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# Abs Diet

The Abs Diet was created by David Zinczenko, editor-in-chief of *Men's Health* magazine. Zinczenko created this diet to help individuals achieve a flat stomach and improve their shape within six weeks. The Abs Diet does not rely on deprivation or calorie counting.

The Abs Diet consists of a six-week plan that focuses on 12 power foods whose acronym spells "abs diet power": almonds and nuts, beans and legumes, spinach and other vegetables, dairy, instant oatmeal, eggs, turkey and other lean meat, peanut butter, olive oil, whole grains, extra protein, and raspberries and other berries.

The general emphasis is on fiber, protein, calcium, and healthy fats. The Abs Diet seven-day meal plan incorporates all of these foods and discourages saturated and trans fats, high fructose corn syrup, and refined carbs. The diet plan requires you to eat three meals a day and three snacks.

One meal per week is designated as a cheat meal with no food restrictions. An important aspect of this diet is exercise: Abdominal exercises twice per week, strength training three times per week, and optional aerobic exercise two to three times per week.

## **Foods to include:**

- Vegetables
- Low sugar fruits
- Whole grains
- Lean meat
- Lean poultry
- Fish
- Eggs
- Beans
- Protein powder
- Low-fat or fat-free dairy
- Nuts and seeds
- Healthy oils

## **Foods to avoid:**

- High-fat meats
- Processed foods
- Refined grains
- Sugar
- Trans fats

## **Pros:**

- Based on proven nutritional principles
- Balanced diet and exercise program
- Supports steady blood sugar

## **Cons:**

- Food options may be narrow for some preferences
- Only a few recipes and a one-week sample meal plan are given
- Cheat day may lead to excessive binging

## **Sources:**

David Zinczenko and Ted Spiker's *The Abs Diet*

*The Abs Diet* [www.absdiet.com](http://www.absdiet.com) <http://www.absdiet.com>

