

Eat Foods That Burn Fat

A Guide For Men



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Foods That Burn Fat

Men can burn fat quickly when they eat more foods that are:

- Low in calories
- High in protein
- Full of nutrients
- Filling (so you stay full longer)

The foods in the “Eat More” columns are some of the best choices for fat loss because they usually check most of these boxes.

EAT MORE	EAT SOME	EAT LESS
		
Eggs and egg whites	Uncultured cottage cheese	Fried meats
		
Fish	Medium-lean meats	Chicken fingers, nuggets, and wings
		
Shellfish	Canadian bacon	High-fat meat
		
Chicken	Meat jerky	High-fat sausages
		
Duck breast and thighs	Lamb	Processed deli meats
		
Turkey	Minimally processed lean deli meat	Protein bars
		
Lean beef	Poultry sausage	Pepperoni sticks
Bison	Protein powders	High-mercury fish
Lean pork	Seitan	Plant-based meats
		Burgers, sausage, hot dogs, tofurky, etc.
Wild game	Tempeh bacon	Burgers, sausage, hot dogs, tofurky, etc.
		<p><i>This includes items such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.</i></p>
Other meats goat, camel, horse kangaroo, crocodile	Textured vegetable protein	
Plain Greek yogurt		
Tempeh		
Tofu		
Edamame		
Cultured cottage cheese		
Insects		

Get Started

Most men make the same mistake: They try to change everything all at once.

They cut out all their favorite foods and try to eat “clean” 24/7.

That usually fails.

It throws off your routine, is not realistic, and doesn't last.

A better way to start is by upgrading the meals you already eat. Keep eating the meals you normally eat, just swap in foods that help with fat loss.

Here's how:

1. Use the food lists below to pick 3–5 “Eat More” foods.
2. Use them to replace “Eat Some” or “Eat Less” foods you eat right now. (See pages 8-12 for examples)
3. Write down the 3–5 foods you picked in the spaces below.
4. Add them to your grocery list so you're ready for the week.

Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



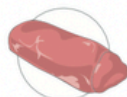
Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats
goat, camel, horse kangaroo, crocodile



Plain Greek yogurt



Tempeh



Tofu



Edamame



Cultured cottage cheese



Insects



Lentils and beans

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT SOME



Uncultured cottage cheese



Medium-lean meats



Canadian bacon



Meat jerky



Lamb



Minimally processed lean deli meat



Poultry sausage



Protein powders



Seitan



Tempeh bacon



Textured vegetable protein



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT LESS



Fried meats



Chicken fingers, nuggets, and wings



High-fat meat



High-fat sausages



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish



Plant-based meats

Burgers, sausage, hot dogs, tofurky, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

EAT MORE



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Sweet potatoes



Barley



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

EAT SOME



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



Bean and pulse pasta



White bagels, breads, English muffins, pastas, and wraps

EAT LESS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/added sugar



Sweetened sports drinks



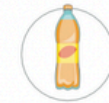
Juice drinks



Sweetened energy drinks



Plant milks, sweetened



Soda



Crackers



Sugar



Pretzels



Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



Chips



Fries



Ice cream and frozen yogurt



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT MORE	EAT SOME	EAT LESS
 <p>Extra virgin olive oil</p>  <p>Walnut oil</p>  <p>Marinades and dressings with oils in this category</p>	 <p>Virgin and light olive oil</p>  <p>Expeller pressed canola oil</p>  <p>Sesame oil</p>	 <p>Bacon</p>  <p>Sausage</p> <p><i>Also sources of protein, though usually higher in less desirable fats.</i></p>
 <p>Avocado and avocado oil</p>  <p>Cheese, aged > 6 months</p>  <p>Egg yolks</p>	 <p>Flaxseed oil</p>  <p>Coconut oil / milk</p>  <p>Peanut oil and regular peanut butter</p>	 <p>Butter</p>  <p>Margarine</p>  <p>Processed cheese</p>
 <p>Seeds: chia, flax, hemp, pumpkin and sesame</p>  <p>Cashews</p>  <p>Pistachios</p>	 <p>Dark chocolate</p>  <p>Marinades and dressings with oils in this category</p>  <p>Fish and algae oil</p>	 <p>Corn oil</p>  <p>Cottonseed oil</p>  <p>Sunflower oil</p>
 <p>Almonds</p>  <p>Brazil nuts</p>  <p>Pecans</p>	 <p>Cream</p>  <p>Cheese aged <6 months</p>  <p>Flavored nuts and nut butters</p>	 <p>Canola oil</p>  <p>Soybean oil</p>  <p>Safflower oil</p>
 <p>Peanuts & natural peanut butter</p>  <p>Walnuts</p>  <p>Olives</p>	 <p>Trail mix</p> <p><i>Often rich in carbohydrates as well, with sources of varying quality.</i></p>	 <p>Marinades and dressings with oils in this category</p>  <p>Vegetable oil</p>  <p>Fat-rich foods with 10+ g added sugar</p>
 <p>Pesto made w/ extra virgin olive oil</p>  <p>Nut butters from other nuts in this category</p>  <p>Fresh unprocessed coconut</p>	 <p>High oleic safflower oil</p>  <p>High oleic sunflower oil</p> <p><i>These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.</i></p>	 <p>Hydrogenated oils and trans fats</p>  <p>Shortening</p>

Vegetables

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.










My Examples

I swapped high fat ground beef (73/27) for lean ground beef (93/7).

Saved me 200 calories *per serving*.

Protein






















































EAT MORE	EAT SOME	EAT LESS
 Eggs and egg whites  Fish  Shellfish	 Uncultured cottage cheese  Medium-lean meats	 Fried meats  Chicken fingers, nuggets, and wings
 Chicken  Duck breast and thighs  Turkey	 Canadian bacon  Meat jerky	 High-fat meat  High-fat sausages
 Lean beef  Bison  Lean pork	 Lamb  Minimally processed lean deli meat	 Processed deli meats  Protein bars
 Wild game  Other meats goat, camel, horse kangaroo, crocodile  Plain Greek yogurt	 Poultry sausage  Protein powders	 Pepperoni sticks  High-mercury fish
 Tempeh  Tofu  Edamame	 Seitan  Tempeh bacon	 Plant-based meats Burgers, sausage, hot dogs, tofurky, etc.
 Cultured cottage cheese  Insects	 Textured vegetable protein	<p><i>This includes items such as Impossible, Beyond, Gardein, Boca, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.</i></p>
 Lentils and beans	 Black bean burgers  Traditional veggie burgers	<p><i>These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).</i></p>

My Examples

I swapped hashbrowns for air-fryer fries with whole potatoes.

Saved 100 calories, was more filling, had better nutrients (reused fry oil is).

Carbohydrates

























































EAT MORE	EAT SOME	EAT LESS
 Beans and lentils  Steel-cut, rolled, and old-fashioned oats  Buckwheat	 Couscous  White rice  Granola	 Cereal bars  Fruit juices  Flavored milk
 Quinoa  Whole-grain, black, and wild rice  Sorghum	 Instant or flavored oats  Milk  Vegetable juices	 Honey, molasses, and pureed fruit syrups & jellies  Canned, dried, and pureed fruit w/added sugar  Sweetened sports drinks
 Farro  Millet  Potatoes	 Flavored yogurt  Flavored kefir  Pancakes and waffles	 Juice drinks  Sweetened energy drinks  Plant milks, sweetened
 Amaranth  Plain non-Greek yogurt  Plain kefir	 Whole-grain crackers  Oat-based granola bars  Canned, dried, and pureed unsweetened fruit	 Soda  Crackers  Sugar
 Fresh and frozen fruit  Corn  Sweet potatoes	 Bean and pulse pasta	 Pretzels  Foods with 10+g added sugar
 Barley  Taro  Yuca	 White bagels, breads, English muffins, pastas, and wraps	<p><i>These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content</i></p>  Chips  Fries  Ice cream and frozen yogurt
 Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps		 Candy bars  Donuts  Cookies
		 Pastries  Muffins  Cakes

My Examples

I swapped flour tortillas for corn tortillas.

This saved 30-40 calories per tortilla & helped me not overeat.
(I can easily overeat flour tortillas, but not for corn)

Carbohydrates

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 Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps	 Pastries  Muffins  Cakes	



My Examples

I swapped vegetable oil for extra virgin olive oil.

Extra virgin olive oil is less processed, less likely to contain harmful nutrients & I like the taste better.

Fats

EAT MORE	EAT SOME	EAT LESS
 <p>Extra virgin olive oil</p>  <p>Walnut oil</p>  <p>Marinades and dressings with oils in this category</p>	 <p>Virgin and light olive oil</p>  <p>Expeller pressed canola oil</p>  <p>Sesame oil</p>	 <p>Bacon</p>  <p>Sausage</p> <p><i>Also sources of protein, though usually higher in less desirable fats.</i></p>
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My Examples

All vegetables are full of nutrients and are super filling.

Forget “eating the rainbow” and simply double down on ones you like, so you eat more of them.

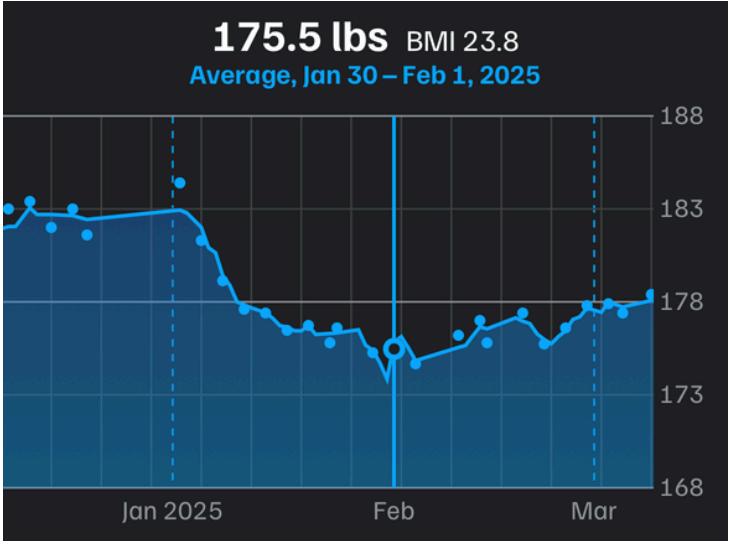
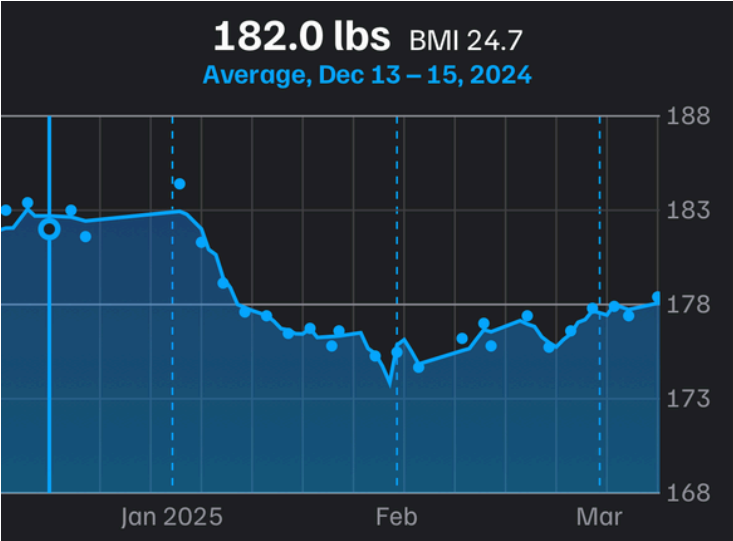
I bought more expensive carrots that tasted sweet (not bitter).
I started adding onion and cabbage to a daily breakfast hash.

Vegetables



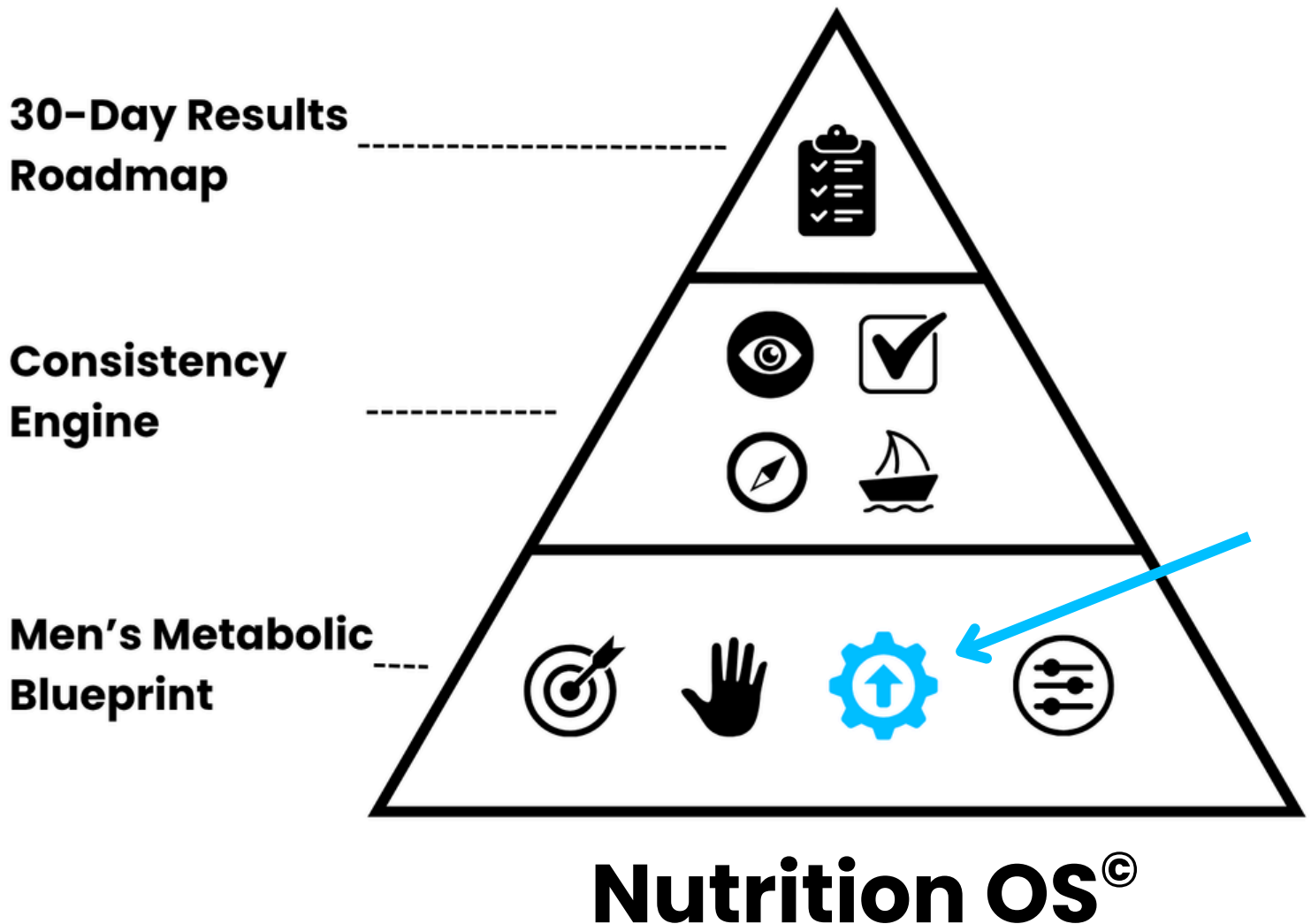
Get Results

Upgrading my meals with more fat burning foods helped me drop 5-6 pounds in 30 days.



The Nutrition OS[©]

This guide is one part of the Nutrition Operating System: a step-by-step plan built to help men lose fat, get fit, and perform at a high level.



If you want help putting the full system into action, send me an email titled "Nutrition OS" to itscoachjoseph@gmail.com

I'll help you build a plan that fits your life and gets real results.