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## Eat Your Way To Six-Pack Abs

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There's no question about it, getting six-pack abs is going to be predominately a factor of eating right. If you aren't watching the foods you put in your mouth with each and every meal, success will elude you. If you were to gather a group of people in a room who have already achieved six pack abs and asked them their number one tip for results, 90% of them would state diet. It really is that important. **New York Certified Fitness trainer and nutritionist Franci Cohen says, "All the hard work you do in the gym will not reveal your abs until you begin eating clean.** If you feel like a hamster on a treadmill and are fed up with doing endless crunches for minimal results, it is time you turn to your kitchen. If you are in this category go into your kitchen to take a closer look at what could be hindering your progress."

There is no miraculous way of obtaining six pack abs. Your abs exist underneath that layer of extra fat in your body. To get six-pack abs, it is essential that you follow a healthy diet which is nutrient-rich, low in calories and refined carbohydrates, one that contains moderate amounts of fat, and plenty of lean animal protein. Proper nutrition makes it easier and faster for you to achieve that 6-pack. Franci Cohen says that, "Many people spend endless hours in the gym dreaming of getting an "ideal" body, but they fail to do so because they don't follow a proper diet plan. Sculpting abs is no easy task, especially in men, where the abdominals is the region where fat tends to accumulate first. Above all, if you keep accruing fat by eating unsuitable foods, then it will become very difficult for you to get rid of that overlying fat, which is necessary to allow those bulging 6-packs to shine through.

**There are foods that you can include in your daily meals that will act as great substitutes to unhealthy foods and even satisfy your taste buds:**

**Oatmeal:** Oats are low calorie/high fiber food. Oats help regulate the sugar level in your body. It is even good food for lowering bad cholesterol levels. The best reason for choosing oatmeal is its high fiber content. Fiber takes time to get digested, allowing you to feel full and satiated longer. Thus, you will be less prone to eat again real soon.

**Boiled eggs:** Boiled eggs can give a kick start to your mornings. The egg white, the albumin, is high in protein, has zero fat, and can be a great asset in fostering the growth of lean muscle mass.

**Milk:** Milk plays a vital role in building your abs, as it is a great source of protein too. Start your day with one full glass of milk and see the benefits yourself. If you are adverse to the taste of milk, as many people are, you can throw some fresh berries into a blender with some skim milk, for a sweet fruity breakfast shake, that offers both protein and immune-boosting water-soluble vitamins such as vitamin c and the b vitamins. Bonus: add some raspberries for an added fiber kick.

**Chicken:** Chicken is a great source of lean animal protein. If you are on a six pack abs mission, don't forget to include chicken in your regular diet. This muscle building food is always recommended by fitness experts. It is best to choose lunch time for eating chicken as you can fully utilize the food to generate energy for your grueling after-work ab routine in the gym.

**Fish:** When you are searching sources to obtain lean proteins, how can you forget about fish? Fish is the healthiest source of lean proteins. And there are varieties of fish available in the market so you won't feel bored with the same taste. Plus there are varieties of techniques of cooking fish. You can opt for different cooking styles.

**Nuts:** Nuts can be a great companion during snack time hunger. Nuts are the perfect combination of protein, fat and fiber. They provide your body with the right amount of energy. Nuts are portable so you can carry them anywhere and anytime.

**Protein shakes:** When you drink a protein shake prior to your workout, you will feel energetic throughout your workout session. Protein shakes actually contain proteins and carbohydrates which your body requires. You can utilize the nutrients of protein shakes for the optimal growth of your muscles.

**Cottage cheese:** Cottage cheese contains a slow digesting dairy protein called casein. It has the same mode of action as fiber, meaning, because it digests slowly, it will help keep you full and satiated for longer periods of time.

**Chickpeas:** Chickpeas for a 6-pack? You bet! They are exuberant foods present in the litany of six pack abs diet. Chickpeas can be a fantastic replacement for rice which doesn't provide any energy to your body. Chickpeas are great sources of dietary fiber. Additionally, when paired with the opposing amino acid, chickpeas get digested as a protein. They also contain vitamins, potassium, magnesium and iron. You can consume chickpeas either boiled or spouted.

**Lean Beef:** Lean beef is another great source of animal protein. Lean beef is the healthiest kind of meat that you can eat, as it contains the greatest amount of protein with the least amount of fat. It is an amazing source of iron and vitamins, and can contribute greatly to the growth of muscle mass.

**Lentils:** Lentils are the secret weapon of many bodybuilders. They contain dietary fibers which support slow digestion, and like chick peas, when paired with their complimentary amino acids, they become a complete protein, and can directly promote the growth of muscle tissue.

**Salmon:** This food is an excellent source of protein. It contains the heart-healthy Omega-3 fatty acids, mainly DHA and EPA, and along with building muscle mass, salmon can improve your heart health.

**Fermented dairy products:** Fermented dairy products don't contain much fat and they are really very helpful in building muscle mass. These products can boost up muscle gaining capacity of your body. These products are also an excellent source of good bacteria.

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### **About Franci Cohen**

#### Education:

- Triple Bachelors Degree
- Masters in Nutrition
- Masters in Exercise Physiology

#### Certifications:

- Nutritionist
- Group Exercise Instructor
- Group Fitness Specialist
- Personal Trainer
- Lifeguard/Professional Rescuer
- Indoor Cycling Instructor

#### Certifying Institutions

- Academy of Nutrition and Dietetics (A.N.D.)
- American College of Sports Medicine
- National Academy of Sports Medicine
- American Council on Exercise (ACE)
- American Fitness Association of American (AFAA)
- Mad Dog Athletics
- American Red Cross

Franci has been married for 14 years and currently lives in Brooklyn, NY with her husband and four children.

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