



Ab Foods

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You hit the gym religiously, go through countless reps of sit-ups and stability exercises and log tons of time on the treadmill—but still nothing.

Nada!

Not an ab in sight.

Not even a one-pack.

It's disheartening, I know.

The saying “abs are made in the kitchen” is cliché by now, but its foundation is still true.

It doesn't matter how strong your core is, no one will be able to see your abs if you don't do something about the pesky layer of lard that's sitting on top of it.

To beat the belly bulge, you'll not only have ditch the junk food, you'll also have to incorporate fare into your diet that boosts metabolism, torches belly fat, wards off future weight gain and banishes bloat.

Down them all to trim inches from your waistline and make your abs pop and make sure to avoid the anti-ab foods found after.

17 Ab Foods

Potatoes (all)



Berries



Apples



Oranges



Chicken



Turkey



Beef (preferably grass fed and lean)



Eggs (whole and whites)



Salmon (and other wild fish)



Seafood



All Vegetables



Avocado's



Sparkling water



Popcorn (not microwave)



FLORENCE/STOCKPHOTO/GETTY IMAGES

Sugar free jello



Black coffee



Oatmeal



Grapes



7 Anti-Ab Foods

Alcohol



Chips



Soy foods



Pastries



Fruit juices / Pop



Chocolate



Nuts



Bonus: Any food you love and consistently over eat

These tend to be foods you have:

- a) An unknown allergy too - since the bad bacteria in your gut force you to overeat
- b) Foods you often overeat and thus derail your progress

For me it's cookies and snack food. I can't even eat the healthy protein cookies or healthy snack food because I just end up eating 5-6 servings every time. When I cut for a photoshoot, this type of food gets banished from my diet. It's only reintroduced after I have finished my cut.