.

Don't worry...that's a GOOD thing because you're training your muscles to build up stronger to be able to handle the extra workload you're throwing at it.

That repair process will help you build more muscle, increase in strength, AND burn more fat.

And IMMEDIATELY after a workout, your muscles are BEGGING for some additional "support" to begin the recovery process so they need MORE PROTEIN than usual.

While your body can usually only break down and use about 30-40 grams or so of protein per meal, it can actually handle up to about 25% of your total daily protein requirement in its "SUPER-NEEDY" state right after your workouts.

So by consuming 2 SERVINGS of protein IMMEDIATELY after your workouts, you're supplying your muscles with the proper supply of amino acids it needs to maximize its recovery

Protein Rule #3: Consume A Serving Of Protein About 1 Hour Before Going To Bed

When you sleep, your body goes into "REPAIR MODE" where it helps you recover from the day's "work".

This is a key opportunity for your body to BUILD MUSCLE and BURN FAT...yes...WHILE YOU SLEEP!

But to do its job, it needs PROTEIN and since you're about to go into a 6-8 hour fasting period, you need to give it one more shot of protein's amino acids so it has the raw materials needed to repair and build your muscle tissue.

Protein Rule #4: Consume A Serving Of High Quality Protein First Thing In The Morning

Ok, so while you were sleeping, your body was basically in a "starved" state without any food, right?

And you've been working your muscles pretty hard so when you first get up in the morning, they'll already be looking for some re-supply, so the quicker you can feed them with some protein, the better.

Combat The Fat Nutrition Program

As soon as you can upon waking, fix yourself a HIGH PROTEIN breakfast and start your day in muscle building mode!

A Word From Your "Fat Burning Commander"...



See...I told you wouldn't F"STARVE" on the Combat The Fat program, didn't I?

As you can see, burning off fat is NOT about making food your 'ENEMY'...

...it's about learning how to USE your food as a "WEAPON" to help you reach your goals!

So let's move on and look at another one of your weapons...CARBOHYDRATES!

Carbohydrates

Carbohydrates are your body's resource for the most rapidly available fuel source.

Broken down into simple sugars or stored away in your muscles as GLYCOGEN, carbs have gained quite a reputation as being the "EVIL VILLIAN" of the nutrient world with the rise in popularity of LOW-CARB DIETS.

In fact, the debate has raged for YEARS about whether going "low carb" is the ultimate solution for losing weight or whether it was a dangerous hoax.

Well, fortunately all of that attention has spawned several studies to come up with some final conclusions.

In fact, after reviewing more than 87 long-term studies, it was found that LOW CARB dieters LOST an average of 4 MORE POUNDS PER MONTH than those that followed a low calorie diet that focused on the traditional "low fat" approach.

That's an extra 48 MORE POUNDS PER YEAR!

This proven effectiveness is one of the reasons why the Combat The Fat program DOES utilize a low-to-moderate carb foundation as a way to burn fat while STILL fueling your body for the work I have in store for you in the gym.

But based upon some "tricks" I learned in the military, I CLASSIFY carbohydrates differently...and USE them differently than you're probably used to...

Combat The Fat Nutrition Program

“DRY” Carbs Vs. “WET” Carbs

Some of you may be familiar with the more recent classification of carbohydrates by their “GLYCEMIC INDEX” rating.

This basically refers to how fast or slow a carbohydrate is processed in your body.

The FASTER a carb is processed into sugar, the HIGHER its “glycemic index” rating and the more your body has to pump out INSULIN in order to quickly balance out your blood sugar levels.

Since insulin triggers your body to store BODY FAT, the more high-glycemic carbohydrates you consume, the more likely you are to gain fat.

In contrast, LOW GLYCEMIC carbs are broken down SLOWLY by the body and don’t “spike” your insulin levels so you’re less likely to convert them into body fat.

A Word From Your “Fat Burning Commander”...



For instance, a Snickers bar is loaded with highly processed sugar.

That sugar will be rapidly transported through the stomach wall and hit your bloodstream like a freight train.

Your body wasn't designed to handle that much sugar, so it secretes insulin to flush it out of your body.

For the purposes of the Combat The Fat program, you’ll be focusing on carbs that are primarily LOW GLYCEMIC because you want to avoid spiking your insulin levels at all costs (with only one exception that I’ll explain in just a bit)

But I FURTHER break down low glycemic carbs into what I call “DRY” CARBS and “WET” CARBS.

Here are some examples of how these carbs are divided into these two categories...

Combat The Fat Nutrition Program

"Dry" Carbohydrate Examples	"Wet" Carbohydrate Examples
Oatmeal Pasta Whole Grain Bread Whole Grain Cereals Brown Rice Quinoa Sweet Potatoes/Yams Note: Some higher calorie fresh fruits are categorized as "Dry Carbs" in CTF but should only be consumed post-workout. These include Bananas, Mangoes, and any Dried Fruits)	Fresh Raw Fruits (See exceptions in "Dry Carbs"; canned fruits are NOT considered "Wet Carbs" in CTF) Fresh Vegetables

A Word From Your "Fat Burning Commander"...



While there are some fruits and vegetables that have a little more sugar response, I'm really not too concerned about them.

Carbohydrates from fruits and vegetables are much, much better tolerated by your body and the payoff is they're also loaded with vitamins and minerals.

The only other exception I would make are DRIED FRUITS as these should ONLY be consumed immediately after your workout due to their high sugar content.

As a matter of fact, let's go over that now...

While I'll be going over EXACTLY how you'll be using carbs to burn body fat in the CTF Daily Diet Guide, there ARE 3 "rules" I'd like you to follow...

Carbohydrate Rule #1: Consume One Serving Of HIGH GLYCEMIC Carbohydrates IMMEDIATELY After Your Workouts

While your goal IS to reduce the insulin spike caused by rapid blood sugar levels from high glycemic meals, there IS one exception to this rule when that insulin spike can actually HELP you.

Combat The Fat Nutrition Program

Immediately after an intense workout, you have what is called a “metabolic window of opportunity” when your body has used up blood sugar and muscle glycogen to fuel your training.

In this depleted state, your muscles are actually LOOKING for a “sugar re-supply” and by immediately consuming a HIGH GLYCEMIC post-workout meal, the resulting insulin spike will quickly feed your muscles the nutrients they need to begin the repair cycle INSTEAD of triggering fat storage.

This basically gives you about a 30-60 minute window after your training where you SHOULD consume foods that are HIGH in sugar to help your muscles recover and build up stronger and stronger.

Carbohydrate Rule #2: Avoid Consuming Any DRY CARBS Within About 3 HOURS Before Going To Bed.

At night, your body’s metabolism slows WAY down and doesn’t have the same level of resources for breaking down carbohydrates like it does during the day.

That means that night time munching on cereal, crackers, or any other DRY CARBS are more likely to be turned into BODY FAT while you sleep.

Skip the dry carbs in the evening and focus instead on low glycemic fresh fruit or other WET CARBS which is easier to digest and won’t tax your body’s ability to recover at night.

Carbohydrate Rule #3: “Wet Carbs” Are Your Free-For-All Food Choices

It’s virtually IMPOSSIBLE to eat so many “wet carbs” like fresh fruits and vegetables to make a serious dent in your calorie intake.

This allows you to eat throughout the day so you NEVER have to feel hungry...AND you can still lose weight!

Here’s an example of some of your snacking choices:

“Free” Wet Carb Foods (No Limits On Daily Consumption)		
Apples	Spinach	Asparagus
Pears	Broccoli	Water Chestnuts
Grapes	Celery	Zucchini
Grapefruit	Eggplant	Summer Squash
Oranges	Lettuce	Mushrooms
Cantaloupe	Cabbage	Green/Wax Beans

Combat The Fat Nutrition Program

Dietary Fat

Probably no other nutrient has been as hotly debated or misunderstood as dietary FAT.

While early diets preached the need to eat meals that were VERY low in fat, the medical community was discovering that there are GOOD FATS and BAD FATS...and that it was the over-consumption of the BAD ones that were causing all of the problems with coronary disease and obesity.

But as you learned in the previous chapter, GOOD “FUNCTIONAL” FATS actually HELP YOU to guard your heart AND even lose weight...if consumed correctly.

In fact, since fats are a crucial part of your cellular structure and necessary for healthy HORMONE BALANCE, if you're NOT consuming enough healthy fats in your diet, you're actually JEOPARDIZING your muscle gains and fat loss while damaging your health.

Here's a chart to help you determine the difference between the GOOD, the BAD, and the UGLY...

Avoid At All Costs!	Limit To 10% Of Total Intake	Very Good Source Of Healthy Fat	Excellent Source Of Healthy Fat	Excellent Source Of Healthy Fat
Trans-fatty acids (Processed foods; margarines)	Saturated fats (animal products; dairy)	Poly-unsaturated Omega-6 fats (plants; plant oils; flax seed oil)	Poly-unsaturated Omega-3 fats (fish; fish oils; flax seed oil; sunflower oil; safflower oil; corn oil; soybean)	Mono-unsaturated fats (avocados; olive oil; canola oil; nuts; flax seed oil)

Your Food Choices: Putting It All Together

I know we've talked a LOT about the different “QUALITIES” of the food you eat.

With considerations such as pH, assimilation, digestibility, hormonal balance, timing, and how they affect the “whole body”, you can now see that not all proteins, carbs, and fats are created equal, right?

Combat The Fat Nutrition Program

I know it can get confusing, so to help you get a better grasp of how to make the RIGHT CHOICES when it comes to these 3 NUTRIENTS, I've included a chart below that takes into consideration ALL of the attributes you need to consider.

Hopefully this will give you some clarity when planning out your meals.

Proteins	Carbohydrates	Fats
Best Choices		
Whey Protein	Green Vegetables	Flax Seed Oil
Sushi	Fresh Fruits	Extra Virgin Olive Oil
Wild Caught Salmon	Raw Honey	Canola Oil
Halibut	Wild Berries	Avocado's
Poached/Boiled Eggs	Dried Fruits (After workouts)	Ghee (Clarified Butter)
Turkey Breast	Beans & Lentils	Raw Almonds
Venison	Squash & Yams	Raw Walnuts
Buffalo	Mana Bread	Pumpkin Seeds
Cottage Cheese	Oatmeal	
Sardines	Brown Rice	
Soy Milk		
Ostrich		
OK Choices		
Chicken Breast	Potatoes (w/Skin)	Cheese
Leg Of Lamb	Pita Bread	Peanut Butter
Soy Protein	Plain Yogurt	Canola Mayonnaise
Fat Free Milk	Commercial Pasta	
Canned Tuna		
Poor Choices		
Pork Ribs	Most Breakfast Cereals	Creamed Soups
Fried Eggs	Pasteurized Juice	Regular Mayonnaise
Ground Beef	Candy	Butter
Hot Dogs	Cookies	Margarine
Sausage	White Bread	
Deli Meats	Sugar	
Whole Milk		

Combat The Fat Nutrition Program

Portion Control: The Key To Losing Weight WITHOUT Counting Calories

Two groups of people gearing up for a buffet were unknowingly given one of two plates.

One group was given a 9-inch plate and the other group was given a 12-inch plate and researchers observed the eating habits of both groups from the time they all ponied up to the buffet table all the way through the end of their meal.

The result?

Both groups piled on the same kinds of foods...

Both groups used every square inch of their plates to take advantage of the all-you-can-eat value...but the group with the 12-inch plate added even MORE food respective to plate size because the plate made the food “look” smaller.

And both groups consumed 92% of the food that was on their plates.

Researchers concluded that our appetites and the amount of food we consume is DIRECTLY related to plate size and other visual cues.

Here's another experiment that's even MORE telling...

A group of movie-goers were treated to a night out where they were first given dinner at a restaurant and then brought directly to a movie.

At the theater, half of these people were given a free GIANT tub of popcorn and the other half received a free MEDIUM tub of popcorn.

You know where I'm going with this, don't you?

Maybe not...because the experiment gets even BETTER...

Half of the giant tubs and half of the medium tubs that were handed to the participants were filled with two-week old STALE popcorn!

At the end of the movie, it turned out that those people with the GIANT buckets of popcorn consumed WAY more than those with the smaller buckets.

But the strange part is that the results were the EXACT SAME even for those people who were given the giant tubs of STALE popcorn!

The lesson here?

You will usually eat whatever is put in front of you and the MORE that's put in front of you...the MORE you'll eat!

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...

Now, let's get REAL for a minute...

We know that one pound of body fat is equal to about 3,500 calories, right?



So in basic terms, between the amount of calories you consume and the amount of calories you burn off through activity, showing a deficit of 3,500 calories WILL equal out to one less pound of fat on your body.

However, no one wants to have to become a mathematical genius in order to structure your diet to lose weight.

Calculating all of the calories you consume is too TIME CONSUMING and FRUSTRATING for the average person and to truly be accurate, you'd have to deduct the individual "THERMIC EFFECT" of all your food.

Nonsense!

That's why I often say, "Calories DO count...but DON'T count calories"!

So then HOW can you reduce your caloric intake without having to become a human computer?

Well the two research projects I just showed you are VERY illuminating as to how we can take advantage of our own VISUAL CUES to easily PRE-PLAN our caloric intake through "PORTION CONTROL".

Now that we know we can't depend upon our BRAIN to control the amount of food and calories we take in WHILE we're eating, we have to rely on it to do the thinking BEFORE the food hits our plates and PLAN how much we'll eat ahead of time.

By ONLY placing before us the amount of food we NEED to eat, we diffuse our tendency to eat MINDLESSLY.

So if your goal for a meal is one "serving" each of protein, carbohydrates and fat, you simply serve yourself the pre-determined amount and when you're done, you know you've eaten EXACTLY what you needed to stay on track with your dietary goal...no less...no more.

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...



But what IS a "serving" of protein, carbohydrates or fat?

Well, since everyone will have a different calorie requirement based upon their body, that answer will be different as well.

I'll cover EXACTLY how you'll determine your own personal portion sizes once we get to the Combat The Fat Daily Diet Guide.

PLUS...I'm about to show you a SIMPLE way you'll know EXACTLY how much food to put on your plate WITHOUT the need for measuring cups, scales, or scoops!

Before you begin to set up your own personal diet plan, it's a good idea to become familiar with how protein, carbs, and fat "LOOK" when it comes to some STANDARD portion sizes.

So here's a simple chart that will give you a better visual idea of what to look for:

Sample "Standard" Portion Sizes		
30-40 g Protein	40-50 g Carbs	15-20 g Good Fats
1 Small Chicken Breast	1 ½ Cups Cooked Oatmeal	¼ Cup Almonds
1 ½ Scoops Whey Protein Powder	1 Rounded Cup Whole Wheat Pasta	Slightly Less Than ¼ Cup Pumpkin Seeds
6 Slices Deli Meat	1 Sweet Potato	1 Tbsp Flax Oil
1 Cup Low Fat Cottage Cheese	1 Rounded Cup Brown Or Wild Rice	1 Tbsp Olive Oil or Canola Oil (2 Tbsp if using to cook)
5 Pieces Of Steak About The Size Of A Quarter	3 Slices Whole Grain Bread	¼ Cup Walnuts
7 Lite Fish Sticks	1 Whole Grain Bagel	3 Tbsp Canola Mayonnaise
1 Can Tongul Tuna	2 Packets Instant Oatmeal	6 Tbsp Ground Flax Seeds
		1 Raw Avocado

From this, we'll begin to customize your own PERSONAL "portions" so you'll be ready to dive right into the 8 CTF Daily Diet Guide for mapping out your meal plans.

Combat The Fat Nutrition Program

This is a relatively EASY thing to do and you don't even need a SCALE or measuring cup to do it because I'm going to show you a SIMPLE way you can use a handy set of tools you carry around with you everywhere you go...

...your HANDS!

By using your hands as visual "portion-meters", you can determine how much food to place on your plate without having to worry about "over-thinking" it.

A Word From Your "Fat Burning Commander"...



Let me explain with an example...

Let's say you want "one serving" of PROTEIN for your meal and you're looking at a chicken breast for dinner.

Well, all you would do is put on your plate enough chicken so that if you balled it all up, it would be about the size of your FIST and that would be how much you would eat.

Same thing goes for DRY CARBOHYDRATES...

A sweet potato the size of your FIST would equal ONE SERVING of dry carbs.

Fats work a little differently...

Because dietary fat has over TWICE as many calories as both protein and carbs, you'll use much less in your diet.

For FATS, you will use EITHER your THUMB...or a HANDFUL.

Let me make this clearer...

If the fat you're consuming is a "LIQUID" (such as olive oil, canola oil, butter, salad dressings, or canola mayonnaise), you would use a portion that is about the size of your FULL THUMB.

The one exception to this is if you are COOKING with the liquid in which case you would use an amount of oil equal to TWO THUMBS.

However, if the fat you're consuming is a "dry" fat, like almonds, walnuts, pumpkin seeds, etc., then you would simply grab a FULL "TIGHT" HANDFUL of them and that would equal one serving.

Sounds simple enough, right?

Combat The Fat Nutrition Program

But not everyone is going to need the same out of protein, carbs, and fat in their diets, right?

Well fortunately, BIGGER people who need MORE calories than others also have BIGGER HANDS just as MEN typically have bigger hands and need more calories than WOMEN.

So naturally, while a larger man would need MORE protein, he'd be GETTING more protein because he would have larger hands!

Same holds true for the serving sizes for ALL of your other nutrients.

But don't worry about whether or not you have "larger or smaller hands" for your body...the point is to eat the right portions without making it ROCKET SCIENCE.

As you progress through the program, LOOKING at your food in relation to your hands will help you make simple adjustments along the way based upon your personal results.

A Word From Your "Fat Burning Commander"...



Now notice I didn't bring up measuring out your servings of WET CARBS.

Why is that?

Remember...in the CTF Nutrition Program there's NO LIMITATION on the WET CARBS you consume.

You can have as MANY as you want...WHENEVER you want...as long as you're staying true to the other factors in the Program.

Ok, now that you understand what your PERSONAL "serving size" is, I can show you just how easy it is to "EAT RIGHT" every single day.

Are you ready for your Combat The Fat Daily Diet Guide?

Ok, let's get started...

Combat The Fat Nutrition Program

The Combat The Fat Daily Diet Guide

My promise to you was that I would make EATING to lose weight a relatively THOUGHTLESS PROCESS for you.

No counting calories...no measuring or weighing your food...no complicated formulas to follow.

Well it's time to back up my promise, but there is ONE very important requirement you must meet in order to follow my CTF Daily Diet Guide...

You MUST be able to count up to EIGHT!

Got that covered?

Great! Because I've created just 8 SIMPLE DAILY GUIDELINES to keep in mind that will make planning out your day's meal plan a snap!

Each number from ONE through EIGHT has a different "meaning" in the CTF program and you'll see just how easy it is to follow along.

So let's get started...

1

Dessert Every Day!

That's right...I want you to have a ONE dessert EVERY SINGLE DAY!

Yes, I know conventional wisdom says you have to cut out all sweets in order to lose weight, but there's a problem with that theory...

Looking back at our caveman roots, we find that our bodies developed to actually CRAVE "sweets" so we would seek out fruits and berries that offered a powerful punch of vitamins and minerals while providing short bursts of energy that we needed at different points throughout the day.

Since our genetics haven't changed, common sense says we're NATURALLY going to crave sweets so if you try to deprive yourself completely, you're going to have complete dietary FAILURE.

The secret to satisfying your sweet tooth without expanding your waistline is in the dessert CHOICES you make...and WHEN you make them.

Rather than scarfing down half a cheesecake or a dozen Twinkies, opt for HEALTHY DESSERTS such as PROTEIN SHAKES.

Just freeze some nonfat vanilla yogurt in ice cube trays and then when the urge hits, you can throw four cubes of yogurt cubes into your blender, some frozen strawberries or other fruit, a little bit of Stevia (an awesome all-natural sweetener) or raw honey, a splash of soy or non-fat milk, and some vanilla protein powder...and what you get is a strawberry protein shake that will satisfy your sweet tooth and won't go to your waistline.

There are other ways to make healthier choices for desserts and there are LIMITLESS recipes for delicious protein drinks. I've even added protein powder to sugar-free INSTANT PUDDING and made a delicious late-night snack that BUILDS MUSCLE and BURNS FAT while I sleep!

But don't forget...you ALSO have your post-workout "metabolic window" where consuming HIGH SUGAR will actually HELP YOU recover and this is a GREAT opportunity to time one of your GUILTY PLEASURES and transform it from a typical "fat-generator" into a "muscle-builder".

Just can't do without your chocolate chip cookies? Well, grab a handful IMMEDIATELY after your workout and feel free to indulge WITHOUT GUILT because you're actually giving your body what it NEEDS!

2

"Dry Carb" Servings On NON-Workout Days!

This is one of my secrets for making "LOW-CARB" easy to follow WITHOUT having to "count calories" and with my classification of DRY vs. WET carb sources, you get the BEST of both the "low carb" diets AND the now popular "low glycemic" diets as these have BOTH proven very effective at helping you burn fat.

Here's how my plan works...

On days that you're NOT putting in a FULL exercise session from the CTF Workout Guide, you're only going to eat 2 SERVINGS of DRY CARBS throughout the day.

And to get the most out of these servings, here are a few suggestions on TIMING:

Dry Carb Serving #1: Try to make ONE of your servings first thing in the morning to end your nightly fasting period, provide your body with some complex carbohydrates to jump start your metabolism, and give you some energy to start your day.

Dry Carb Serving #2: A great time for your SECOND dry carb serving is at LUNCHTIME because your brain actually NEEDS carbohydrates to think so if you're trying to go all day on zero dry carbohydrates, you could get a little sluggish in the afternoon.

And don't forget to try to AVOID dry carb consumption late at night so your body doesn't try to store the carbs away as body fat.

But now, what about days that you DO workout?

I thought you'd never ask...

3

"Dry Carb" Servings On Workout Days!

Your body has DIFFERENT needs on days you workout than on days you DON'T workout.

With the type of training you'll be going through in the Combat The Fat program, your muscles are going to DEMAND fuel and while you WILL be supplying some of that fuel in the form of BODY FAT, your MUSCLES are also going to be looking for replenishment of precious GLYCOGEN.

Since that call for glycogen is going to be greater on the days you exercise, you're able to consume a little more DRY CARBS than on your non-workout days.

And just like on your NON-workout days, I have some suggestions for WHEN you should consume these dry carb servings:

Dry Carb Serving #1: First thing in the morning upon waking up. (Sound familiar?)

Dry Carb Serving #2: About 2-3 hours BEFORE your workout.

With the intensity level you'll be training with on the CTF Workout, you don't want to try to exercise without some reserve energy on standby so you'll need to eat enough carbs to fuel your training but STILL have an "empty stomach" once you hit the gym.

If you workout first thing in the morning, then just consider your "pre-workout" dry carbs that first serving you had upon waking.

If this describes YOU...then just use your third dry carb meal elsewhere in the day where you see fit.

Dry Carb Serving #3: Immediately AFTER your workout.

Remember that AFTER an intense workout, your body is going to need extra carbs to help it repair and improve your muscles so you want to take in some HIGH GLYCEMIC CARBS as soon as possible (like within 1 HOUR) after you're done training.

In THIS case, "dry carbs" will refer to your HIGH glycemic carbs and this will count as one of your three servings for the day.

4

Servings Of “Functional Fats” Each Day!

We’ve already talked about the importance “FUNCTIONAL FATS” like Omega 3’s, 6’s, and monounsaturated fats play in cellular health and fat burning so we need to make sure that you’re getting ENOUGH of them to do the trick without going too far overboard.

In your CTF Daily Diet Guide, you’ll consume 4 SERVINGS of healthy fats every single day.

For your “DRY” FATS, that means a “tight” handful of raw almonds, peanuts, walnuts, or pumpkin seeds or a “simulated handful” of natural peanut butter, avocado, or flax seeds.

For your “WET” FATS, some great options are adding a “thumb size” amount of canola or flax seed oil to a protein drink or (one of my favorite ways), dipping a nice whole grain crusty bread into some extra virgin olive oil with minced garlic and ground black pepper accompanied by a glass of fine red wine.

By adding these healthy “FUNCTIONAL FATS” to your diet, you’ll reestablish healthy cell membranes, healthy functioning cells, and help balance out hormones as your body sets out to completely REBUILD your structure.

You will LITERALLY help build a better body!

Combat The Fat Nutrition Program

5

"Colors" Of Fruit & Vegetables Each Day!

Different fruits and vegetables have different properties of vitamins and minerals that your body uses as the "nuts and bolts" of its daily functioning and cellular health.

And the COLOR of a fruit or vegetable can give you some insight into its nutritional value.

Because similarly-colored fruits and vegetables tend to have the same nutrients in them, you need to shake up the colors of the fruits and vegetables you consume rather than just eating your one or two "favorites" which gives you an incomplete spectrum of nutrition and results in weight gain and poor health.

All you need to do is make sure that you get AT LEAST one "representative" from EACH of the categories of 5 COLORS of fruits and vegetables I have listed below every single day and you'll be WAY ahead.

And don't forget...as a side benefit, fruits and vegetables are highly ALKALINE so this is just another way that you can help balance out the pH levels in your body.

Eat AT LEAST ONE SERVING From Each Of These Colors Every Day:

Blues & Purples	Greens	Whites & Browns	Reds	Yellows & Oranges
eggplant prunes blueberries purple grapes plums raisins	kiwi honeydew melon spinach broccoli romaine lettuce Brussels sprouts green cabbage zucchini avocados green grapes green peas soybeans green beans asparagus lima beans	pears bananas cauliflower mushrooms figs garbanzo beans hummus black beans pinto beans black eyed peas navy beans	strawberries raspberries cranberries cherries tomatoes radishes red apples red peppers kidney beans watermelon beets	oranges grapefruits peaches cantaloupe mangos pineapple squash carrots papaya pineapple

6

Meals Per Day!

If you've ever built a campfire, you know that if you try to light a giant log, it will take forever to get it started and burn VERY slowly once it gets going.

But if you stack a bunch of small sticks and logs together, you can build a RAGING INFERNO in seconds.

Same thing happens in your body when you restrict yourself to 3 or less meals a day (think "giant log") compared with eating smaller, more frequent meals spread throughout the day (think "raging, fat-burning inferno")!

By breaking up your meals into smaller chunks, not only do you supply your body with a steady flow of nutrients, stabilize your insulin levels, and take advantage of food's "thermic effect" to stimulate your metabolism to burn more fat...

...but this ALSO avoids one of the biggest "diet-killers", HUNGER, because you'll literally be eating ALL DAY LONG!

By keeping that sense of fullness you're not constantly challenged to overindulge in things you know you really shouldn't be eating anyway.

Okay, so how do you eat six meals a day?

Well, basically you're still going to focus on three "main meals" but they'll be SMALLER than what you normally may be used to.

These meals will be interspaced with three other nutritionally charged "snack meals" and all will be spaced about 2-3 HOURS apart.

Here's an example of how you could structure your daily eating schedule:

- 8:00 am – Breakfast
- 11:00 am – Snack
- 1:00 pm – Lunch
- 4:00 pm – Snack
- 6:00 pm – Dinner
- 9:00 pm – Snack

Of course YOUR schedule may look different as it will be based upon your personal workout and daily agenda, but this will give you an idea.

7

Grams Of Fiber In Each Meal!

We've already talked about the need for fiber to keep your body healthy and keep your metabolism revved up to burn more fat.

And we also talked about how woefully DEFICIENT the average diet is in fiber content.

But when you're trying to lose weight you need to GREATLY INCREASE your fiber intake even more to help you reach your goals!

For one, foods that are high in fiber take up more room in your digestive system so they'll help you FEEL MORE FULL as opposed to foods with little fiber, so you'll naturally consume LESS CALORIES.

Fibrous foods also help STABILIZE your insulin levels while requiring more calories be burned in the process.

And finally, all that fiber will keep your "PIPES" in top condition, allowing you to absorb more of the healthy nutrients from your food and helping you reduce toxic buildup.

Eating 7 GRAMS of fiber in each meal will give you about 42 grams of fiber a day, which is a little bit more than what most diets recommend...but absolutely CRITICAL to the fat burning process.

It may sound like a lot (it's more than double of what most people get in their diets) but it's really not hard to do because remember...the CTF Daily Diet Guide NATURALLY takes these factors into account and is already structured to be HIGH in fiber.

No real thought required!

For example, let's say that over the course of one day's meals you eat an apple, a cup of kidney beans, one ounce of nuts, a cup of garbanzo beans, and two servings of mixed vegetables.

Not hard to do, right?

Well, guess what...you just got 41 grams of fiber in your diet!

THAT'S how easy it is!

8

16 oz. Glasses Of Water Each Day!

Since most of your body is comprised of water, it is the one single MOST IMPORTANT nutrient you need to consume just to STAY ALIVE.

But on a more egotistical level, it's ALSO one of the most "thermogenic" fat-burners you can ever put in your body!

By drinking water, you provide the necessary medium for proper cellular function, you boost your metabolism, balance your pH levels, aid in digestion and removal of waste, boost your energy levels AND...there's this little side effect called "fat burning" you may have heard of!

Yes, WATER is an absolutely CRITICAL element of effective weight loss!

But while many people feel that their getting enough "liquids", they're actually staying hydrated on a lot of EMPTY LIQUID CALORIES that are doing more to EXPANDING their waistline instead of SHRINKING it!

The average person that has a glass of juice in the morning along with their sweetened coffee...has a 16-ounce glass of soda for lunch...an afternoon coffee drink again to wake up...a smoothie from the local smoothie bar...a glass of wine and then a final glass of milk before bed is EASILY adding as much a 1,000 EXTRA CALORIES to their daily intake...all while calling it "hydrating" themselves.

That's equal to an extra TWO POUNDS of body fat every week!

So to reverse this process and optimize your body for HEALTH as well as BURNING FAT, you're going to make sure that you drink EIGHT 16-oz glasses of water each and every day.

Sound like a lot?

Well, not if you consider that if you drink two cups of water when you wake up in the morning...two cups of water during your workout...just one cup with each one of your meals throughout the day...one cup of water in between each of those meals...then you'd have consumed ALL of your requirements for the day!

Note: If you're a smaller "petite" person, you may be able to reduce your intake down to eight 12-oz servings a day...just gauge your own personal intake levels to find the right balance.

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...

Well there you go...I can't make it any simpler than that!

Just follow all eight of these meal planning factors each and every day and you can't go wrong.

No measuring...no calculator-ruled formulas.

Just be sure to include all of the OTHER basic principles we've discussed so far, like...



One serving of PROTEIN with EVERY meal

One serving of FRUIT or VEGETABLE with EVERY meal (mix up those colors!)

Eat as much as you like of your WET CARBS in between meals!

But now, let me share with you some additional "combat skills" to help you in your war on fat...

Combat The Fat Nutrition Program

"Cheaters" Sometimes Win

I can still hear my mother telling me "Cheaters NEVER win" when she caught me trying to move my game piece a few extra squares while she was busy answering the phone.

But the rules that govern a sneaky 6 year old don't necessarily need to apply to us as adults...at least not when it comes to eating to burn off body fat!

The truth is that while "cheating on your diet" is often the "nail of guilt" that finally seals the fate on many a diet plan, I'm actually going to tell you to EMBRACE CHEATING with a passion!

BUT...there's a way to cheat and WIN and a way to cheat that leaves you openly sobbing in your 3rd bowl of ice cream at another failed attempt to control your eating...so you have to be SMART about it.

Here's how you do it...

First, you DO have your one DAILY DESSERT from your CTF Daily Diet Guide that, if planned correctly CAN satisfy even the strongest sweet-tooth.

A Word From Your "Fat Burning Commander"...



I've perfected my protein blender drinks so much that if I offered one to you blindfolded, you'd SWEAR I was serving you a milkshake!

Simply add one of your "functional fat" servings of canola oil to the mix and it makes it sooooo creamy!

Freeze it for twenty minutes and it's pretty darn close to ICE CREAM!

And of course you DO have your HIGH-GLYCEMIC POST WORKOUT MEAL that transforms foods that would normally be big "no-no's" into powerful muscle-building nutrients as they refill your muscles' glycogen stores and shuttle nutrients to the cells for repair and regrowth.

But does following the CTF Nutrition Plan mean that you're doomed to a life WITHOUT nachos, pizza, and barbeque ribs?

Combat The Fat Nutrition Program

C'mon...do you REALLY think I'd do that to you?

A Word From Your "Fat Burning Commander"...



Hey, don't get the impression that I'm some "health food nut" who lives on nothing but bark and berries all my life.

In reality, I'm a "health food nut" who ALSO loves a good beer and a burger as much as the next guy and I have a real weakness for spicy Buffalo wings and my wife's barbequed spare ribs!

And you DON'T want to get in between me and a peach cobbler if you know what's good for you!

So how can you balance out life's little 'guilty pleasures' with a sensible fat loss plan?

Let me show you how...

"MODERATION" is key when it comes to leading a healthy lifestyle and still maintaining your sanity.

But even beyond that, studies have shown that "cheating" can actually INCREASE your ability to burn MORE body fat!

In one research project, participants who were going through calorie restriction in order to lose weight were treated to a "Cheat Day" where they actually consumed up to TWICE their normal calorie intake.

However, this sudden shift in their caloric intake actually INCREASED their fat-burning metabolism by 9% over the following 24 hours!

Researchers attribute this temporary increase in natural calorie incineration to the body's confusion over the sudden change in diet.

Just when it was getting used to living off of the restricted calorie intake and starts to think of slowing DOWN your metabolism to avoid losing too much fat, it gets a boost of "OVERCONFIDENCE" from the increased calories and decides to relax and burn off some extra fat just for fun.

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...



Kind of like when you got your holiday bonus from work and decide to blow it all on the large flat screen TV you've always wanted when you KNOW you should be paying off your credit card instead, right?

So live a little!

In fact, live a LOT...but only do it ONCE A WEEK...and only for ONE MEAL!

You see, I'm giving you a "Get Out Of Diet Free" card along with my permission to take ONE MEAL every week and eat ANYTHING you want!

Pizza...Ice Cream...Fried Chicken...Potato Chips...Chocolate Chip Cookies... Cheeseburgers... French Fries...ANYTHING...

...but you only get ONE MEAL each week AND...you can't have a stockpile of these foods at home.

That means you may have to go OUT to get them at a restaurant or elsewhere, but if they're just lying around in your pantry waiting for "Cheat Day", they may start whispering your name EVERY day instead and that's not good.

Now if you want to be REALLY strategic and reduce the impact of your cheat meal a little bit, just time it to be right after your workout or make sure it's during your office party....the Friday poker game...or Happy Hour with your friends...and you'll be even MORE ahead.

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...

One word of caution here...



Don't be surprised if, after following a healthy diet like that in the CTF Nutrition Plan, you start to lose your taste for some of these greasy, sugary, salty foods.

Once your body starts adapting to the powerful benefits you're finally offering it with the good wholesome diet you've been following, throwing a greasy pizza at it may surprise you in just how sluggish it makes you feel.

That's actually a GOOD SIGN that you're on track with your health...and your abs aren't far away!

Combat The Fat Nutrition Program

Meal Mission Planning

Just as in the military we don't like to enter into a conflict without a properly planned mission briefing, taking on an effective fat-burning meal plan isn't something you do by the seat of your pants.

You need to be PREPARED ahead of time so EXECUTION of your plan is brain-dead simple.

The purpose of this section is to help arm with you some EASY and POWERFUL strategies to establish your new, healthier eating habits...and get a jumpstart on your DAILY, and WEEKLY meal plans.

And the first step is to conduct an INVENTORY of your CURRENT nutritional weapons arsenal and make sure you have the proper firepower and ammunition to begin the battle.

And our first objective?

Your FOOD PANTRY and KITCHEN CUPBOARDS!

Your mission is to take a good hard look at WHAT you have in your cupboards, pantry, refrigerator, and freezer armed with your new knowledge about what is good for you and what is actually the "enemy" disguised as "food".

Look (maybe for the first time) at your food labels and see what you've been putting in your body.

Are there words on the ingredients list that you need a rocket scientist to translate for you? That's not good!

Does the label show a high saturated fat content or even worse...TRANS FATS? That's not good!

Is "sugar" somewhere in the first few ingredients listed on the product? Nope...not good!

So let's make your job EASY by ridding your home of any temptations that will gnaw away at you as you try so hard to transform your body, because bottom line...if it's available...it's gonna get EATEN!

Even if you say, "Okay, that food is off limits now!" but you keep it in the pantry...it's going to get eaten at some point when you're at your weakest.

Combat The Fat Nutrition Program

So go right now and get rid of ALL of the foods that are not given the “thumb’s up” in the CTF Nutrition Plan!

A Word From Your “Fat Burning Commander”...



Yes, I really want you to go through this exercise RIGHT NOW!

Get rid of all those dead fats, those hydrogenated oils, the cookies, the cakes, the cream pies, the Twinkies, the Ho Hos, the Ring Dings, the Hoo Hoos.

They’re not good for YOU...they’re not good for your FAMILY...they’re just NOT GOOD PERIOD!

So throw them right in the trash as your way of showing your defiance to your ever-widening booty!

Feel the power as you take back control and vow that TODAY is the day that you begin your march toward the body of your dreams!

Navigating The Grocery Battlefield

Sometimes it seems like a trip to the local grocery store is like walking into a full fledged combat zone, doesn’t it?

And I’m not just talking about the battle-scarred fellow shoppers who try to quickly wedge their cart before yours in the checkout line.

I’m ALSO talking about the actual SCIENTIFIC marketing practices used by the grocery gods to strategically place the most UNHEALTHY foods in locations were you’re MOST LIKELY to see and buy them!

Add to that the deceptive packaging and labeling practices of food manufacturers and you’re LUCKY if you can come out of the checkout line with a bag full of something that’s actually going to help you in your quest for a new body.

So let me offer you some reinforcements and show you some REAL battle-tested techniques for maneuvering around the grocery store landmines...

1. NEVER Go Grocery Shopping Hungry

Combat The Fat Nutrition Program

It's important that you eat a meal RIGHT BEFORE you go to the grocery store because if you're hungry, you're MORE likely to start reaching for the Twinkies and potato chips because your body has this insatiable craving for food.

And you KNOW that when you're in "CRAVING MODE", you're NOT jonesing for a CARROT, right?

You want FATTY, SWEET, SALTY, STARCHY, WONDERFULLY RICH foods that you can shovel in your mouth at the speed of sound!

So avoid this threat altogether and make sure you eat BEFORE you shop for WHAT to eat during the week.

2. Map Out Your Grocery Shopping With A Detailed Inventory List

Included on the next page is a grocery list that you can use to PRE-PLAN for the upcoming week's meals.

Make copies of this chart and stick one up on your refrigerator so you can check off the food that you're going to need to shop for

Plan out your meals ahead of time...and STICK TO THE LIST!

Combat The Fat Grocery List

Fresh Produce	Dairy Products	Staples	Canned Goods
Fruit <input type="checkbox"/> Apples <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Apricots <input type="checkbox"/> Nectarines <input type="checkbox"/> Peaches <input type="checkbox"/> Berries <input type="checkbox"/> Oranges <input type="checkbox"/> Grapefruit	Dairy Products <i>Choose low-fat or non-fat</i> <input type="checkbox"/> Cheese <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Ricotta Cheese <input type="checkbox"/> Eggs <input type="checkbox"/> Egg Substitute <input type="checkbox"/> Egg Whites <input type="checkbox"/> Healthy Butter Alternative (Like SmartBalance) <input type="checkbox"/> Milk <input type="checkbox"/> Soy Milk <input type="checkbox"/> Sour Cream <input type="checkbox"/> Tofu <input type="checkbox"/> Yogurt	<input type="checkbox"/> Natural Peanut Butter <input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Brown Rice <input type="checkbox"/> Wild Rice <input type="checkbox"/> Whole Wheat Flour <input type="checkbox"/> Lentils <input type="checkbox"/> Quinoa <input type="checkbox"/> Dry Beans <input type="checkbox"/> Split Peas <input type="checkbox"/> Vanilla Extract <input type="checkbox"/> Raw Sugar (Sucanut) <input type="checkbox"/> Sugar Substitute <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Canola Oil <input type="checkbox"/> Extra Virgin Olive Oil <input type="checkbox"/> Cooking Spray <input type="checkbox"/> Dried Fruit <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Pasta <input type="checkbox"/> Pasta Sauce	<input type="checkbox"/> Tuna <input type="checkbox"/> Tongul <input type="checkbox"/> Chicken <input type="checkbox"/> Crab <input type="checkbox"/> Sardines <input type="checkbox"/> Black Beans <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> White Beans <input type="checkbox"/> Garbanzo Beans <input type="checkbox"/> Lima Beans <input type="checkbox"/> Tomatoes <input type="checkbox"/> Soup (Low Sodium) <input type="checkbox"/> Broth (Non-Fat)
Vegetables <input type="checkbox"/> Asparagus <input type="checkbox"/> Artichokes <input type="checkbox"/> Bell Peppers: Red/Green <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Eggplant <input type="checkbox"/> Peas <input type="checkbox"/> Green Beans <input type="checkbox"/> Lettuce: Red/Dark Green <input type="checkbox"/> Cabbage: Red/Green <input type="checkbox"/> Collard Greens <input type="checkbox"/> Salad Mix <input type="checkbox"/> Spinach <input type="checkbox"/> Tomatoes <input type="checkbox"/> Mushrooms <input type="checkbox"/> Cucumbers <input type="checkbox"/> Onions <input type="checkbox"/> Green Onions <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet Potatoes/Yams <input type="checkbox"/> Zucchini/Squash <input type="checkbox"/> Garlic	Breads <i>Choose whole grain with at least 4g fiber per slice</i> <input type="checkbox"/> Bagels <input type="checkbox"/> English Muffins <input type="checkbox"/> Whole Wheat Pizza Crust <input type="checkbox"/> Rolls <input type="checkbox"/> Whole Grain Tortilla (Low Fat) <input type="checkbox"/> Whole Wheat Bread <input type="checkbox"/> Whole Wheat Pita	Meat/Poultry/Fish <input type="checkbox"/> Chicken Breast <input type="checkbox"/> Precooked Chicken Strips <input type="checkbox"/> Turkey Breast <input type="checkbox"/> Lean Ground Beef <input type="checkbox"/> Ground Chicken or Turkey <input type="checkbox"/> Round Steak <input type="checkbox"/> Pork Tenderloin <input type="checkbox"/> Fresh Fish Fillets (Halibut, Orange Roughy, Wild Salmon, Red Snapper) <input type="checkbox"/> Scallops <input type="checkbox"/> Shrimp <input type="checkbox"/> Venison <input type="checkbox"/> Canadian Bacon <input type="checkbox"/> Lean Ham <input type="checkbox"/> Lean, Low-Sodium Deli Meats	Frozen Foods <input type="checkbox"/> Strawberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Peaches <input type="checkbox"/> Mixed Berries <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Soybeans <input type="checkbox"/> Mixed Vegetables <input type="checkbox"/> Corn <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Cooked Shrimp <input type="checkbox"/> Lite Fish Sticks <input type="checkbox"/> Fish Fillets <input type="checkbox"/> Scallops <input type="checkbox"/> Healthy Frozen Dinners
Condiments <input type="checkbox"/> Honey <input type="checkbox"/> Horseradish <input type="checkbox"/> Low-Fat Salad Dressing <input type="checkbox"/> Mayonnaise (Canola) <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Salsa <input type="checkbox"/> Vinegar	Beverages <input type="checkbox"/> Bottled Water <input type="checkbox"/> Diet Soda <input type="checkbox"/> Coffee <input type="checkbox"/> Tea (Black, Green)	Snacks <input type="checkbox"/> Whole Wheat Crackers <input type="checkbox"/> Popcorn <input type="checkbox"/> Ice Cream <input type="checkbox"/> Fruit Sorbet <input type="checkbox"/> Whole Grain Tortilla Chips <input type="checkbox"/> Guacamole <input type="checkbox"/> Hummus	Personal & Household Products

Combat The Fat Nutrition Program

Daily Planning

Now let's defeat the "I'm too busy to plan my meals!" excuse because this is where a LOT of people go wrong when it comes to staying on track on a DAILY schedule.

And it all starts from the time you get up...

I mean who ISN'T busy in the morning?

You KNOW you're not very well organized...

You're trying to get the kids ready for school...

YOU'RE trying to get ready for work...

And because there's just not enough time to do it all RIGHT, you end up hitting the HIGH PRIORITY items first...and end up sacrificing a good breakfast AND getting your "healthy" lunch together in time to get out the door.

When lunchtime comes, your grumbling stomach whines until you give in and either hit the fast food joint down the road or resort to microwave meals or, worse yet...vending machine madness!

A Word From Your "Fat Burning Commander"...



Sound familiar?

Like we say in the military..."Prior Planning Prevents Poor Performance!" so lets see how we can make those mornings easier for you, eh?

Look, I CAN'T somehow slow down time and I KNOW you're not going to set your clock ahead an extra 15 minutes to have more time in the morning...so why would I even attempt it?

You'd just hit the snooze alarm an extra time anyway, right?

No...the secret to smooth mornings and well prepared meals for the day lies in just a few little hours of prep-time and you'll see just how stress-less it can be to eat healthy EVERY day!

Ok, here's a little trick I picked up from a friend of mine who is a professional nutritionist and works with busy executives...

First, pick a day out of the week where you have a little bit of extra time.

Combat The Fat Nutrition Program

Not that much time...just an hour or two will do. (Sundays often work well because that's when most people have off from work and don't really have that much to do.)

With your meals planned for the week, figure out which ones you can prepare ahead of time and set to work on pre-cooking, pre-proportioning, and pre-packaging in a factory style setup.

Having Chicken Caesar Salad for lunch a few times this week and Chicken Parmesan for dinner on Friday?

Pre-cook three chicken breasts...dice up two of them for your salads and package the other one up to pull out for Friday's dinner.

Snacks?

Pack a few plastic baggies with the right amount of mixed fruit for a protein smoothie and throw them in the freezer.

Four small plastic containers that will hold just the right amount of cottage cheese for four high-protein snacks at work?

Six small airtight plastic bags filled with a handful of mixed nuts and pumpkin seeds? PERFECT!

1-2 hours later and you'll have a refrigerator, freezer, and pantry all set up with your upcoming week's nutritional reinforcements all ready to go!

Now think about what that does for your mornings...

Now, instead of rushing to get ready and then realizing you don't have time to throw anything together, you simply grab the pre-measured containers of food for that day - the chopped up chicken breast, that cottage cheese, and that frozen fruit, pour out the measured non-fat milk you'll need - and then stick it into a small insulated cooler.

Throw in some fresh fruits and vegetables to have throughout the day whenever you get hungry and literally within just 4-5 MINUTES you're all set!

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...



Another recommendation I can offer for the "workplace challenged" CTF soldiers out there is to keep a small individual sized blender at work for a quick protein smoothie snack.

You can buy these very inexpensive appliances at any large department store and they're small enough to even fit in a drawer at work.

In fact the container you blend it in is ALSO a cup so you just take it straight back to your desk or wherever you work.

Combat The Fat Nutrition Program

Special Operations Response Guide

In the military, we have different “teams” that specialize in different areas.

In the U.S. armed forces we have the Special Forces (“Green Berets”) who work with foreign armies and rebels to train them...

Delta Force focuses on counterterrorism...

And Navy SEALs...well...they’re just CRAZY...and the most specialized teams in the world!

Well now it’s time to take you through YOUR “specialized training” because I’m sure you have your own personal set of challenges when it comes to eating.

We ALL have our bad habits and our weaknesses for certain foods so use this section as your own personal strategic deployment plan to replace poor eating habits with healthier ones.

Mission: Restaurant Survival Tactics

So many people tell me how difficult it is to “eat right” when they’re at a restaurant that I wouldn’t have done my job if I didn’t cover some powerful tips for fighting back at a business who’s goal is to get you to overindulge, would I?

And let’s face it...it’s VERY easy to bully your stomach into compliance even though it’s trying to tell you it’s had enough.

I mean, how many times have you gone to a restaurant...you’re really, really hungry...order a drink and an appetizer... and then realize that you actually feel FULL by the time your main entrée gets there?

But you STILL eat it anyway, right?

Combat The Fat Nutrition Program

A Word From Your "Fat Burning Commander"...



And even though you couldn't POSSIBLY finish your meal (though you somehow STILL manage to eat half to three-quarters of it!), how many times have you "found room" for DESSERT anyway?

Hey, I know how hard it is to resist the temptations that surround you just LOOKING at the restaurant menu.

The restaurant's job is to do ONE THING...make sure you love your meal so much that you'll stick around for dessert...come back again and again to spend more money...and tell all of your FRIENDS about the place so THEY will come and spend more money!

Your job is to do ONE THING also...

Enjoy a delicious relaxing meal WITHOUT sabotaging your waistline!

Well believe me...it IS possible to eat out at a restaurant and still eat healthy!

Transmogrify your dining experience from "Gut Buster" To "Ab Blaster" with these tips and you'll see that you CAN take charge of your calorie count and STILL enjoy a delicious meal that doesn't get served with an extra helping of GUILT:

1. Eat BEFORE you get to the restaurant!

- Bring along an apple or other piece of fruit for the car. This will start signaling your brain that it's NOT starving (which is how MOST people enter a restaurant) and will help you out considerably with your cravings for the richer foods as you're looking over the menu.

2. Eat an appetizer...but be SMART about it!

- Ask the waiter to NOT bring bread to the table...it's one of the ways they get you to eat "mindlessly".
- Salads are a GREAT option...but ask for the dressing (preferably vinaigrette) on the SIDE. You'd be surprised to know that the restaurant typically puts MORE dressing on than YOU will.
- DON'T choose a FAT-FREE dressing with your salad! Some vitamins NEED fat in order to be absorbed so your dressing can actually HELP you get more nutrition.

Combat The Fat Nutrition Program

- Skip the cheese! Cheese is one of the fattiest, most acid-forming foods on the planet so steer clear as much as possible. (There's a reason why Wisconsin leads the obesity race!)

3. Make **SENSIBLE** substitutions!

- Choose WHITE meat chicken over dark meat (and ask for "no skin")
- Ask for meat to be STIR FRIED instead of DEEP FRIED.
- Substitute a baked potato, soup, salad, or coleslaw for french fries.
- Ask for your omelet to be made with one whole egg and two or three egg whites.
- Toast should be WHOLE GRAIN and come with butter on the SIDE...but ask for sugar-free jam instead if they have it.

4. Enlist your waiter or waitress as your "CTF Undercover Spy"!

- Tell your server ahead of time that you have special diet considerations (unless you're on a date...then save this for AFTER you have your future spouse "hooked" ;-). Ask them to be patient and, this is important..."help" you with your options.

A Word From Your "Fat Burning Commander"...

This is a POWERFUL tip!



Remember that restaurants are there to SERVE YOU...so don't be afraid to make "special requests" as a paying customer.

Your waiter or waitress will be looking for a good tip so they'll aim to please and try to accommodate the healthy changes you want to make to the food.

Treat them with respect and dignity and they'll be your powerful ally to get the job done when the cooks roll their eyes at your requests.

5. "Pre-portion" your meal! (My TOP TIP for surviving restaurants!)

- Ask your waiter to have the kitchen put HALF of your meal in a "to-go" container BEFORE they serve it to you!

Combat The Fat Nutrition Program

This is the absolute BEST tip for INSTANTLY cutting the calories you eat at a restaurant because it diffuses the main challenge we all face...MINDLESSLY eating whatever's in front of us because we're too busy talking with our companions!

And as a nice little "bonus", you already have the next day's LUNCH all prepared!

6. Dessert? Depends...

- If you exercised self control with your appetizer and had half of your "healthy entrée" boxed up, then dessert won't do as much damage...IF you're still hungry!
- If you're considering dessert, DON'T talk with your server about it right after your meal. Tell them you'd like to just relax a bit before you decide and this will give your brain time to register that you really DON'T have room for dessert.
- If you still decide to have a dessert, look for healthy options such as fresh fruit (many restaurants are now offering healthier choices) and ask them ahead of time for a SMALL portion. You did so well with your main meal...let's not blow it all on dessert, right?
- Your other option? Just say "NO THANK YOU"!

Mission: Late Night Snacking

In a recent survey I conducted with my subscribers, "late night snacking" ranked at the top of the challenges people faced with staying on track with their healthy nutrition plan.

And it's no wonder...

As we sit in front of the television, getting sucked into a so-so comedy re-run or the latest reality show, we're constantly bombarded with commercial after commercial of greasy, fatty, sugary, starchy food...and it's hard for our brains to resist!

The subconscious mental hypnosis TELLS us we're "hungry" even when we're not and we start doing a mental inventory of what we have in the house to satisfy our craving.

But it gets even worse when we're armed with an unhealthy bag of potato chips or pretzels because while you're focused in on the television, your hands and

Combat The Fat Nutrition Program

mouth go on “autopilot” and before you know it, you’ve polished off an entire bag in the blink of an eye.

NOT what you want to do right before bed when your metabolism slows way down!

But never fear...Sergeant Anderson is here!

Here’s how to turn your late night urges into a MUSCLE-BUILDING, FAT-BLASTING bedtime battle plan...

1. **DON’T fight the urge!**

- Remember...you WANT to eat something before you go to bed in order to give your body the raw nutrients it needs to help with muscle recovery. The problem isn’t that you DO eat...it’s WHAT you eat!

2. **Eat HEALTHY snacks late at night! Try these options...**

- Low/Non-Fat Cottage Cheese & Fresh Fruit: Packed with muscle-building, slow-digesting protein to feed your muscles all night long.
- “Protein Pudding”: One of my favorites...I mix sugar-free instant flavored pudding mix with 2 scoops of protein powder and make as directed. The result is a delicious low calorie protein punch WITHOUT the guilt!
- Protein Blender Drink: Some frozen fruit, a little bit of fat-free yogurt, sugar substitute and protein powder. Blend...drink...wipe off smoothie mustache...build muscle and burn fat while you sleep.
- “Protein Ice Cream”: Make the same blender drink but use FROZEN vanilla yogurt cubes instead of refrigerated. Stick the blended mix in the freezer in a bowl for 20 minutes and grab a spoon!