

# Eat Your Way Lean!

Discover the 5 **BEST** foods  
that **MELT** stubborn fat,  
**BOOST** your metabolism, &  
**FIGHT** the aging process...

... while also uncovering the  
absolute **WORST** foods that  
you should **NEVER** eat!

By: Mike Geary,  
The Nutrition Watchdog

# Eat Your Way LEAN!

## The Top 5 Foods that KILL Fat

### (and 2 “Healthy” Foods to STOP Eating)

**By Mike Geary** - Certified Personal Trainer, Certified Nutrition Specialist

Author of these best-selling online programs, currently with over 910,000 readers in 164 countries:

- [The Truth about Six-Pack Abs](#) (The legendary original -- your all-encompassing guide with the most effective nutrition and exercise tactics for getting a flat stomach)
- [The Fat-Burning Kitchen](#) (Your 24-hour diet transformation to make your body a fat-burning machine)
- [The Top 101 Foods that FIGHT Aging](#) (anti-aging foods, spices, herbs, and nutrients that SLOW aging, fix digestion problems, control diabetes, normalize blood pressure, improve memory and brain health, and boost your metabolism)

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If you're reading this report, then I know that you're not only interested in losing abdominal fat and getting a leaner body, but you're also interested in eating healthier and having more energy!

That's what this report is all about... so without any long drawn out boring intro, let's dig right in...

## I have 3 quick questions for you...

**1. Did you know that** so-called "whole grains", which you thought were healthy, might actually be making you GAIN more body fat, and make you sluggish?

**2. Did you know that** other foods marketed as "healthy" such as soymilk, soy protein, and other processed soy products contain specific concentrated compounds that can cause something in your body referred to as "stubborn belly fat"?

**3. Are you aware that** some foods that you might actually think are unhealthy, such as whole eggs can actually HELP your body to burn abdominal fat? And yes, that includes eating the yolks!

## Let me explain...

In this report, I wanted to show you some **shocking facts** about some of the foods that you are already eating. Some of these foods are marketed to you as "health foods" but are actually silently making you gain extra stomach fat!

I'm also going to surprise you by showing you a couple foods that you probably thought were unhealthy, but can actually help you to burn off stubborn abdominal fat faster.

I want to show you some valuable ways to lose stubborn body fat, and stop being fooled by the **deceptive marketing** of the giant food conglomerates, who want you to be addicted to their cheap processed foods that are making you fatter, while they claim these foods are "healthy" for you.

My name is Mike Geary, and I've been working as a nutrition researcher, author of 3 different fitness and nutrition books/programs (including the world-famous [Truth about Six-Pack Abs program](#)), personal trainer, and Certified Nutrition Specialist for over a decade now. In that time, I've discovered some MAJOR issues about the way that you're being deceived by big food companies, and how this is making you pack on more belly fat.

**So let's get right into a few examples of foods that are silently making you fat and also some surprising foods that can help you burn fat.**

The first one I'd like to warn you about is "whole grains". This includes whole grain bread, bagels, muffins, pasta, and more.



You probably already know that refined grains like white bread are bad for you... but I bet you think that "whole grains" are good for you and can help you to lose fat. Well, this could be a HUGE mistake holding you back from a lean body and flat stomach.

Trust me...I'm NOT going to preach to you about a low-carb/no-carb diet here... moderate carbs CAN be healthy, if you choose the right options... but that doesn't necessarily mean whole grains are the way to achieve that.

Remember that grains are extremely cheap to grow and process compared to other crops, and this means BIG money for giant food conglomerates. Of course, this means that they have to deceive you with clever marketing to make their product seem "healthy" for you, and make you want to buy a LOT of it, thinking you are doing your body good.

The first problem with whole grains is that many whole grain breads and cereals still raise your blood sugar fairly substantially and quickly, which stimulates an insulin spike, and triggers you to have more cravings for carbohydrate-rich foods later.

**In the big picture, you inadvertently eat more calories!**

Another problem with whole grain products is that they are still fairly calorie-dense with a lower amount of nutrient density compared to some other options I can

show you. In addition, a large percentage of the population has some degree of intolerance to gluten, which is found in high amounts in wheat and some other grains.

In fact, some nutrition scientists estimate that as much as 50-70% of the population has at least some small degree of intolerance to the gluten in many grains (wheat being the worst of them).

Also, keep in mind that the human digestive system adapted over the period of 200,000 years on a diet that did NOT contain very much grain at all. There may have been very low amounts of grain in the ancient human diet, but nowhere even CLOSE to the quantity in today's modern diet.

It wasn't until agriculture became more prominent only a couple thousand years ago, that grains became a major part of the human diet. This means that our digestive systems are still not adapted to properly digesting the large quantities of grain in the modern diet.

### **The result -- you get fatter, as well as other health problems!**

One other major problem I forgot to mention about grains...

Did you know that whole wheat has been shown to have addictive properties similar to opiate drugs? It's true...

Dr Davis, in the famous book *Wheat Belly*, makes a very convincing argument that wheat is addictive. Wheat contains compounds termed "exorphins" that have an effect in your brain similar to opiate drugs. This explains why people have such a hard time giving up their beloved breads, cereals, pasta, and muffins because these foods are mildly addictive.

I know personally from past experience that if I have have a pasta dinner, I'll go back for seconds and thirds as I just can't seem to stop eating the stuff. And then hours after dinner, I'll get cravings for more carb-based foods or sweets. But if I pass on the pasta and just have meat, veggies, and salad, I find myself totally satisfied after dinner with no cravings later at night.

As if that wasn't bad enough, did you know that wheat contains a specific type of starch that actually skyrockets your blood sugar HIGHER than pure table sugar? This also triggers a process called "glycation" in your body which AGES you faster. Read about this at this article:

[\*\*The #1 WORST food for your skin, joints, and blood sugar\*\*](#) (surprise, surprise!)

On this topic of so-called "healthy whole grains", I have an article that digs a little deeper into this subject below and has been super popular (just look at how many Facebook "likes" this article has!) ...



>> [3 Foods that you should STOP eating](#) <<



Now I realize that you may not be willing to completely eliminate grains from your diet... but don't worry, I'll show you how to best balance this aspect of your diet to get you the best fat loss results while still enjoying your favorites.

## **Another so-called "health food" that you have been deceived about is soy...**

Some of the biggest offenders in the soy industry are soymilk, tofu, and soy protein products. Remember that soy is a BIG multi-billion dollar industry and their goal is to use clever marketing to fool you into thinking that these highly processed soy products are actually healthy for you, so you buy more of them thinking you're doing the body good.



### **Don't be fooled by their deceptive marketing!**

The first thing I should mention about soy is a little controversial -- and that is the high concentrations of phytoestrogens that are found in processed unfermented soy products.

Now I know you may have heard contradicting stories about whether these phytoestrogens are actually harmful or not... but one thing that's often overlooked is that in most cases, we're not talking about eating just a few soybeans here... we're talking about products such as soymilk and soy proteins where the processing has actually **concentrated** the phytoestrogens in **much higher concentrations than you would ever get naturally**.

This is where these processed soy products can actually stimulate your body to hold onto belly fat.

### **Want more belly fat...**

Just go ahead and drink more soymilk or eat more tofu!

But even if you don't buy that argument, consider this...

One of the other main problems with soy is that it is one of the most genetically modified crops and also one of the crops containing the highest pesticide/herbicide residue.

Many pesticides and herbicides that get inside your body actually act as something called **xenoestrogens**, which contribute to the condition known as "stubborn belly fat". They make your body want to hold onto belly fat and make it particularly hard to burn off.

So even if you don't agree with the phytoestrogen argument against soy, you need to factor in the xenoestrogens from pesticides and herbicides that you might be exposed to as well, which can increase stomach fat. This is in addition to the effects you may get from the concentrated phytoestrogens in soy... it's the combination (double whammy) of **xenoestrogens and phytoestrogens** in soy that could be a BIG problem for stubborn belly fat!

There are many other reasons why soy products are only holding you back from getting a lean healthy body, and we've actually written an entire article on many of the detrimental aspects of soy below... there are many other "anti-nutrients" and other issues with soy that you'll learn in this article below...





>> [9 Reasons why soymilk, soy protein, tofu, etc are horrible for you](#) <<

Ok, now that we've talked about some of the **bad news** about foods that you thought were "healthy" but are actually making you gain fat, let's turn to the **good news**! That's right... I'm going to talk about some foods that you probably have been fooled into thinking are "unhealthy". But you may be surprised to learn that some of these delicious foods can actually help you to get leaner and lose abdominal fat.

Let's dig in...

# 5 Surprising Foods that KILL Belly Fat!

## Flat-Belly Food #1:

**Whole Eggs, including the yolk (not just egg whites)** - Most people know that eggs are one of the highest quality sources of protein. However, most people don't know that the egg yolks are the healthiest part of the egg... that's where almost all of the vitamins, minerals, and antioxidants (such as lutein) are found in eggs.



It's such a shame that so many clueless fitness pros out there have such little nutritional knowledge that they keep preaching that you should only eat egg whites and not egg yolks. Well, they couldn't be more wrong!!

Egg Yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and pantothenic acid of the egg. In addition, the yolks contain ALL of the fat soluble vitamins A, D, E, and K in the egg, as well as ALL of the essential fatty acids (EFAs). Also, the protein of whole eggs is more bio-available than egg whites alone due to a more balanced amino acid profile that the yolks help to build.

In fact, egg whites are almost devoid of micronutrients compared to egg yolks.

Essentially, all of this extra nutrition (micro-nutrients) as well as healthy fats that you obtain from the **egg yolks helps to control your appetite, balance fat-burning hormones, and HELP you to burn body fat!** So don't believe all of these clueless "professionals" telling you to skip the yolks.

Just make sure to choose free-range organic eggs instead of normal grocery store eggs. Similar to the grass-fed beef scenario and wild vs farm raised fish scenario, the nutrient content of the eggs and the balance between healthy omega-3 fatty acids and inflammatory omega-6 fatty acids (in excess) is controlled by the diet of the hens.

Chickens that are allowed to roam free outside and eat a more natural diet will give you healthier, more nutrient-rich eggs with a healthier fat balance compared with your typical grocery store eggs (that came from chickens fed nothing but soy and corn and crowded inside "egg factories" all day long).

I discuss the topic of whole eggs vs egg whites in more detail in this article below (which has over 50,000 facebook 'likes', so it's a proven popular article)...



>> [The TRUTH about eggs](#) (why I NEVER eat egg whites only) <<

## Flat-Belly Food #2:

### **Grass-fed beef or bison (NOT your typical grocery store beef!)**

- I know most people think that red meat is unhealthy for you, but that's because they don't understand how the health of the animal affects how healthy the meat is for your consumption. Keep this in mind -- "an unhealthy animal provides unhealthy meat, but a healthy animal provides healthy meat". Archaeologists and Anthropologists know that humans have ALWAYS been omnivores dating back at least 1.9 million years, so there's nothing inherently unhealthy about meat if you choose the right sources.



Typical beef or bison that you see at the grocery store is raised on grains... mostly corn, and sometimes soy too. Soy and corn are NOT the natural diet of cattle or bison, and therefore changes the chemical balance of fats and other nutrients in

the beef or bison. Cattle are meant in nature to solely eat grass and forage, so the practice of feeding cattle grains causes digestive system problems in the cattle (one of the main reasons for e-coli), and makes the cattle sick, which most times requires the use of antibiotics in the cattle.

Problems with e-coli and other sickness are not typically a problem in cattle that eat solely grass and other forage.

Grain-fed beef and bison is also typically WAY too high in omega-6 fatty acids and WAY too low in omega-3 fatty acids from the distorted nutrition ratios in their feed.

On the other hand, grass-fed beef from cattle and buffalo (or bison) that were raised on the type of natural foods that they were meant to eat in nature (grass and other forage), have much higher levels of healthy omega-3 fatty acids and lower levels of inflammatory omega-6 fatty acids (that most people already eat way too much of) compared to grain fed beef or bison.

Grass fed meats also typically contain up to 3 times the Vitamin E as in grain fed meats...yet another reason to choose grass-fed instead of typical beef.

Not only that, but grass-fed meat from healthy cattle or bison also contain a special healthy fat called conjugated linoleic acid (CLA) in MUCH higher levels than grain-fed meat. In fact, when cattle are fed mostly grains instead of grass, the healthy CLA fat almost entirely disappears from the meat.

CLA has been proven in scientific studies in recent years to help in burning fat and building lean muscle (which can help you lose weight!). CLA in natural form is also a cancer fighting nutrient. These benefits are on top of the fact that grass-fed meats are some of the highest quality proteins that you can possibly eat... and this also aids in burning fat and building lean muscle.

Grass-fed meats are a little harder to find, but just ask your butcher or find a specialty grocery store and they usually have cuts available. I've also found a good site to order grass-fed meats online - <http://healthygrassfed.2ya.com>

I really like this online service, as the meats are reasonably priced and a sealed cooler shows up at your door within a few days... they've got some great products, including grass-fed sausage, jerky, and tons of other great stuff!

## Flat-Belly Food #3

**Avocados** - Even though these are typically thought of as a "fatty food", it's all healthy fats! Not only is this fruit (yep, avocados are technically a fruit) super-high in healthy monounsaturated fat, but also chock full of vitamins, minerals, micro-nutrients, and antioxidants. They're also a **great source of blood-sugar controlling fiber!**



Also, I think guacamole (mashed avocados with garlic, onion, tomato, pepper, etc) is one of the most delicious toppings ever created, and you can be happy to know that it's also one of the healthiest toppings you can use on your foods. Just make sure to make your own homemade guacamole or if you choose a store bought guac, make sure it doesn't have other unhealthy additives such as soybean oil or

canola oil ([read here why canola oil is NOT healthy](#)), or added sugars or creams... you're looking for a guac that is just avocados, garlic, onions, tomato, and spices.

Try sliced avocados or guacamole on sandwiches, burgers, scrambled eggs or omelets, in salads, or as a side to just about any meal.

The quality dose of healthy fats and other nutrition you get from avocados helps your body to maintain proper levels of hormones that help with fat loss and muscle building. Also, since avocados are an extremely satiating food, eating them helps to reduce your appetite in the hours after your meal. Say goodbye to junk food cravings and bring on that lean body!



## Flat-Belly Food #4

### Nuts: Walnuts, Almonds, Pecans, Macadamia, etc --

Yes, this is yet another "fatty food" that can actually help you burn fat! Although nuts are generally between 75-90% fat in terms of a ratio of fat calories to total calories, this is another type of food that is all healthy fats, along with high levels of nutrition such as vitamins, minerals, and antioxidants. Nuts are also a good source of fiber and protein, which of course, you know helps to control blood sugar and can aid fat loss.



Nuts also help to maintain good levels of fat burning hormones in your body as well as helping to control appetite and cravings so that you essentially eat less calories overall, even though you're consuming a high-fat food.

In fact, one of my "sneaky tricks" for getting super lean when I'm on a 'cutting' cycle is to actually increase my % of calories from nuts... I know it may sound unusual to purposely eat extra fat to lose body fat faster... but every time I've used this technique, I get leaner by the day. What I try to do is eat a handful of almonds, pecans, or walnuts about 20-30 minutes before each meal... this lowers my appetite due to the healthy fats, protein and fiber, and ultimately allows me to eat less calories during each main meal of the day.

My favorite healthy nuts are pecans, pistachios, macadamias, almonds, and walnuts, and by eating them in variety, you help to broaden the types of vitamins and minerals and also the balance of polyunsaturated to monounsaturated fats you obtain.

Try to find raw nuts instead of roasted nuts if you can, as it helps to maintain the quality and nutritional content of the healthy fats that you will eat without oxidizing the polyunsaturated component of certain nuts.

Also, try to broaden your horizons beyond the typical peanut butter that most people eat, and try almond butter, pecan butter, or macadamia butter to add variety to your diet. And if you thought that pistachios were bad for you, you couldn't be more mistaken...see the article below:



>> [Pistachios – a superfood for a leaner body?](#) <<

## Flat-Belly Food #5

**Berries** - including blueberries, strawberries, raspberries, and even the "exotic" Goji berry.

Berries are a powerhouse of nutrition... packed with vitamins and minerals, and also some of the best sources of antioxidants of any food in existence.

Berries also pack a healthy dose of fiber, which slows your carbohydrate absorption and digestion rate, and controls your blood sugar levels to help prevent insulin spikes (which can stimulate fat gain). Berries generally contain the best ratio of grams of fiber to total carbohydrates, making them some of the best choices for fruits in terms of glycemic response (blood sugar).



Get creative and mix up your berry intake by using the basics -- blueberries, strawberries, blackberries, and raspberries... but also get adventurous and give a more "exotic" berry a try, such as Goji berries (which are one of the most nutrient-dense berries on the planet).

I like to add berries to my yogurt and cottage cheese mixtures, as well as oatmeal or oat bran, salads, or just taking a bag of mixed berries and mixed nuts with me for the day as a mid-day healthy snack!

### 3 More Flat-Belly Foods Mistaken as “Unhealthy”:

This article below also shows you why dark chocolate, coconut oil, and even butter can actually HELP your fat loss efforts and are good for other health reasons too!

>> [3 More delicious flat-belly foods that surprise most people](#)

## Additional important fat-fighting foods:

If you remember from the soy discussion earlier in this report, we talked about the problems with the double whammy of phytoestrogens and xenoestrogens that are concentrated in soy products...

But this phenomenon is not just limited to soy, or the problems with xenoestrogens in herbicides/pesticides. It's also a major issue these days with plastics, household cleaners, cosmetics, environmental pollutants, and even pharmaceuticals that have gotten into our water supply... these can all act as "xenoestrogens" which can increase your "stubborn belly fat", in BOTH men and women.

But I have an interesting article for you below that shows you how a specific class of vegetables actually contains very unique phytonutrients that can FIGHT against xenoestrogens and help counteract them inside our body. See below...

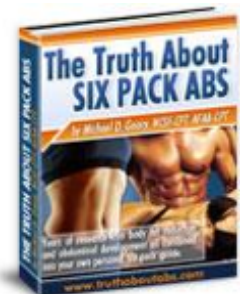
>> [3 Veggies that FIGHT Stomach Fat](#) <<

## The BEST exercises and nutrition tricks for lean abs and a flat belly:

I hope you enjoyed this report and USE the information to eat healthier, have more energy, and get the lean-body that you want!

If you don't yet have a copy of my world-famous ***Truth about Six Pack Abs program***, [click here to see some of my readers just like YOU](#) that are getting crazy results!

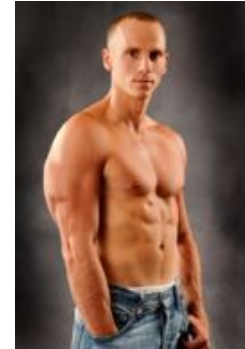
If you're ready to stop procrastinating, and make a permanent change to your body and your life, I have a special page for you below where you can get started on a trial of ***The Truth about Six-Pack Abs program*** for as little as \$5 measly bucks!



[Take the Truth About Abs \\$4.95 Trial here](#) (start seeing flatter abs in the first 21 days!)

## Mike Geary Bio

Mike has been a Certified Nutrition Specialist and Certified Personal Trainer for almost 15 years now. Mike has been studying nutrition and exercise for almost 25 years, ever since being a young teenager. Mike is currently 37 and moved from New Jersey (growing up in the Philadelphia area) to the beautiful mountains of the Colorado Rockies 5 years ago. Mike now enjoys skiing almost every day during the winter in Colorado and Utah and spends a lot of time mountain biking, hiking, golfing, and enjoying other outdoor activities and sports.



Mike is an avid adventurer and in the last 5 years, has done:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 5 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon as well as Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a "Zero-Gravity Flight" where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile and British Columbia
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Driving souped-up dune buggies through the entire length of the Baja Peninsula of Mexico with 25 high level business owners and CEOs, including Jesse James of West Coast Choppers fame
- Ziplining over canyons in the Rocky Mountains, Mexico, and Costa Rica
- Cruising throughout the Caribbean
- Dog sledding in the arctic circle of Sweden



- Traveling through Nicaragua, Thailand, Sweden, Spain, Belize, Costa Rica, Honduras, Trinidad & Tobago, Mexico, Iceland, Chile, Turks & Caicos, the Bahamas, Jamaica, Cayman Islands, and all over the US/Canada.

In the last 8 years, Mike has become the best-selling author of the famous [Truth about Six Pack Abs program](#) with over 910,000 readers currently in 164 countries.

Mike's *Truth About Six Pack Abs* program has also been translated currently into Spanish, German, and French:

**German version:** [FlacherBauch.com](http://FlacherBauch.com)

**Spanish version:** [Perdergorduradelestomago.com](http://Perdergorduradelestomago.com)

**French version:** [toutsurlesabdos.com](http://toutsurlesabdos.com)

**Italian version:** [addominaliperfetti.com](http://addominaliperfetti.com)

Mike is passionate about skiing and is also the author of the program for hard core skiers to get their legs in the shape of their lives for the skiing season. Check it out:

[AvalancheSkiTraining.com](http://AvalancheSkiTraining.com)

Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel!



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