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# » "Foods That Work" for Rapid Fat Loss Report





Thank You for ordering this FREE Report!

So who am I and why should you listen to me?

Well I've been involved in fitness for close to 30 years now. My first job was in 1984 working the front desk at Golds Gym in Arlington. It was so long ago that treadmills were only found in doctors offices. No cardio equipment yet and fitness classes we're just starting up.

I've owned The Body Firm in Fort Worth for 7 years.

We specialize in rapid fat-loss and body transformation programs.

80% of my clients come to me at their heaviest weight ever, be it 160lbs, 260lbs, even 360lbs. Quite often I'm the last resort after all other programs have failed including gastric surgery. I tell you this so you know if you have 20-30 even 50 pounds or more to lose you've come to the right place.

We're the secret behind a number of weight loss and body transformation programs and products you see on TV daily.

We use a combination of Nutrition coaching, fat-loss exercise, short-burst cardio and coaching/group support to get you real results really fast without resorting to eating salads and doing hours of boring cardio (that stuff doesn't work anyway).

All programs are backed with a Results-Or Your Money-Back Guarantee.

At this time we have over 2,173 successful clients and we're adding more every month. My goal is to get 5000 of my DFW neighbors and friends into the best shape of their lives by 2015. When you're in shape and at a good weight you just feel better and get more out of your life. I want that for you.

I've written the NO B.S. Guide to Rapid Fat Loss and The Nutrition Crash Course. Both of these are standard issue to our clients because they work.

I'm a Body Transformation Expert-in that when you follow my program-you will get results.

I hope you're one of them.

Be sure to check out [The Body Firm.biz](http://TheBodyFirm.biz) there are over 100 articles and videos(I'm adding more as fast as I can) for you including Fat Loss-Get In Shape tips, tricks, secrets, workouts, recipes, success stories and nutrition bonuses.

I want to convey one final thing. No matter your background, who you are or where you are on the path to your goals. This WILL Work for you.. It CAN Be Done and YOU can Do it!

Dear soon to be leaner friend,

Thank you for requesting this FREE Report.

The most common question I get about weight loss is...

**"What do I eat to lose fat?"**

I'm going to answer that for you today.

The fact is there are some foods that, when they make up the bulk of your diet, fat seems to just fall off.

**I call them "Foods that work".**

Because some foods *will work*.

Like apples.

And some foods you want to work, like 100 calorie snack packs of Oreos, but don't really work or cause you to lose fat.

You just end up feeling frustrated and crappy.

The really good thing about "Foods that work" is it's really hard to screw them up.

You can find them at every grocery store.

It's impossible to overeat them.

And when 90% of your calories come from these foods, you will drop fat like a champ.

**Check out the 12 Best Foods You CAN Eat.**

Talk soon.

Dave

P.s. Be sure to read the entire report. At the end I've included a special gift for you.

**When I'm starting new clients out on their fat loss nutrition program.**

**I try to keep it as simple as humanly possible-and still get results. ram. I try to keep it as simple as humanly possible-and still get results.**

**Changing the way you eat is challenging enough. You can do without added confusion.**

Too often people are confused because of all the contradicting information out there.

Don't eat carbs with fat, don't eat after 8pm, never eat carbs, eat more/less protein. Whatever.

I tell people to lose weight it quite often comes down to the *what*.

***The What you're eating.***

Because when you're choosing the right foods. It's pretty hard to screw up.

And that's what you should be looking for in a fat loss plan simple, easy, and hard to screw up.

If you're diet consists the majority of the time of chicken, rice, blueberries, oatmeal, eggs, apples, fish, asparagus, lean red meat, yams, and broccoli. You're going to get lean pretty fast and even more important- stay lean.

It really does come down to the what you're eating. Your food choices. Then everything else falls into place.

So let's look at the top 12 foods you can eat to get real lean real quick.

This list I'm going to give you is like all the other diet do's and don'ts you get from me. Pick and choose from this what works for *you*.

If you don't like one or three of the foods on this list. *Ignore them*.

Don't miss the point.

Pick the things that work for you.

Put them into play.

And eat them more often.

Lets get started.....

## 1. Oatmeal-

If you could only choose one source of complex, starchy carbohydrates for a fat loss program, this would be it!

Oatmeal is the one carbohydrate food you see virtually 100% of all athletes, fitness enthusiasts and fitness models eat.

What makes it so great? In short when combined with protein(any source-powder or eggs etc.) makes oatmeal a very slowly released carb-exactly what you're looking for when getting lean.

Make sure you choose the all-natural oats: either old-fashioned oats or quick oats(such as Quaker) or the quick oats. Stay away from sweetened and or flavored oatmeal packets. You can use agave nectar, honey, or maple syrup as natural sweeteners if you need to take off the edge.



## 2. Yams (and Sweet Potatoes)-

Oatmeal, and yams (and sweet potatoes) are the next best starchy carbohydrate. Flavorful, low in calories, packed with nutrients and antioxidants like beta-carotene. This is another food you'll see on almost every lean athletes and lifetime fitness enthusiasts shopping list.

Combine a yam with a green veggie, a chicken breast, lean red meat or fish and you've got yourself a perfect fat-burning lean muscle making metabolism boosting meal.



## 3. Chicken breast (and turkey breast)

Chicken and turkey are the number one most popular lean protein sources amongst fitness and fat loss seekers. Remove the skin and get the light meat found in the breasts. The thighs are higher in fat and calories. Obviously you should broil, grill or roast these, don't fry them.

Just for record, I'm talking the real bird here. not sliced lunch meat you find at deli's or pre-packaged in the grocery store. These are heavily processed, the exact opposite of what you want in your diet. Like I say "Pick Your Battles" Lunch meats are OK occasionally but because of the high, sodium, preservatives, fillers and binders you don't want to put that in your body everyday.



#### 4. Green fibrous vegetables (broccoli, green beans, aspaagus, lettuce, etc)

Fibrous carbs should be your number one choice for fat burning carbs. Green vegetables, also known as fibrous carbs, contain hardly any calories(this is a good thing for you). It's virtually impossible to overeat green vegetables. Eat them a lot and eat more of them later in the day. A diet of green vegetables and lean protein sources(chicken, fish, lean red meats) is one of the fastest methods of getting very lean very fast.



#### 5. Egg Whites-

The name of the game in fat-burning, muscle building nutrition is to eat a lean protein with every meal. With zero fat, egg whites are as lean as lean proteins get. Egg whites are right up there with chicken breasts for top fat burning proteins.

(In my former bodybuilding life I would eat 72 egg whites a day. 6 dozen eggs a day. I did this for years. I find it amazing any of my friends could stand to be in the same room with me.)

Stay with me on this because I don't want you to get confused on this next point. Eggs are a super-high quality protein. The problem with the *whole egg* is the high fat and calories content. Good thing is 100% of the fat is in the yolk, while the protein is split evenly between the yolk and the white. So do limit the number of yolks. I suggest one yolk for every 6 eggs. You'll still get the yellow color to your eggs and the taste doesn't change at all.

There are hundreds of ways to make eggs you're only limited by your imagination: Omelets, frittatas, scrambled, over easy. A lot of my clients find hardboiled works for them and they're easy to travel with.



## 6. Fresh Fruit-

Whole fruits are a fantastic, healthy food suitable for nearly any fat loss program. Although some guru's claim "fruit is fattening", this is misleading. First never go with a program that completely cuts out an entire food group. How long can you last? And second although fruits are simple carbohydrates (sugars) they are simple *natural* carbohydrates.

Fruits like apples, peaches, grapefruits or oranges are only 60-80 calories apiece (or less), are a great addition to any long term fat loss plan. There really are no "bad" fruits. Most travel well and are easy to eat on the run when time is limited.

If you're still not convinced remember Weight Watchers deemed fruits (along with vegetables) to be "0-point" foods. They are so low in calories and high in nutrition you don't count them into your daily total. That's a great seal of approval. (Look if you're telling me you stopped eating fruit because of they contain "sugar" while you're chugging a diet coke you've missed the entire point).



So like I said earlier it's the WHAT you're eating that seems to count the most.

Almost all lean for life people eat whole, unprocessed, natural foods. Pretty much as much as they want.

Portion control doesn't seem to be a problem with this plan. Hungry? Eat 2 apples before you reach for anything else.

Never fails to work for some reason.

## **7. Potatoes (white or red)-**

Potatoes have earned an undeserved reputation as a food to avoid on a fat loss program. But think about it; Potatoes meet every criteria of a great carbohydrate: potatoes are a complex carbohydrates They're low in calories. They're natural, filling and are a great source of fiber, vitamins and minerals. .

So why do people avoid them? One reason is because they confuse a dry potato with this insane high fat and calorie monstrosity they've gotten used to. Smothered with butter, sour cream, and bacon bits and then you've got yourself a fattening, calorie-dense fat-bomb. Try eating it dry or top it with butter sprinkle, salsa or your favorite low fat, low calorie topping and you get all the good stuff and none of the bad.



## 8. Skim milk and nonfat dairy products-

“Dairy products” cover an entire category of foods including milk, cheese, yogurt, sugar-free frozen yogurt, and cottage cheeses. The label needs to say “fat-free,” “skim,” or 1% low fat.

Dairy contains carbohydrates and proteins. Protein in dairy is high quality and complete. Non-fat cheese can also boost the protein content of a meal.

Dairy wouldn't be complete without a discussion of yogurt. Yogurts can span the entire distance from Greek Yogurt (good source of protein low in calories) to an ingredient list full of High fructose corn syrup! Check your labels and choose wisely.



## 9. Fish and Shell Fish-

I've noticed fish is either a love it or hate it food. People either seek it out or avoid it completely.

As with other meats, you can take something pretty lean and healthy and screw it up frying it and adding high calorie sauces and butter. Eat your fish grilled or baked. Most fish are low in fat and high proteins. Shellfish have many of the benefits that fish have and it can add some variety to your diet if you're getting bored of egg whites and chicken. This category includes shrimp, crab, lobster, mussels, etc

By the way, when you're eating in restaurants, fish is a great choice as long as you make sure there are no hidden bad fats or extra calories.

Here's a list of fish to consider: salmon, tuna, haddock, flounder, mackerel, trout, snapper, sea bass, swordfish, mahi-mahi, perch, orange roughy, marlin, sole, halibut, herring cod, and catfish.



## 10. Lean Red Meat-

Old school athletes are famous for loving red meat. I'm seeing less and less red meat in journals but that doesn't mean it should go away.

Lean red meat is an excellent source of protein, iron and creatine. Look for lean cuts 80/20 or better. Portion control is also important- 1 serving of meat is about the size of a deck of cards.

You can get a variety using beef, lamb, pork and wild game types meat like venison, rabbit and duck.



## 11. Brown Rice-

All men may have been created equal but rice, not so much.

There's Great-slow-cooked brown rice or basmati-these should be your go to number one choices.

There's O.k. – pre-cooked brown rice, but instant rice is fine during a time crunch, but is processed a little less efficiently in your body then slow-cooked.

Then there's missing the point-white rice wich is brown rice that's been stripped of it's nutrients during processing, don't bother with this.

Stick with slow-cooked brown for most of your meals. One portion of rice is about the size of a cup cake wrapper for reference.



## 12. 100% Whole Wheat and Whole Grain Products-

Your diet can and should contain a wide variety of bread products. They must be made from 100% whole grains (and the label must say, “100% whole wheat” or “100% whole grain” as the first ingredient). If you notice you tend to just blow up when you eat carbohydrates. Unfortunately bread will be one of the first things that has to go.

Generally 100% whole wheat and other whole grains are perfectly acceptable to a healthy diet for long term body composition control, it just depends on how “strict” you want or need to be with your nutrition.

Do check your bread products as many will contain high fructose corn syrup.





Like I tell clients-You don't have to agree with all of these foods. I just want you to know what I've seen to be the most common food choices successful clients have made. It's kind of like not reinventing the wheel. We know which foods work best to help you lose fat and feel better fast- now you do to.

Talk soon,

Dave



“I decided to make a change. When I first saw pictures of myself, I was shocked!

I was heavier than I thought I was... Since joining the Body Firm I've **dropped 22lbs and 3 sizes, I've not felt this good in years!**”

-Tammy Dombeck, 40, Reporter, Fort Worth

Be sure to go to the next page to see more amazing transformations clients have had with The Body Firm Program and to get your FREE Week of Personal Fitness Coaching



**“I’ve lost 32 pounds and 23 inches and 7 ins in my hips alone. Now I’m training for a marthon!”**  
-Kristen Sutton, 35, Registered Nurse, Arlington



“Being overweight was on my mind all the time. I was consumed by it. I felt horrible about how I looked. But you use every excuse in the book not to do it. But then something wakes you up like those pictures from Disney did to me.

**I’ve lost 42lbs and went from a size 16 to a size 8. My bodyfat has dropped from 41% to 30%!**

I’ve been able to get these results with 3 hours or less off exercise per week!

-Shelly Smith, , 39,  
Technical Claims Specialist, Bedford



“ I decided I needed to lose some weight when I was trying on wedding dresses. The number on the size of the dress wasn’t something that I’d ever tried on before. I decided enough was enough. I got a hold of The Body Firm to take care of this problem.

**I’ve lost 15lbs and I’m more toned than I’ve ever been. I’ve lost the belly fat and I’m bikini ready for my honeymoon”-**

Megan Shannon. 25,  
Medical Student, Fort Worth



“I’ve never really been in good shape. After the birth of my second child I decided I wanted to get into shape. I’ve had gym memberships in the past but I’d never go because I didn’t really know what I was doing. I really wanted someone to help kick-start me to do it.

**In the last 12 Weeks I’ve lost 17lbs, 16ins and my bodyfat dropped from 32% to 23%. I’m back into my pre-baby clothes, and they’re loose!** I feel better about myself, I have more confidence in myself. I have the energy to keep up with my two kids. No more back pain when I stand up with the baby either.

**-Christina Cowden. 31, Mom of two, Fort Worth**



“I wanted to shop again. I wanted to go out with my friends and not feel like the fat girl at the table. I tried to do it on my own but I quit the gym and got even heavier than I’ve ever been.

After just 8 weeks I was down 10lbs and 9ins! I’d hit my goal 4 weeks early. So I knew this program was working. **I’ve lost a total of 32lbs and have gone from a size 12 to a 4!**

This program isn’t like anything I’ve ever tried before. It’s better and it works! I just bought a dress today that’s a size smaller than anything I’ve worn in the last 10 years and that’s huge to me.”

**-Tracy Minter, 43, Homemaker, Bedford**



“I’ve been overweight all my life. I’d gotten close to 300lbs. After taking care of my parents who are in ill health I decided I needed to do something. I started a walking program and started to feel better. I decided to turn it up a notch and contacted Dave at The Body Firm. I was afraid I was too old, too out of shape that I couldn’t afford it.

He told me I could do this and I believed him.

Over the course of the first month I’d lost 20lbs.

I just kept at it and steadily lost weight. Pretty soon after about 30lbs my clothes didn’t fit anymore.

I’ve been a client now for 2 years. **I started out close to 300lbs and currently I weigh 165. I’ve lost too many dress sizes to count. I can’t believe the things I can do now and how good I feel every day.**

**-Janet Powers 52, Registered Pediatric Nurse, Fort Worth**

# Your No Risk, No obligation Invitation to Fast Visible Results Guaranteed!



FREE Fast Start Consult (\$97 Value) plus  
One week of Rapid Results Fitness Bootcamp  
or  
One week Accelerator Personal Training

Name: \_\_\_\_\_

Location: \_\_\_\_\_

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Authorized by: \_\_\_\_\_

Expiration: \_\_\_\_\_

The Body Firm 817.320.3845



*Sally Joslin, 48, Aledo, Educator*  
"Sally has dropped 36lbs and 21 inches overall. She's in  
the best shape of her life!"

*Stephen Poole, 34, Fort Worth, Executive Director*  
"I've ditched 25lbs and dropped 8 inches off my waist."

