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The road to a tighter tummy is different for each person; what works for you, might not work for your best friend - and visa versa.

And, you might not even realize what works best for you. If you've been doing the same thing over and over again, you really don't have a clue if another approach will work or not.

For example, if you've always followed a very low-fat diet because you're scared that fat will make you fat, and you still can't see your abs or have extra meat on your thighs that just won't go away, maybe it's time for a re-evaluation.

As stated by the brilliant W.L. Bateman:

***"If you keep on doing what you've always done, you'll keep on getting what you've always got."***

Or, it could be worse.

Recently, a man who was a former competitive body builder and power-lifter testified that a lifelong diet of ultra-low fat eating, lead him to type 2 diabetes. At over 50 years old, he still has veins popping out of his arms and the type of ripped mid-section most younger men would kill for. However, after a diet of chicken, rice and no fat for several years, he's now become extremely carbohydrate intolerant. He had to learn the hard way that the diet he thought was good for him, was actually killing his body from the inside out. Don't let yourself make the same mistake too.

In order for you to tighten your tummy and get your favorite pair of jeans to fit again (while still keeping your insides healthy), you're going to need to first figure out what eating plan works best for you.

Using this simple test, you will determine if you're body does better on a moderate fat and carbohydrate plan, or if you need to follow a much lower carbohydrate, higher fat and protein plan.

Super low-fat diets of egg whites, rice cakes and reduced fat peanut butter are just the dumbest idea ever, so we won't even go there... just trust us on this one!

### **The Breakfast Test:**

The purpose of this breakfast test is to determine how well your body processes carbohydrates. If your body uses carbohydrates well, you will feel most satisfied after eating the high carbohydrate test meal and will not feel any change in mood or cognition. However, if your body does not use carbohydrates well, you will feel hungry and irritable, and your mood and focus will suffer. In fact, most people who are prone to weight gain are quite carb intolerant and fare much better on meal plans that emphasize a low carb, high fat, and moderate protein intake. You may already know how your body deals with carbs; if so, you can skip this test and move onto the plan of your choice.

On two separate days, you will eat each of these breakfast meal assessments within 2 hours of waking and then assess satiety, mood, hunger and ability to focus. If you want, you can repeat these tests again after two or more days in a different order to accurately determine what your responses really are. If you're a coffee drinker, keep this the same so that there are not too many differences from your regular breakfast intakes other than just the food.

For the best results, you will want to do these tests when you don't have too many other distractions or stresses in your day. For instance, don't try this if you know you're going to have an important meeting first thing in the morning or you have a huge deadline that will distract you from recording your feelings and responses.

To standardize your response to the breakfast, ensure that you get the same amount of usual sleep the night prior to having each breakfast so that your responses are not influenced by being tired or groggy - since it is well-known that lack of sleep increases hunger and irritability. Also, make sure that you have a similar day of eating and exercise prior to each challenge day so that the influence of poor eating choices the day before, or really exercise, do not skew the results.

If you exercise in the morning, try not to do so on these days. The reason being that exercise will improve your carbohydrate tolerance for several hours post-workout. As such, your true response to the high carb meal may be masked by the beneficial effects of exercise.

So, why does the assessment meal take place at first feeding of the day? The reason for doing the challenge in the morning is because that is when your body will either respond best or respond worst (depending on your carb sensitivity) to a meal containing carbohydrates. At other times of the day, your previous meals or your previous activity will influence your response to carbs so that your most true response will not be properly detected.

### **The High Carb Breakfast Meal Assessment:**

#### *Plain bagel topped with sugar-free jam:*

- 1 medium sized plain bagel, about 3 1/2 oz in weight
- 2 tablespoons no-sugar-added preserves or jam

#### *Directions:*

1. Make sure the bagel is plain with no added fiber. Toast or leave plain as desired.
2. Top each half of the bagel with 1 tablespoon preserves or jam (your flavor of choice).

*Nutrient facts: 345 calories, 10 grams protein, 74 grams carbohydrate (3 grams fiber), 1 gram fat*

### **The Low Carb Breakfast Meal Assessment:**

#### *Scrambled Eggs with Avocado:*

- 2 whole medium eggs
- 2 medium egg whites
- Salt and pepper to taste
- Olive oil cooking spray
- Topping for eggs: 1/3 cup no-sugar added salsa (optional)
- ½ California Avocado

#### *Directions:*

1. Heat a medium non-stick saucepan to medium-high. Spray with an olive oil cooking spray.
2. Place eggs and egg whites in saucepan and scramble with a spatula.
3. Once eggs are cooked to desired texture, place on a plate and top with salsa. If you do not like salsa, you do not have to add it, but don't substitute it with a high-sugar sauce such as ketchup.
4. Top with slices of half an avocado

*Nutrient facts: 368 calories, 22 grams protein, 13 grams carbohydrate (5 grams fiber), 25 grams fat*

**Hunger and Mood Assessment:** After eating each of the breakfasts, complete the following questionnaire every 30 minutes over a 3-hour period. Add up the total for each half hour increment and interpret your results below.

**Interpretation after the High Carbohydrate Assessment Meal:**

- If your total score is below 14 points for most of the time, it indicates that you have poor carbohydrate tolerance. You should follow the **Crazy Core** plan.
- If your total score is above 14 points for most of the time, then you have very good carbohydrate tolerance. This means that you should follow **Awesome Abs** plan to look your best and feel even better.
- If your scores are above 14 only until the 2 hour mark and then they drop, you are somewhere in the middle of carbohydrate tolerance. This means that you can use either of plans based on your personal preference.

**Interpretation after the Low Carbohydrate Assessment Meal:**

- After eating the low carbohydrate assessment meal, most people should feel a bit more energetic and less hungry than after eating the high carb challenge meal.
- However, if your score is below 14 points for most of the time, then your body runs better with more carbohydrates and you should follow **Awesome Abs** plan.
- If your total score is above 14 points for most of the time, you will do best with **Crazy Core** plan.

Once you've completed this quick assessment, you're ready to start cranking it for a tighter tummy within the next 10 days!!



# Tighter Tummy >>> in 10 Days <<<

## Meal Plans

To quickly tighten your tummy over the next 10 days, you're either going to follow a *moderate carbohydrate plan with a moderate fat intake* **OR** a *lower carbohydrate plan with a higher fat intake*. In both plans you'll also cycle your calories so you're never left starving and key hormones are optimized to allow for more rapid and lasting fat-burning. Bottom line, follow this plan verbatim and you'll have a tighter tummy in no time!!

### These rules apply to both plans:

1. No Dairy (yogurt, cheese, milk, ice cream)
2. No Flour Products (bread, bagels, crackers, cake, wraps)
3. No Alcohol
4. No Desserts or Candy (chocolate bars, ice cream, candy)
5. No Deli Meats or Processed Meats with Nitrites or Breading
6. No Diet Foods or Beverages
7. No Pre-packaged Microwave Meals or Snack Foods
8. No Meal Replacement Bars
9. No Foods with Artificial Colors or Flavors
10. No Soy or Soybean Oil

### Avoid these Bloating Foods:

1. Onions, Garlic, Mushrooms
2. Inulin, FOS (fructo-oligosaccharides)
3. Beans (in excess)
4. Brussels Sprouts, Cabbage, Broccoli, Cauliflower, Sugar Snap Peas
5. Apples, Apricots, Cherries, Watermelon
6. Dried Fruit
7. Artificial Sweeteners: sorbitol, mannitol, xylitol, isomalt
8. Fructose, High Fructose Corn Syrup

### Include Plenty of these Water-Flush Foods:

1. Fresh vegetables and greens, especially celery, cucumber, parsley, asparagus
2. Fresh fruit, especially kiwi, pineapple, lemon, grapefruit and organic berries

### Eat a Lot of These Fat-Burning Foods:

1. Free-Range/Organic/Antibiotic-Free Poultry, Beef, Pork, Bison, Turkey, Omega-Eggs
2. Wild Salmon, Trout, Sardines (canned is ok too)
3. Unsweetened Almond Milk, Coconut Milk or Hemp Milk
4. Nuts and Seeds (unsalted, unsweetened)- Limit each serving to a small handful
5. Olive Oil and Omega-3 EFA's/Fish Oil

**Drink Mostly These Beverages:**

1. Filtered Water with Fresh Lemon
2. Green or White Tea
3. Sparkling Seltzer- no artificial flavors (e.g. La Croix)

**Recommended Dietary Supplements:**

1. Prograde EFA Icon (2 per day)
2. Prograde VGF 25+
3. Prograde Protein
4. Prograde Workout
5. Prograde Lean

**Allowed High-Carb Carbohydrates:** *Limit portions of each item below to the size of your fist:*

- Sprouted Grain Breads & Wraps
- Whole Grains: Brown & Wild Rice, Quinoa, Barley, Millet, Oatmeal (Old Fashioned or Slow Cook)
- Potato (Sweet or White) & Yam
- Winter Squash & Turnips, Corn & Peas
- Any Fruit, Fruit Spreads/Jams (unsweetened)
- Beans/Legumes (in moderation), Hummus (also counts as high-fat protein)
- Prograde Workout

**Allowed Low-Carb Carbohydrates:** *Consume at least a fist-sized portion of each item below:*

- Vegetables & Leafy Greens (i.e., asparagus, green beans, spinach, cucumber, celery, peppers)
- Organic Mixed Berries (i.e., blueberries, strawberries, blackberries, raspberries – frozen or fresh)
- Unsweetened Almond Milk (contains some fat)

**Allowed Low-Fat Proteins:** *Consume at least a fist-sized portion of each item below:*

- Whole Omega-3 Eggs (2-3 for snacks, 3-6 for meals), Egg Whites
- Lean Beef (Eye of Round, Top Round), Bison, Pork (Tenderloin), Chicken, Turkey
- Lean Bison, Turkey or Chicken Sausage
- White Fish (Cod), Light Tuna, Fresh Seafood (Mussels)
- Stevia-Sweetened Whey Protein (Prograde Protein), Hemp Protein
- Prograde Lean (only for Moderate and High Carb days)

**Allowed High-Fat Proteins:** *Consume at least a fist-sized portion of each item below:*

- Omega-3 Eggs (3-6 at a time based on size and gender)
- Salmon, Trout
- Canned Sardines, Oysters, Mussels
- Higher Fat Beef (Brisket, Sirloin), Pork (Chop)
- Uncured Pork Bacon
- Uncured Pork, Wild Boar, or Deer Sausage
- Hummus

**Allowed Fats:** *Limit all oils to 1/2 to 1 TBSP., nuts/seeds to a small handful, and nut butters to 1-2 TBSP.*

- Nuts & Seeds (unsalted, unsweetened), Natural Nut Butters (low in salt, unsweetened)
- Olives, Extra Virgin Olive Oil, Olive Oil Mayonnaise
- Avocados, Natural Guacamole
- Coconut Oil, Unsweetened Coconut/Hemp/Almond Milk
- Hemp Oil, Canola Oil, Sesame Oil
- Ground Flax Seeds, Flax Oil

## AWESOME ABS MEAL PLAN TEMPLATE

Day 1, 4, 7, 10 Moderate Carb Low Fat	Day 2, 5, 8 Low Carb Moderate Fat	Day 3, 6, 9 High Carb Low Fat
<p><b>Breakfast:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein</p> <p><i>VGF25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Low-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Lunch:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Snack:</b> Low-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Dinner:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein + Small Amount of Fat</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p>	<p><b>Breakfast:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><i>VGF25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Low-Carb Carbohydrate + High-Fat Protein</p> <p><b>Lunch:</b> Low-Carb Carbohydrate + High-Fat Protein</p> <p><b>Snack:</b> High-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Dinner:</b> Low-Carb Carbohydrate + High Fat Protein (Or Low-Fat Protein + Fat)</p> <p><b>Post-workout:</b> Prograde Protein + Low Carb Carbohydrate</p>	<p><b>Breakfast:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein + Small Amount of Fat</p> <p><i>VGF25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> High-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Lunch:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Snack:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Dinner:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p>



## Example Meal Plan

Day 1, 4, 7, 10 Moderate Carb Low Fat	Day 2, 5, 8 Low Carb Moderate Fat	Day 3, 6, 9 High Carb Low Fat
<p><b>Breakfast:</b> Cooked Oatmeal 1 scoop Prograde Whey Protein (mixed into oats after cooking) Berries (fresh or frozen, added to oatmeal)</p> <p><i>VGf25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Mixed Vegetables with Lean Ground Turkey, topped with salsa</p> <p><b>Lunch:</b> Mixed Greens Salad with Veggies of choice (tomato, cucumber, etc) and Chicken (canned or fresh), with Olive Oil Red Wine Vinegar</p> <p><b>Snack:</b> Cucumber Slices Zucchini Strips Prograde Lean in Water</p> <p><b>Dinner:</b> Quinoa Pilaf made with Olive Oil, with Steamed Asparagus and Pork Tenderloin</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> Two Omega 3 Eggs + Egg Whites, Scrambled with Spinach or Bell Peppers, Topped with Salsa, Parsley and Sliced Avocado</p> <p><i>VGf25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Baby Carrots, Cucumber and Celery Sticks with Hummus</p> <p><b>Lunch:</b> Mixed Greens Salad with Veggies of choice (tomato, cucumber, etc) and Salmon (canned or fresh), with Balsamic Vinegar dressing</p> <p><b>Snack:</b> Prograde Whey Protein in Water blended with Berries, Banana and Ground Flax Seeds</p> <p><b>Dinner:</b> Sautéed Summer Squash/Zucchini in Olive Oil with Steamed Cod</p> <p><b>Post-workout:</b> Prograde Protein with Berries</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> Sprouted Grain/Ezekiel Toast topped with Organic Berry Jam (no sugar, no Splenda) and small amount of Coconut Oil</p> <p>Prograde Whey Protein + Water or Almond Milk</p> <p><i>VGf25+/Multivitamin</i> <i>EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Orange Hard Boiled Eggs (add extra egg whites for more protein)</p> <p><b>Lunch:</b> Plum Sprouted Grain Bread with Lettuce, Tomato, and Mustard Nitrite-free Deli Turkey,</p> <p><b>Snack:</b> Prograde Whey Protein in Almond Milk Handful of Cashews</p> <p><b>Dinner:</b> Baked Sweet Potato with Steamed Green and Bison Medallion Strips</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>

**Note:** Only follow post-workout nutrition if you exercise that day

## CRAZY CORE MEAL PLAN TEMPLATE

Day 1, 4, 7, 10 No Carb High Fat	Day 2, 5, 8 Low Carb Moderate Fat	Day 3, 6, 9 Moderate Carb Moderate Fat
<p><b>Breakfast:</b> Low-Carb Carbohydrate + High-Fat Protein + Fat</p> <p><i>VGf25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Fat</p> <p><b>Lunch:</b> Low-Carb Carbohydrate + High-Fat Protein + Fat</p> <p><b>Snack:</b> Low-Fat Protein + Fat</p> <p><b>Dinner:</b> Low-Carb Carbohydrate + High Fat Protein + Fat (Or Low-Fat Protein + Fat)</p> <p><b>Post-workout:</b> BCAAs with water or Prograde Protein</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><i>VGf25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Low-Carb Carbohydrate + High-Fat Protein</p> <p><b>Lunch:</b> Low-Carb Carbohydrate + High-Fat Protein</p> <p><b>Snack:</b> High-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Dinner:</b> Low-Carb Carbohydrate + High Fat Protein (Or Low-Fat Protein + Fat)</p> <p><b>Post-workout:</b> Prograde Protein + Low Carb Carbohydrate</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><i>VGf25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Lunch:</b> Low-Carb Carbohydrate + Low-Fat Protein + Fat</p> <p><b>Snack:</b> Low-Carb Carbohydrate + Low-Fat Protein</p> <p><b>Dinner:</b> High-Carb Carbohydrate + Low-Carb Carbohydrate + Low-Fat Protein + Small Amount of Fat</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>

**Note:** Only follow post-workout nutrition if you exercise that day

## Example Meal Plan

Day 1, 4, 7, 10 No Carb High Fat	Day 2, 5, 8 Low Carb Moderate Fat	Day 3, 6, 9 Moderate Carb Moderate Fat
<p><b>Breakfast:</b> Veggie Omelet (your choice of veggies = spinach, bell peppers, tomatoes, etc, with Three or More Omega-3 Eggs and ½ Cup Egg Whites) Topped with Natural Guacamole</p> <p><i>VG25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Cashews and Walnuts</p> <p><b>Lunch:</b> <i>Chef Salad:</i> Baby Spinach with Hard Boiled Eggs, Nitrite-free Bacon, Sliced Black Olives, Avocado, Tomatoes, Cucumber and Olive Oil Dressing</p> <p><b>Snack:</b> 1 can Light Tuna in Water mixed with Olive Oil Mayonnaise Cucumber Slices</p> <p><b>Dinner:</b> Mixed Greens Salad with Tomatoes, Cucumbers, Olive Oil and Balsamic Vinegar dressing Baked Wild Salmon with Dill Steamed Green Beans</p> <p><b>Post-workout:</b> BCAAs with water</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> <i>Smoothie:</i> Prograde Whey Protein, Unsweetened Coconut Milk, Ground Flax and Unsweetened Organic Frozen Berries</p> <p><i>VG25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Natural Guacamole with Mixed Veggies (celery, bell peppers, cherry tomatoes)</p> <p><b>Lunch:</b> Mixed Greens Salad with Veggies of choice (tomato, cucumber, etc) and Canned Mussels, drained with Rice Vinegar dressing</p> <p><b>Snack:</b> Peach Egg Salad (Boiled Eggs and Egg Whites mixed with Olive Oil Mayo and chopped celery)</p> <p><b>Dinner:</b> Beef Stir-fry with Chinese Vegetables, cooked in Sesame Oil</p> <p><b>Post-workout:</b> Prograde Protein with Berries</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>	<p><b>Breakfast:</b> Sweet Potato Hashbrowns Two Omega 3 Eggs + Egg Whites, Scrambled with Spinach or Bell Peppers, Topped with Salsa or Hot Sauce</p> <p><i>VG25+/Multivitamin EFA Icon/Krill Oil</i></p> <p><b>Snack:</b> Nitrite-free Deli Turkey Slices Zucchini Sticks and Cucumber Slices</p> <p><b>Lunch:</b> Low-Sodium Vegetable Soup with Chicken Almonds</p> <p><b>Snack:</b> Almond Milk mixed with Prograde Lean</p> <p><b>Dinner:</b> Baked Acorn Squash Steamed Spinach with Vinegar Turkey Cutlets with Brown Rice Flour “breading” (use 1 egg and olive oil to bind the flour)</p> <p><b>Post-workout:</b> 1 or 2 scoops Prograde Workout</p> <p><b>Drink throughout the day:</b> Tea, Water, or Seltzer</p>

# Tighter Tummy >>> in 10 Days <<<

## What's Next?

Now that you've lost inches off your waist and tightened your tummy, what do you do now?

If you've found your body has responded favorably to either of these plans, you may either do another 10-day cycle to really push your body to the next level or you could follow them in a modified fashion as outlined below:

### For people following AWESOME ABS:

- Use High carb and Moderate Carb days when performing high-intensity/prolonged exercise
- Use Low Carb days on days that you are less active or exercise briefly

### For people following CRAZY CORE:

- Use Moderate and Low Carb days when performing high-intensity/prolonged exercise
- Use No Carb days on days that you are less active or exercise briefly

## The New Rules:

You may now break some of the rules if you so desire. For example, if you want to include moderate amounts of dairy back into your diet, have a weekly reward meal, or enjoy alcohol once in a while, you can. However, don't forget what foods your body responds to best and be sure to limit the foods you know aren't too tummy friendly so you don't sabotage all of your hard work!

In conclusion, for best results please keep eating similar foods that you ate during this 10-day plan, though you may now include a wider variety of items and even some of the items we recommended you avoid in moderation.