

# **ABS** **are made** **in the** **kitchen**

Caroline de Campos

## **Abs are Made in the Kitchen**

Basic nutrition to be healthy and in shape

**Hello there,**

CDCbody program is designed to help you to reach your personal fitness goals. It's a program that I customize just for you. I am not here to offer you false promises or all that crap that sells. If you give me an honest effort, I will give you honest results. If you are looking to change your body, your life, you came to the right place. I will give you the tools and show you how to get in shape, but you are the one that has to do the work. If it was easy everyone would be in great shape. Commitment its very important. Remember the story of the BUTTERFLY, the transformation, the hope, the change. This is what happened to me and I want it to happen to you.

**“Be your own Butterfly”**

XOXO,

**Caroline de Campos**

Coach, Pharmacist and WBFF Pro Fitness Diva

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The reason I named my ebook “Abs are Made in the Kitchen” is because diet is the most important part of any fitness program. Whether you want to lose weight or gain muscle nothing will change your body more than what you are eating. With so much information out there it’s hard to know what’s best to eat. That’s why I simplified the knowledge you need to get started into easy to follow guidelines below. This is the same info that I used to begin my transformation journey and it’s a great place for you to start too.

### Foods to Eat

- Proteins: lean meat, lean fish ,chicken breast or tenderloins, non-GMO tofu, plant protein
- Carbs: brown rice, quinoa, wheat pasta, oatmeal, sweet potato
- Clean Carbs: asparagus, broccoli, brussel sprouts, green beans, other green veggies.
- Healthy Fats: coconut oil, vegetable oil, avocado, almond butter, peanut butter, nuts
- Salads: kale, spinach, mix greens
- Fruits: strawberries, blueberries, blackberry, grapefruit, papaya, pineapple, tomatoes, lemon, lime
- Healthy Sweetener: stevia



  
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### Foods to Avoid

- Extra salt
- Sugar, agave or artificial sweeteners like Splenda
- Dressing (try to substitute for lemon and olive oil with pepper)
- Don't eat starchy carbs like brown rice, quinoa... after 4pm if you are trying to lose some weight

### Condiments that accelerate metabolism and burn fat

- Cinnamon
- Pepper
- Ginger
- Lemon/ Lime
- Curry
- Red pepper
- Jalapeno



### Important note

- Drink a lot of water each day
- Drink Tea instead of Coffee and don't drink it after 4 pm



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This is basic knowledge that I used in my five years of fitness and transformation outlined here for you to begin to understand what to eat and how to get in shape. Note, that every metabolism works differently and to get the most out of any fitness program, it's important to have well suited diet and exercise regimen. That is why it's helpful for have a health coach that can guide you and keep you motivated for continuous progress. I hope to earn your trust and to be your coach at [CDCbody.com](http://CDCbody.com). I'm looking forward to being a part of your journey and transformation.

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