

Eating for fat loss and obtaining a shredded physique is simple, not easy. It requires a combination of regular exercise, adequate rest, and most importantly, a well-balanced and nutritious diet. When losing the necessary amount of fat needed to get a shredded physique, there are 3 foods that you will need to consume, lean proteins, fibrous vegetables, and healthy fats. By incorporating these foods into your diet, you can enhance fat loss, and build lean muscle mass effectively.

Among the various nutrients required by the body, proteins stand out as an essential component. However, not all proteins are created equal. Lean proteins have low fat content, high-quality amino acids, and offer significant advantages in promoting muscle growth. These high quality proteins serve as the building blocks for muscle tissue development and provide the body with the amino acids necessary for muscle repair and growth. A major benefit of eating lean proteins is that they have a high thermogenic effect, meaning they require more energy to digest and increase the body's metabolism. Lean proteins also have a satiating effect, which helps individuals feel fuller for longer periods of time. This reduces the likelihood of overeating and snacking on high-calorie foods. By promoting satiety, lean proteins aid in creating a caloric deficit necessary for fat loss.

During periods of calorie restriction or weight loss, the body may break down muscle tissue for energy. Consuming an effective amount of protein helps preserve lean muscle mass, ensuring that weight loss primarily comes from fat stores rather than muscle. To make sure that you are consuming enough protein, you should aim for 0.7-1 gram of protein per pound in body weight. However, in scenarios in which you have access to your body fat percentage, you should

aim for 0.8-1.2 grams of protein per pound of body weight. Some great examples of lean proteins that you can incorporate into your diet are white fleshed fish, greek yogurt, beans, skinless chicken, and lean beef.

While protein-rich foods are often emphasized for muscle building, the importance of fibrous vegetables should not be overlooked. Fibrous vegetables play a vital role in achieving fitness goals by supporting muscle development and aiding in fat loss. One of the main advantages to eating fibrous vegetables is they aid in digestion and contribute to a feeling of fullness. This helps with controlling appetite and supporting weight management.

Another advantage of fiber is it also enhances the body's ability to utilize amino acids from protein-rich foods for muscle repair and growth. A great benefit of eating fibrous vegetables is that they are also low in calories, which allows them to provide a bulk of volume to meals. This attribute helps create a feeling of fullness and reduces the chances of overeating and unnecessary calorie intake. Some great examples of fibrous vegetables are carrots, brussels sprouts, broccoli, and cauliflower.

A huge misconception is that fats are bad for you, especially when the goal is losing weight. Fats come in many shapes and forms, in which, some are bad for you and others are essential to your well being. Unhealthy fats can be categorized into trans fats and saturated fats. These types of fats are typically found as solids at room temperature, such as butter, palm and coconut oil.

While healthy fats, also known as unsaturated fats, are essential components of a balanced diet. They are classified into two main categories: monounsaturated fat and polyunsaturated fat. Some examples of unsaturated fats are nuts, nut butters, avocados, olive oil, chia seeds and salmon. The most important role of these fats, in relation to getting shredded and building muscle, is the production of testosterone. Testosterone plays a vital role in muscle production by enhancing protein synthesis and promoting the release of growth hormone. To make sure that the body can properly produce hormones, men should focus on having 66-97 grams a day while women should aim for 55-78 grams a day.

The other major role that unsaturated fats serve is the absorption and transportation of vitamins and nutrients. Vitamins, such as vitamins A, D, E, and K, are fat-soluble, meaning they dissolve in fats and require dietary fats for proper absorption. These vitamins are essential for various functions in the body, including vision and bone health. Fats also serve as carriers for fat-soluble vitamins and other nutrients. In the digestive system, fats are broken down into smaller components called fatty acids and absorbed into the bloodstream for the body's utilization.

When attempting to get shredded, the type of food that you consume is important, but the amount of food that you should eat is equally important to get the best results. Getting in an appropriate calorie deficit will allow you to strip away residual fat around the body. The key to being in a good calorie deficit is making sure that you cut enough calories out of your diet to lose the fat, but at a controlled rate so that you minimize the amount of muscle loss when losing weight. After you find your daily recommended calories for your height, weight, age, and

activity level , reducing your caloric intake by -500 calories will allow you to reduce your body weight by 1 lb per week.

In conclusion, achieving a shredded physique will require a combination of exercise, rest, and nutrition. But focusing on a calorie deficit, while consuming lean proteins, fibrous vegetables, and healthy fats will support fat loss, muscle growth, and overall health. Remember, sticking to a well-balanced diet is key to achieving your fitness goals. Combine these foods with a structured training program to make the most out of your efforts.

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