

## Baon Tips For The Fitness Buff

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Covers of various sports and fitness magazines often give us the impression that a sculpted figure can be achieved through an exercise regimen coupled with a near-insane strict diet plan.

This is a common and often dangerous misconception. You need not dehydrate yourself or follow a crash diet to fast track the fat-burning process. In fact, achieving a fitness buff's diet is quite simple! Here's how to prepare high-protein, low-fat recipes for your *baon* for the next day.

### 1. Choose minimally processed foods.

Much of what we eat in a rush and on the go contain added sugars, refined grains, saturated fats, and trans fats that keep our body looking and running below our best condition. Try not to consume canned goods like luncheon meat and corned beef or instant meals like noodles on a daily basis. Look for meals that are high in fiber and low in fat like vegetables and wheat bread. Your body will thank you later.

### 2. Increase your protein and healthy carb intake.

Keep your energy levels up by eating a healthy balance of protein and carbs. For protein, look for them in healthy amounts of beef, chicken, fish, and eggs. If you're looking to stay green, get your daily amount from nuts and legumes. To get your carbs right, complex carbs like beans and whole grain are your best bet to fuel you through strenuous activities like workouts. Simple carbs like fruits will get you coasting through the rest of the day.

### 3. Up your intake of L-Carnitine and GCE.

Try picking up a refreshing bottle of [Del Monte Fit 'n Right](#), which has a patented combination of L-Carnitine and GCE that help you block sugar and reduce body fat when taken daily with diet and exercise.

Follow these four times daily and you'll surely be on the high road toward fitness without torturing yourself!

**Source:**

<http://www.coreperformance.com/knowledge/nutrition/how-to-eat-clean.html>

<http://www.fitday.com/fitness-articles/nutrition/carbs/simple-vs-complex-carbohydrates.html>

<http://www.fitday.com/fitness-articles/nutrition/carbs/balancing-carbohydrate-protein-intake-for-max-energy.html>

[http://www.freedrinkingwater.com/water\\_health/health2/water-remove-harmful-toxins-from-digestive-tract.htm](http://www.freedrinkingwater.com/water_health/health2/water-remove-harmful-toxins-from-digestive-tract.htm)

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