



Akil Sherman
Personal Training

PRESENTED BY
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FOODS TO AVOID FOR FAT LOSS



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A detailed collage of various carbohydrates. It includes several types of bread: a large loaf of dark rye, a round loaf of light-colored bread, and several slices of different breads, some with raisins or seeds. There are also various pasta shapes like penne, fusilli, and farfalle. Grains include stalks of wheat, a bundle of wheat, and a pile of small grains. Other items include round crackers with seeds, a ball of string, and a woven basket. The background is a mix of these items, creating a rich texture of food.

Foods to Avoid for Fat Loss

All carbs are NOT created equal. "Eliminating carbs" in order to lose fat is a bit misleading. Learn what foods to avoid in order to lose fat. Fat Cells are created by Insulin Spikes. These foods below create Insulin Spikes. Avoid these foods, then you avoid the creation of new fat cells in the body. And therefore you stop gaining weight!



FOODS TO AVOID FOR FAT LOSS

Bread

We want to avoid the regular bread we see on the shelves if our goal is fat loss. The flour and yeast contained in the bread is the main offender and leads to fat gain. Instead, go for bread that contains “Sprouted Grain” ex. Ezekiel 4:9, Dave’s Killer Bread. These can usually be found in the refrigerated section.

Corn

Corn on the cob is basically starch on a stick. If you are looking to avoid gaining weight then you definitely want to skip corn in kernel form. However; popcorn popped on the stove top or air popped is a solid snack because it doesn’t contain the same amount of sugar and starch as the kernel form.

Rice

Because of the way rice is processed here in the states we still want to avoid even the brown, jasmine and wild varieties that come from North America. Bobs’ Red Mill is a producer that has better quality rice. You can also visit your local Asian supermarket and pick up rice that comes from the places like Thailand, Korea or Taiwan. Other grains such as spelt, amaranth and quinoa are good substitutes. Cauliflower rice would also be a good choice.

Pasta

We would like to avoid regular pasta if our goal is fat loss. Instead reach for pasta made from vegetables like noodles made from zucchini (aka Zoodles) or spaghetti squash etc... There are other varieties you can try that are made from chickpeas or lentils. Once you add the meat sauce you probably won’t even be able to tell the difference.

Potatoes

Regular white potatoes contain a high amount of starch which will cause weight gain. Instead opt for sweet potatoes or baked sweet potato fries. If you can find them, Yukon gold brand potatoes are naturally lower in sugar as well.



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Wheat

Although whole wheat, wheat flour and whole grain are better for the body than white flour, they can still cause weight gain due to the crop that the majority of wheat comes from in the U.S. Stoneground wheat would be better. You may still need to avoid wheat if you have a gluten allergy because it can still cause inflammation. Again sprouted grain would be a better substitution.

Sugar

Sweet but deadly! We certainly want to pay attention to the source and amount of sugar we consume. Particularly due to fat loss but also other health issues like Diabetes and heart disease. We would like to stick to fresh fruit for our sugar because that sugar comes with vitamins and minerals the body requires for health in general. But processed sugar and hidden sugar in sauces like ketchup and BBQ need to be avoided. High Fructose Corn Syrup should also be avoided so you would like to start reading the ingredients and nutritional facts so that you know what you're putting into your body.





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SPECIAL BONUS

This is for my people who have historically had a hard time losing body fat!!

You know now which 7 Foods to avoid for fat loss, and you have the info you need to make better nutritional decisions.

But, if you are someone who can gain weight very easily and has a difficult time losing the weight, you likely have an Endomorph Body Type.

There are only 3 Body Types.

You should also know that the VAST MAJORITY of personal trainers you see on social media fall into these 2 groups, they are:

Mesomorph - these people can also gain weight very easily but they can lose it just as easily, by simply eating better and working out.

Ectomorph - these people are naturally slim and have a difficult time gaining weight, no matter what they eat.

I AM AN ENDOMORPH.

I am NOT the trainer that grew up with a flat stomach, small waist and six pack. I know intimately what it's like to struggle with stubborn body fat.

If you are someone who has been struggling with body fat for a long time then check out the offer below!

<https://endomorph.akonlinept.com/flagship-framework1617837817472>