

The Blow-Torch Fat-Loss Diet Handbook

**The 7 Day
Quick-Burn
Version**

**'Diet Defined as A Way of Eating,
Not a Way of 'Not Eating'**

**Fat-Burning, Daily Nutrition Based
on the Science of Modern Day Reality**

BY Joey Atlas

**Joey Atlas Fitness Resources
Joe E. Atlas, Inc.**

www.MyFitnessMotivator.com

This book is not a substitute for medical evaluation, treatment or advice from your own medical or health professional, who should be consulted with before you proceed with any recommendations in this book.

Consult with your doctor if you are uncertain about your dietary needs.

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A 7 Day 'Cheat Sheet' of The Blow-Torch Fat-Loss Diet

**Fat Burning Daily Nutrition Based on the Science of Modern Day Reality
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The two most important factors in nutrition for fat loss and weight maintenance are caloric content and the 'quality' of those calories. The specific reasons for this will be explained in further detail in the complete 'Blow-Torch Fat-Loss For Life' book, which will be released in late 2006.

As a general rule, most women who are seeking fat loss would consume between 1300 - 1500 calories per day, and men about 1600 – 1800 calories per day. Remember this is a general rule of thumb and this number may differ in your case, but it is a good number to start from.

The success of this concept is based upon the fact that most people unknowingly (sometimes knowingly, but unadmittedly) overeat. It is very easy to take in more calories than you need in a given 24 hour period.

Even if it is only a few hundred calories over your limit per day, you will not be able to lose weight & you most likely will continue to gain weight if that is the direction you are going in.

The biggest lesson I learned as a competitive, drug free bodybuilder was this – The single most important factor in lowering body fat percentage was to burn more calories than you take in, period!

No supplements, no fat burners, no far-fetched diets – NOTHING could and ever will replace this simple equation.

It is up to you to start eating consciously, not subconsciously. You have to be aware of what you are eating and how much you are eating. This 7 day plan will help you get started and put you right into the proactive mode without gimmicks or pay by the month special diet food plans.

Of course, the most effective method for optimum fitness results is through the combination of smart nutrition and VERY smart workouts.

For free exercise instructions visit the following websites (if you haven't already):

- 1) www.AbsOfStoneCoreOfSteel.com
- 2) www.ButtHipAndThighMakeover.com
- 3) www.UpperBodyFitness.com
- 4) www.OptimumFlexibility.com

And now for your 7 day plan...

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Day One

Breakfast

Coffee or Tea prepared any way you prefer.

Kashi GoLean cereal – 1 serving – If you prefer to use another brand, be sure to look for a high fiber, high protein cereal **WITH NO ARTIFICIAL SWEETENERS** such as Aspartame, Nutrasweet, Equal, Splenda, Sucralose, Acesulfame Potassium – I will explain the negative effect these have on body weight & body fat in the complete system. I will also reveal a fantastic alternative I am researching now.

Skim Milk (preferably organic) – ½ cup

Mid-Morning Snack – (only if you are hungry)

1 ounce peanuts

1 cup strawberries

1 cup green tea (you can have this even if you are not hungry)

Lunch

1 can sweet green peas (no salt added) – water drained

2 tablespoons olive oil

Salt & pepper to taste

1 medium orange or apple

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 part-skim Mozzarella string cheese stick (portion control is EZ, these are individually wrapped)

3 or 4 dried plums (or prunes) (I swore I'd never eat these as a kid!! But I love them now!)

White Tangerine Tea – See, eating right does not have to be boring! – check out

RevolutionTea.com, another one of our favorites.

Dinner

1 large egg – soft/hard boiled or poached **OR** 4 oz chunk light tuna in water **OR** ½ can garbanzos (chick peas) **OVER:**

3 cups chopped romaine lettuce or mixed baby greens

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Sparkling water

Pre Bed-Time Snack - You already know your choices for this one, see “MY Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to 1 tbsp at each meal, and go light on one of your snacks. Doing this will put your total calories at 1300 - 1500 total. Use this as a model to create your own monthly plan & stay tuned for the complete Blow-Torch Fat-Loss System.

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Day Two

Breakfast

Coffee or Tea prepared any way you prefer.

One Hard or Soft Boiled Egg with salt & pepper

One Small Slice Whole Grain Bread toasted with a teaspoon (1 pat) of butter (yes, real butter!)

OR you may substitute any one medium sized fruit for the slice of bread

Mid-Morning Snack – (only if you are hungry)

1 ounce almonds

1 cup blueberries OR raspberries (frozen or fresh – no added sugar!)

1 cup green tea (you can have this even if you are not hungry)

Lunch

1 can green beans (no salt added) – water drained

2 tablespoons olive oil

Salt & pepper to taste

One ounce of cheddar cheese OR part skim mozzarella cheese

1 medium orange or apple

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 ounce peanuts

3 or 4 dried plums (or prunes) (I swore I'd never eat these as a kid!! But I love them now!)

Earl Grey Tea – See, eating right does not have to be boring! – Check out RevolutionTea.com, another one of our favorites.

Dinner

1 large egg – soft/hard boiled or poached **OR** 4 oz chunk light tuna in water **OR** ½ can garbanzos (chick peas) **OVER:**

2 cups chopped tomatoes AND baby carrots

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Sparkling water

Pre Bed-Time Snack - You already now your choices for this one, see “MY Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to **1 tbsp** at each meal, and go light on one of your snacks. Doing this will put your total calories at **1300 - 1500 total**. Use this as a model to create your own weekly plan & stay tuned for the complete Blow-Torch Fat-Loss System.

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Day Three

Breakfast

Coffee or Tea prepared any way you prefer.

Whole Rolled Oats cooked with water – 1 serving –

1 tablespoon raisins

Cinnamon to taste

1 tablespoon natural peanut butter

Mid-Morning Snack – (only if you are hungry)

1 Two ounce nutrition bar – look for a bar that has around 200 calories, with some FIBER (at least 4 grams) and at least 8 grams of protein. Remember, **NO ARTIFICIAL SWEETENERS**

1 cup green tea (you can have this even if you are not hungry)

Lunch

½ can sweet green peas AND ½ can sweet yellow corn (no salt added) – water drained

2 tablespoons olive oil

Salt & pepper to taste

1 medium orange or apple

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 part-skim Mozzarella string cheese stick (portion control is EZ, these are individually wrapped)

Small/medium banana

White Tangerine Tea – See, eating right does not have to be boring! – Check out

RevolutionTea.com, another one of our favorites.

Dinner

4 ounces of salmon (or other fish), grilled, baked, broiled or pan seared

3 cups chopped romaine lettuce or mixed baby greens

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Sparkling water

Pre Bed-Time Snack -You already now your choices for this one, see “MY Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to 1 tbsp at each meal, and go light on one of your snacks. Doing this will put your total calories at 1300 - 1500 total. Use this as a model to create your own weekly plan & stay tuned for the complete Blow-Torch Fat-Loss System.

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Day Four

Breakfast

Coffee or Tea prepared any way you prefer.

1 or 2 Eggs, scrambled in olive oil or poached – salt & pepper to taste

1 grapefruit OR orange

Mid-Morning Snack – (only if you are hungry)

1 Two ounce nutrition bar – look for a bar that has around 200 calories, with some FIBER (at least 4 grams) and at least 8 grams of protein. Remember, **NO ARTIFICIAL SWEETENERS**

1 cup green tea (you can have this even if you are not hungry)

Lunch

1 can mixed vegetables – without potatoes (no salt added) – water drained

2 tablespoons olive oil

Salt & pepper to taste

1 medium pear

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 cheddar cheese stick (portion control is EZ, these are individually wrapped)

1 ounce raisins (1 box)

Black Tea – See, eating right does not have to be boring! – Check out RevolutionTea.com, another one of our favorites.

Dinner

8 ounces of sugar snap peas (the ones in the pod), sprinkled with 1 tablespoon parmesan cheese

2 cups mixed baby greens

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Sparkling water

Pre Bed-Time Snack - You already know your choices for this one, see “MY Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to **1 tbsp at each meal, and go light on one of your snacks. Doing this will put your total calories at 1300 - 1500 total. Use this as a model to create your own monthly plan & stay tuned for the complete Blow-Torch Fat-Loss System.**

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Day Five

Breakfast

Coffee or Tea prepared any way you prefer.

Multi Grain Cheerios – 1 serving

½ cup skim milk

Mid-Morning Snack – (only if you are hungry)

1 ounce cashews – roasted & salted is OK

2 or 3 dried figs

1 cup green tea (you can have this even if you are not hungry)

Lunch

3.5 ounce can chunk light tuna in water

½ cup baby carrots

2 tablespoons olive oil

2 tablespoons balsamic vinegar

Salt & pepper to taste

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

2 ounce chocolate bar (dark or milk) **YES, you read that right!** Come on we can live a little!

Just be sure you don't 'double up' on this one for your pre bed-time snack!!

1 cup green Tea

Dinner

8 ounces of sugar snap peas (the ones in the pod), sprinkled with 1 tablespoon parmesan cheese

2 cups mixed baby greens

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Sparkling water

Pre Bed-Time Snack - You already know your choices for this one, see "MY Secret Seven".

Remember, No Chocolate Tonight!! – Go for the dried plums!

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to 1 tbsp at each meal, and go light on one of your snacks. Doing this will put your total calories at 1300 - 1500 total. Use this as a model to create your own monthly plan & stay tuned for the complete Blow-Torch Fat-Loss System.

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Day Six

Breakfast

Coffee or Tea prepared any way you prefer.

1 MINI Whole Grain or Multi Grain Bagel – if you can't get mini bagels, have **half** of a regular sized bagel

1 pat of butter (yes, real butter!)

1 tablespoon natural peanut butter

Mid-Morning Snack – (only if you are hungry)

1 ounce soy nuts – roasted & salted is OK

Medium orange (a convenient alternative is the prepackaged mandarin oranges in single serving cups – no peeling, no mess & they don't have to be refrigerated – I learned this one from my kids!)

1 cup green tea (you can have this even if you are not hungry)

Lunch

3.5 ounce can salmon (the best canned salmon we've ever had is from Costco Wholesale– Kirkland Signature Brand – but there are many others to choose from)

½ cup chopped tomatoes – any variety

2 tablespoons olive oil

2 tablespoons balsamic vinegar

Salt & pepper to taste

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 part-skim Mozzarella string cheese stick (portion control is EZ, these are individually wrapped)

3 or 4 dried plums (prunes)

1 cup green Tea

Dinner

½ can chick peas (garbanzo beans) – lightly crushed with a fork

2 cups mixed baby greens or romaine lettuce

2 tablespoons olive oil **AND** 3 tablespoons balsamic or red vinegar

Salt & pepper to taste

Also try a little onion powder & garlic powder

Sparkling water

Pre Bed-Time Snack - You already know your choices for this one, see “MY Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to **1 tbsp** at each meal, and go light on one of your snacks. Doing this will put your total calories at **1300 - 1500** total. Use this as a model to create your own monthly plan & stay tuned for the complete Blow-Torch Fat-Loss System.

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Day Seven

Breakfast

Coffee or Tea prepared any way you prefer.

1 or 2 egg omelet with chopped green onion (the long skinny one) – cooked in:

1 tablespoon olive oil **and**

1 pat of butter (yes, real butter!)

2 tablespoons of any salsa of your choice

Mid-Morning Snack – (only if you are hungry)

1 ounce walnuts or peanuts – roasted & salted is OK

Medium peach or nectarine (a convenient alternative is the prepackaged diced peaches in single serving cups – no washing or cutting & they don't have to be refrigerated – I learned this one from my kids, also!)

1 cup green tea (you can have this even if you are not hungry)

Lunch

Medium garden salad with romaine and/or spinach

½ cup chopped tomatoes – any variety

½ cup cucumber

Chopped red onion – optional

3 tablespoons any variety of shredded cheese

2 tablespoons sunflower seeds

2 tablespoons olive oil/ and 2 tablespoons balsamic vinegar

Salt & pepper to taste

12 ounces sparkling water (see LacroixWater.com for example – this is one of our favorites)

Mid-Afternoon Snack – (only if you are hungry)

1 part-skim Mozzarella string cheese stick (portion control is EZ, these are individually wrapped)

1 medium apple – any variety **OR** 1 medium pear – any variety

1 cup green Tea

Dinner

1 Health Valley (or equivalent brand) instant soup in a cup – these come in convenient single serving cups – look for the bean/vegetable variety for better amounts of protein & fiber

1 medium cucumber – chopped, with

1 tablespoon olive oil

2 tablespoons vinegar – any variety

Salt & pepper to taste

Also try a pinch of some green seasonings such as – parsley, basil, etc.

Sparkling water

Pre Bed-Time Snack - You already know your choices for this one, see “My Secret Seven”.

Total calories = approximately **1670 - 1800** (great for men)

Ladies – cut your olive oil servings to **1 tbsp** at each meal, and go light on one of your snacks. Doing this will put your total calories at **1300 - 1500** total. Use this as a model to create your own monthly plan & stay tuned for the complete **Blow-Torch Fat-Loss System**.

Insider Tips for Losing Body Fat **PERMANENTLY**

- 1) Follow the Blow-Torch Plan as a general guideline – feel free to switch your lunches and dinners or even your breakfasts. The true key is to stay at or under your daily caloric limit/needs. Stay above it and you WILL NOT lose fat. Stay at, or just below it, and your body’s internal ‘Blow-Torch’ will continuously burn unnecessary fat – never to let it accumulate on or in your body.
- 2) If there is any specific meal or snack that you cannot eat, just substitute one that you can. Just be sure to pay attention to calories!!
- 3) If you really like a specific breakfast, lunch or dinner there is nothing wrong with eating it 5 or 6 days in a row.
- 4) This ‘way of eating’ is designed to be easily followed for the rest of your life, whether you are at home, work, visiting friends or on vacation.
- 5) Many, if not all, of the foods are ready available at most supermarkets or on the internet.
- 6) Whenever possible, choose organic foods over non-organic – I strongly believe there is a beneficial effect on our health/body fat if we remove as much of the unnecessary toxins from our environment (outside AND inside the body) as realistically possible – (more on this in the Complete Blow-Torch Nutrition Diet).
- 7) Don’t just eat to eat – eat only if you are hungry. If you are at a gathering or business lunch or dinner and you are not hungry – just go LIGHT! Don’t order a full meal if your body isn’t asking for one.
- 8) Regarding alcohol – it all comes down to calories, at the end of the day. If you are going to have a glass of wine or ONE beer – substitute it for your evening snack. Most alcohol consumption is influenced by social setting and ‘peer’ pressure. If you fall into this category, you must ask yourself this question, “Do I want to drink these extra, empty, fat producing calories or am I serious about getting my self into great physical, mental and spiritual shape?” Tip – Drink sparkling water in social settings & hold off until later if you are going to order a drink – this creates the likelihood that you will drink less.
- 9) Keep bottled water handy – Don’t force feed your water intake. But do focus on keeping your water intake consistent.

- 10) Your stomach will shrink after a few weeks and your hunger pains (if any) will decrease, this is a signal that your body is getting closer to where it wants to be & your energy levels will be more consistent (and generally elevated).
- 11) When eating, do not eat subconsciously. Be aware of the bites you are taking. Enjoy each bite. Enjoy each chew and every taste of what goes into your mouth. By doing this, you will give your body and mind a chance to give you the 'OK, that's enough signal' before you reach the bloated and uncomfortable feeling of overeating. Overeating = weight gain & under-eating or eating just enough = fat loss or maintenance of ideal body weight and all good things that go along with it.
- 12) ALWAYS ask yourself the question, "Is what I'm about to eat or drink in line with the goals I am committed to? Is what I'm about to do going to get me closer to where I really want to be in terms of how I look and feel?" – Answer this question honestly and you will guarantee your success! This is an example of 'eating in a conscious' mode as opposed to the destructive 'eating subconsciously'. Eventually you will reprogram your subconscious to operate in a mode in line with your true goals and desires.
- 13) If you have a bad day (and we all have them on occasion), that's OK. Remember, tomorrow is near and it brings a new opportunity to get right back with your program. Just focus on preplanning your needs for the next day to minimize the possibility of any more setbacks.
- 14) At least once a day, look at yourself in a mirror from head to toe and then, looking yourself in the eyes say, "(your name), this is working, I can feel and see the changes slowly, but surely, happening. I'm on my way and there is no stopping me. Keep it up, (your name), you are in complete control, this is your life and I will make of it what I choose."
- 15) Surround your self with people of the same mindset as you. Even if it is only one person. Sometimes this can be challenging, but, hey, this is your life we are talking about. If you hang around with a group of eaters and drinkers, I'm not saying you should completely disown them, but it is time for you to move away from that destructive behavior. Who knows, maybe one or two of them are interested in making the same changes you are. If not, there are plenty of places to find like minded people. If you have a spouse or partner, let them know about your goals and how you will be going about achieving them AND see if they are willing to at least support you, if not join you, in the quest for a better life.
- 16) Realize, and ALWAYS keep in mind that taking actions to look as good and feel as healthy as possible is one of the most UNSELFISH acts. Others may disagree, but here is the truth. If you let yourself go, by overeating, drinking and avoiding smart, consistent exercise you are putting your health and life at risk. As you age you will become frail and dependant on others for the simplest of tasks. This is extremely selfish as your poor habits will cause you to become a burden on your loved ones. And with sickness and

disease you also become an emotional burden on your loved ones who are forced to watch you suffer through your illnesses

Taking the little extra time and effort to take care of yourself gives you the best chances to stay strong and healthy throughout your life, so you can always be there for your family, **THIS IS UNSELFISH!!**

17) A word on vitamins, supplements & meal replacements (I will go into more detail in my forthcoming book) - In short, the nutrition industry is built on hype and hope. 'No harm, no foul' is basically the only rule that must be followed by the nutrition/sports supplement industry. In 1994 an act was passed that put the nutrition/vitamin companies in a position to prosper in astronomical proportions. They are everywhere: supermarkets, pharmacies, gas stations & every corner of the internet. As long as nobody gets hurt the sales can continue.

This means you can pay \$80 for a bottle of tablets of whatever – and if they don't do anything for you – it's OK. The marketing tactics used by these companies aim straight for the painful areas of the consumers' hearts & minds and through emotional hypnosis, billion and billions of dollars are spent on pills and powders that do nothing every year.

Now, there are good uses for certain supplements, vitamins and nutritional meal replacements – For lack of space here, I will expand upon this information in 'the book'.

18) If you think something is a challenge – it is.
If you say you have no willpower – you don't.
If you say you have no discipline – you don't.
If you say you can't get yourself to stop eating – you're right.
If you don't think you were meant to be fit, lean and healthy – you're right.
If you say you don't have the fuel for motivation to start taking care of yourself – you're right.

But remember this: The opposite of this brief list above is also 100% true. Its all up to you and what you decide is true – nobody else. Everything must start inside you – you first have to believe in yourself, then you make a decision (one after the other) followed by appropriate actions and behavior. And you take yourself where you want to be.

How you exist in this world is purely your choice!

'The Truth About Cardio'

1) What is the best time of day to do my cardiovascular exercise?

When it most conveniently fits into your schedule. You will find many differing studies, articles and opinions on this subject. Some may even show or illustrate a quantitative benefit related to performing cardiovascular exercise at a specific time of day. But the bottom line is this – for arguments sake, let's assume the supposed best time of day to exercise is first thing in the morning. But you only find yourself working out one day of every week. Well, that time of day is obviously not the best time of day for you to be exercising.

The best time of day for you to do your cardiovascular exercise is a time that you actually can and will do it. 5am, 1pm, 10pm – it doesn't matter, depending on the individual; these can all be 'the best times to do cardio'. Sometimes, you can even combine your cardio/resistance exercise in the same session – you may have experienced this on certain levels of my workout programs (we are currently developing a training program, focused directly on this concept).

2) Should I do my cardio workouts on the same days as my resistance/strength/weight training days or on the alternate days?

Yes and yes. You can do both. Ultimately, your schedule and lifestyle will dictate what works best for you. Both ways work well. As many of my customers know, the workouts I produce and advocate are those which provide resistance and cardio at the same time. As a matter of fact, some of the best types of workouts combine cardio and resistance exercise right in the same training session. This is especially helpful for the 'time challenged' individual. Much more on this to come in 'the book' and future DVDs.

3) What is the best type of cardiovascular exercise to do?

Running on a treadmill with an incline, the stair-stepper on low speed, the stationary bike on high speed, jumping rope for 20 minutes – this list can go on forever. And these are all very good variations of cardiovascular exercise. But again, it all comes down to your needs, preferences, abilities and schedule. Do what feels best to you. Choose the method that you are most likely to adhere to. As I mentioned previously – a fun, time saving, benefit delivering concept is the combination of cardio and resistance training in the same workout. There are many ways to do this and these types of workouts are not 'the only way' to go, but they do provide a unique, results oriented, variation to include in your overall plan for lifelong fitness success.

4) How long should each cardio session be?

Two factors determine this answer:

How much weight do you want to lose (if any)?

How much time do you have?

Generally speaking, if you are just in need of cardio-respiratory benefits and overall toning, 20 – 30 minutes EVERY DAY is ideal.

If weight loss is your priority, 35 – 45 minutes EVERY DAY is ideal.

Now, when I say everyday is ideal, I do not mean it is mandatory. In the real world, things come up, situations arise, schedules do not allow, etc. etc. – What I am getting at here is this: Plan on doing something everyday, if you do it great. If something comes up that prevents you from a couple of workouts – no problem, you still got 4 or 5 in – and if your nutrition intake is where it needs to be, then you've had a perfect week. Look ahead and keep it going.

Regarding duration: the previously mentioned time ranges are general goals, they may differ for you slightly, if any. But here is what is most important – If you have a mental goal of doing 40 minutes of cardio exercise on any given day, but your schedule will only allow for 20 minutes, don't throw in the towel thinking the 20 minutes isn't going to do anything for you. IT WILL!

20 minutes is a million times better ZERO minutes – you will get something out of it. Even if you have only 10 minutes to spare – DO IT!! But just don't let this become a regular habit, these short workouts will work for you when you need them to, not every day.

My Secret Seven

The Seven Best, Fat Melting, Body Toning, Bed-Time Snacks

From Joey Atlas

Before we get into 'My Secret Seven', the first evening trick you must learn, which when turned into a regular habit or ritual can prevent many pounds of weight gain over the course of a lifetime, or help you lose weight if that is your goal, is what I call a 'Tea Habit'. The first thing you want to do, between dinner and bedtime, if you do get hungry, is brew a cup of green tea or a type of tea that you prefer, if you do not like green tea. This is the foundation of your fat burning, pre bed-time snacking routine. The reasons are too many to list here, but they will be in 'The Book' – later this year.

OK – Now for the Secret Seven – Of course you do not want to eat all of these before bed, but you can combine a couple of them as long as you keep the total calories close to 200. ENJOY!! (# 7 is my all time favorite!)

- 1) Two tablespoons of NATURAL peanut butter**
 - 200 calories
 - 16 grams fat (all healthy fat)
 - 9 grams carbohydrates
 - 7 grams protein

- 2) Low Moisture, Part Skim Mozzarella String Cheese Sticks (2)**
 - 160 calories
 - 10 grams fat
 - 2 grams carbohydrates
 - 16 grams protein

- 3) Cashews – ¼ cup**
 - 180 calories
 - 15 grams fat (healthy fat)
 - 9 grams carbohydrates
 - 5 grams protein

- 4) Dried Figs – ¼ cup**
 - 110 calories
 - 0 fat
 - 26 grams carbohydrates
 - 1 gram protein
 - 6 grams of FIBER!

- 5) Fresh or Frozen Blueberries – 1 cup**
 - 90 calories
 - 1 gram fat
 - 21 grams carbohydrates
 - 1 gram protein
 - 6 grams of FIBER!

- 6) Soy Nuts – roasted & lightly salted – 1 ½ ounces**
 - 195 calories
 - 9 grams fat (very healthy fat)
 - 13 grams carbohydrates
 - 16 grams protein
 - 4 grams of FIBER!

- 7) DARK CHOCOLATE – 1 ounce**
 - 170 calories
 - 11 grams fat
 - 16 grams carbohydrates
 - 1 gram protein
 - 2 grams of FIBER!

For lack of space, I can't elaborate why these work so well, but I promise to share all of that info in 'The Book' – which is set to be released later this year.

- All my best to you, **Joey Atlas** – *The Wizard of Fitness*

For free exercise instructions visit the following websites (if you haven't already):

- 5) www.AbsOfStoneCoreOfSteel.com
- 6) www.ButtHipAndThighMakeover.com
- 7) www.UpperBodyFitness.com
- 8) www.OptimumFlexibility.com