




ATHLEAN-X
SPECIAL REPORT

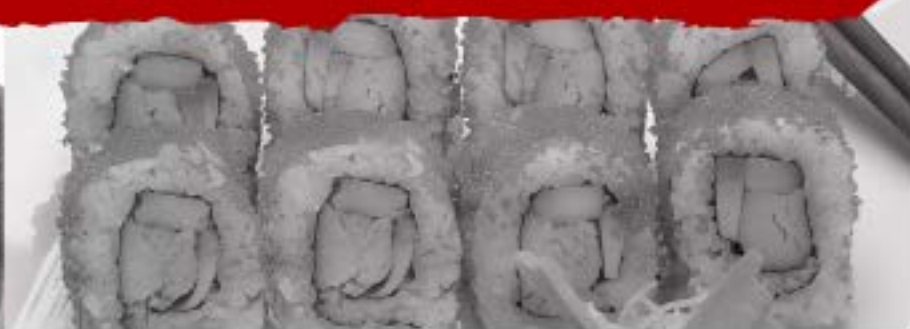
TOP 10 TRAP FOODS



THE TOP 10 "IMPOSTER" FOODS YOU THINK ARE HEALTHY BUT ARE ACTUALLY DOING THEIR BEST TO SNEAKILY SABOTAGE YOUR SIX PACK EVERY TIME YOU EAT THEM...WHICH IF YOU'RE LIKE MOST GUYS THINKING THEY'RE DOING THE RIGHT THING TO GET IN SHAPE, IS QUITE OFTEN!

WHILE THE MEDIA WILL TRY AND PASS THEM OFF AS HEALTHY

EVERY ELITE ATHLETE AND RIPPED CELEBRITY KNOWS BETTER AND AVOIDS THESE 10 "TRAP" FOODS LIKE THE TEAM'S BEAT REPORTER!





1. SUSHI ROLLS

FACT: Dining “lite” tonight? Then stay away from these carb loaded (often fried) pseudo protein belly bombs!

With barely a sliver of actual fish in each roll, but more than enough sticky rice to hold a small hut together, these easily ingested lead weights can pack as many as 800 calories in a single roll of 6 pieces! Throw in the sodium IV drip you get from the constant dipping in “low salt” soy sauce, and your “healthy” meal can actually make a big mac look like beans and sprouts!



2. GUACAMOLE

FACT: At first glance, if we remove the chips from the picture here and concentrate on the “goodness” of the guacamole, things don’t look too ominous for our chances of holding onto a six pack stomach. However, “dip” deeper and you’ll find that just one tablespoon of this stuff can have 40 calories (almost 2/3 of which comes from fat!). The bigger problem? On average, we consume about 8-10 tablespoons per serving with our healthy sized dips, not to mention the chips that are being used to scoop it all up!



3. COMMERCIAL SALADS

FACT: You can't go wrong with a salad right?

Skip the cheeseburgers and the burritos and opt instead for the green stuff. The only problem though is the green stuff never hangs out alone. It usually likes to invite its friends like Mr. Bacon Bits, Mrs. Chopped Eggs, Sir Grated Cheese, and the always unwelcome guest...Ms. Salad Dressing (Mr Six Pack's former wife...and you should divorce her too if you want to hold onto yours...more on this later!) Add that all up and your once benign "field greens" pack enough of a calorie wallop to "leaf" you heavier than when you started your diet eating this garden garbage.



4. "REDUCED FAT" ANYTHING!

FACT: Have you ever had a sudden craving for a certain food? I'm talking about the "real" version of it. Like THE chocolate chip cookie, THE blueberry muffin, or THE potato chips? Well, don't worry, you can satisfy that craving without the guilt with the chemically engineered, overprocessed, carcinogenic additive rich, "Reduced Fat" version...that oh by the way, usually has almost 80% of the calories of the original anyway! Geez...what a choice? How about skipping them altogether, especially if you are actually trying to look better in a bathing suit this year, not to mention, be able to look forward to years ahead by avoiding the chemical question marks that are often used to create these "lite" versions.



5. "LITE" OR "FAT FREE" DRESSINGS

FACT: Quite honestly, many of these "lite" and "fat free" dressings don't taste all that bad. But analyze why for a second and you realize that in order to boost the flavor WHILE removing the fat, something else has to take its place. Sugar...step right up! What appears to be a healthier option winds up being nothing more than a high calorie "fat for carb swap". Those that prescribe to the theory of "a calorie is a calorie is a calorie" are left in the same situation they started in...overweight and looking for places to cut calories. What's worse...if you do find one that is low in calories as well, it might be safer to pour liquid drano on your greens instead, since the chemicals used to create your "ideal" dressing are suspect at best. Now do you really want to be part of a long running lab experiment that could eventually allow scientists to discover how to grow a third arm? Didn't think so. Stick to the olive oil and vinegar for your safest and healthiest bet.



6. "FRUIT AT THE BOTTOM" YOGURT

FACT: What could be more wholesome than a cup of yogurt with fresh fruit at the bottom? Umm...unfortunately, the truth is a lot of things. In fact, this might be one of the number one "trap" foods, because it just seems so darn healthy. The problem is that first, we obviously aren't talking about fresh fruit here. No, this "fruit" can be found bathing at the bottom of your "cup of calories" in a special mixture of corn syrup, sugar, and oh yeah...maybe a bit of actual fruit juice. You could opt to eat just the top part and don't bother mixing it up...but then why not just buy unsweetened yogurt in the first place? Your best bet is to get the natural yogurt and add your own flavoring. You can even start with some nice REAL cut up fresh fruit. Now that is a novel concept that won't Yo-HURT your waistline in the process!



7. FRUIT JUICES

FACT: Make a habit of drinking fruit juices and your blood sugar will be doing it's best Wall Street impersonation...spikes and crashes! It isn't helping our portfolios and it certainly won't be helping your fat fighting cause either. You see, the main problem with fruit juice is that it is a form of "liquid calories". It is much easier to over consume loads of carbs and calories when you don't actually even have to chew them. I mean, what could be easier. Lift the glass to your lips, drink, pour some more and start again. Chewing your fruit not only acts to increase the awareness of the incoming calories but also adds the missing fiber that you don't get by simply sucking down the sugar waters! Still don't believe me? Go check how much of the sweet stuff is in a serving of grape juice and a coca-cola...you might be shocked to see that it's practically a tie! 10-12 teaspoons of sugar in each!



8. BAKED BEANS

FACT: Beans? How can beans be bad you're asking? Well...the crazy thing is it's not the bean that is the problem. Kidney beans, lima beans, black beans, pinto beans, jelly beans...no wait, I got carried away there...are all excellent sources of protein, fiber and complex carbohydrates. It's the preparation of the bean that turns this "bean"-aficial food into a dietary landmine. Take refried beans for example. Like Jessica Simpson in a pair of high wasted (and way too tight) jeans...refried beans pack plenty of lard into a small serving. Baked beans on the other hand, soak in a sugary syrup that contains as much sweetener as is in a can of soda! No wonder they were my favorite kind of bean growing up!?! If I only knew then what I do now, I'd have bargained with my parents for some candy for dinner instead.



9. GRANOLA

FACT: I don't know what it is about granola that seems to lure in those of us in search of a "healthy" breakfast option. Maybe it's the word itself? Granola sounds like "Grains" and implies something very good for us. However, add in some nuts, raisins, coconut, oil, and corn syrup and our Grains just turned into Grams and Grams and Grams of unnecessary fat and calories that can do a ninja like sneak attack on our weight loss ambitions. Want to make sure that your breakfast doesn't break the "calorie bank" before your day has even got underway? Opt instead for a low sugar, high fiber cereal with skim milk and some eggs. Not only will this save you from the one-two combo fat and calorie knockout punch of the gut busting granola, but it might actually get your day started with some more sustainable energy and help you avoid the sugar coma and crash!

10. "HEALTHY DELI MEATS"

FACT: So you've decided to make some positive changes to your diet, and you realize that you really need to be eating more lean protein to support the gains you stand to make from your efforts in the gym. You've read all the recommendations and now firmly understand that chicken, tuna fish and turkey are the way to go. However, what "they" might not have told you is that not all meats are created equal. In fact, sometimes what we think is "meat" is actually nothing more than a round compressed concoction of chemicals, fillers, sodium and additives that looks not only like a volleyball (when is the last time you saw a perfectly round chicken or turkey breast anyway?), but might even bounce once or twice if it ever dropped on the floor. The same goes with the tuna fish. The tuna by itself isn't too bad for you at all, but when you consider the mounds of mayo that tend to go along with the fish and you turn a legitimate lean protein option into a lost cause in the pursuit of leanness! Stick to plain water packed tuna, fresh fish filets, grilled chicken breast and lean cuts of red meat to turn your body into sexy, fat burning machine!





The AthLEAN-X Training System is your solution to getting that ripped, muscular body that you see on all the top athletes...that can now belong to you without you having to have the same schedule or a personal chef! Utilizing a unique work/recovery system as the basis for this program, the ATHLEAN -X system is designed specifically to help YOU get ripped in record time...guaranteed! The ATHLEAN-X Training System™ and the "ATHLEAN Challenge"™ are registered trademarks and cannot be used, copied or reproduced without the express written consent of Sports Performance Factory LLC.