



18 Fat Burning Foods

FOR FAST WEIGHT LOSS

ZESTFOREVER

How To Use Fat Burning Foods For Weight Loss

Are you fed up with that bloated feeling, or that annoying belly fat that just won't shift no matter what you throw at it? Well, help is at hand as there are actually certain metabolism boosting foods that you could be eating to beat this.

By incorporating these top 20 fast fat burning foods into your diet as much as possible, you'll soon be looking super lean and buff in no time.

I'm not going to lie to you, losing fat and keeping it off in the long term does involve taking out of your diet the damaging, toxic, anti-nutrients that come in the form of trans fats, sugars and fast or fried foods and replacing them with healthy, omega rich fats from nuts, seeds, grains, fruits and vegetables.

You don't need to give everything up straight away, just gradually replace the junk foods you buy with healthier alternatives. After all, long term health, vitality, clarity, and protection from disease should always be your long term goal along with getting the body you desire.

These fat torching foods should be incorporated into your diet as replacements for, and NOT on top of, some of your less desirable food choices. And another great thing about all the foods on this list is they are low GI, which means they help burn dangerous stomach fat specifically! Now, ain't that just great?

Top 18 Fat Burning Foods

1. PROBIOTICS

Fermented foods like miso, tempeh, sauerkraut and plant based yogurts with added live cultures all contain friendly bacteria, all of which help the gut function better to reduce bloating.

If you don't like these foods, you could alternatively take a good supplement for a couple of months to help reduce sugar cravings and allow you to kick start your weight loss. Two types of probiotics that are specific to this are lactobacillus gesseri, or a probiotic blend called VSL#3 that delivers 450 billion good bacteria that come in 8 different strains.

2. PREBIOTICS

These guys will feed your friendly bacteria (those probiotics), thus helping them to proliferate. For this, you should eat artichoke, dandelion greens, raw and cooked onion, garlic, leeks, asparagus, oats, wheatbran, and bananas and those friendly little bacteria will be very happy indeed.

3. ALMONDS

Raw, unsalted almonds are a filling and convenient snack containing vitamin E, copper, magnesium, plus filling protein, vitamins and antioxidants. They are also heart healthy, due to the fact they help lower bad cholesterol, and are high in fiber which keeps you fuller for longer. And as if all that wasn't enough, about 15% of nut's calories aren't even absorbed!

4. WALNUTS

Walnuts are another wonderful little nut full of ALA (Alpha Linolenic Acid, which are healthy omega 3 fats) and the amino acid L- arginine. L- arginine increases fat loss whilst boosting muscle mass, and increases the activity of insulin which manipulates those hormones that help to metabolise body fats.

They are also heart healthy, and so have a lot to offer alongside their fat burning abilities. As with all nuts you must maintain portion control or you will actually gain weight. 1 portion of nuts = 25g (this is equivalent to a small handful).

5. HIGH CACAO CHOCOLATE AND CACAO NIBS

No, it's not too good to be true! High cacao chocolate of at least 70% cacao solids is a fantastic source of magnesium, potassium, and many other powerful antioxidants that enhance mood, boost energy, and most importantly BURN FAT!

Another important aspect of dark chocolate is it contains a chemical called anandamide, which releases feelings of euphoria helping you to feel contented and relaxed - and when you feel relaxed, you are way less likely to indulge in emotional eating patterns. Just be careful not to overindulge, as chocolate is still high in calories. Also, too much cacao can be over stimulating, especially before bed.

6. HEMP SEEDS

A couple of tablespoons of raw shelled hemp seeds added to any meal or snack is a fantastic aid to weight loss. They are not only satiating, but high in omega 3's, and as is the case with other omega 3 boasting foods have been shown to have anti-obesity properties, help regulate mood, sleep cycles, hormones, and reactions to stress.

Hemp seeds are also high in protein, nutrients, enzymes, and contain ALL of the amino acids, so are also fantastic for vegans and those in training in particular.

7. PUMPKIN SEEDS

These little seeds are healthful superstars: they are high in protein and a good source of fiber, magnesium, manganese, zinc, phosphorus, copper and iron. They reduce body fat by lowering blood sugar and reducing insulin resistance. Pumpkin seeds also contain tryptophan which may help you get a restful nights sleep, in turn suppressing the hunger hormone ghrelin to stop you from over eating the next day.

8. NUTRITIONAL YEAST

Nutritional yeast deserves superfood and weight loss status due to its high amount of protein (a whopping 50%) and its all round array of B-vitamins, including thiamine, riboflavin, niacin and B12. It is also high in zinc and fiber, plus, can act as an anti viral, anti bacterial immune booster that promotes healthy skin, hair and nails. Above all, it also contains chromium which helps controls blood sugar, thus making it a good weight control food.

9. PULSES

Pulses include beans, lentils, chickpeas and peanuts; all of which are full of protein, fiber, minerals and B-vitamins. They are all low GI foods (the term used for the rate that carbohydrates are turned to sugar in the body - the lower the better), therefore help to keep your blood sugar stable and making you feel less like snacking on bad foods. Pulses release their energy slowly over hours, which means they sustain you for long periods, and are best paired with a low G.I. carbohydrates such as brown rice, wholegrain pasta or versatile quinoa. This will ensure an even slower release of energy, and also a good plant based amino acid profile.

Black beans (or darker beans such as kidney beans) have higher levels of phenolic compounds which interfere with the absorption of glucose (a good thing), and therefore can help with weight management even more than the other types of pulses out there.

10 WHOLE GRAINS

Whole grains include granary bread, brown rice, wholemeal pasta, oats, quinoa, barley and millet. The wholegrain family, as opposed to their refined counterparts, are much lower GI and are a great source of fiber and B-vitamins.

Quinoa in particular takes the crown here, and quite rightfully so, as it's not only a source of carbohydrate, but also protein, omega 3's, AND it has a good amount of all the amino acids. It also contains twice as much fiber as other grains, high iron levels, magnesium, riboflavin, manganese, antioxidants; also lysine which is good for tissue growth repair.

It is yet another low GI food, so therefore reduces blood sugar, insulin and triglyceride levels.

11. SPIRULINA AND CHLORELLA

More of nature's true superfoods, these two are great detoxifiers of heavy metals in the body. Detoxifying the body will kick start your weight loss, as toxins are stored in fat cells and these fat cells need to keep replicating to accommodate the onslaught, of not only too much junk food, but also other environmental toxins. Fresh water algae are one of the highest sources of plant proteins that also boast high amounts of vitamin A, magnesium, calcium, iron, and are anti-diabetic.



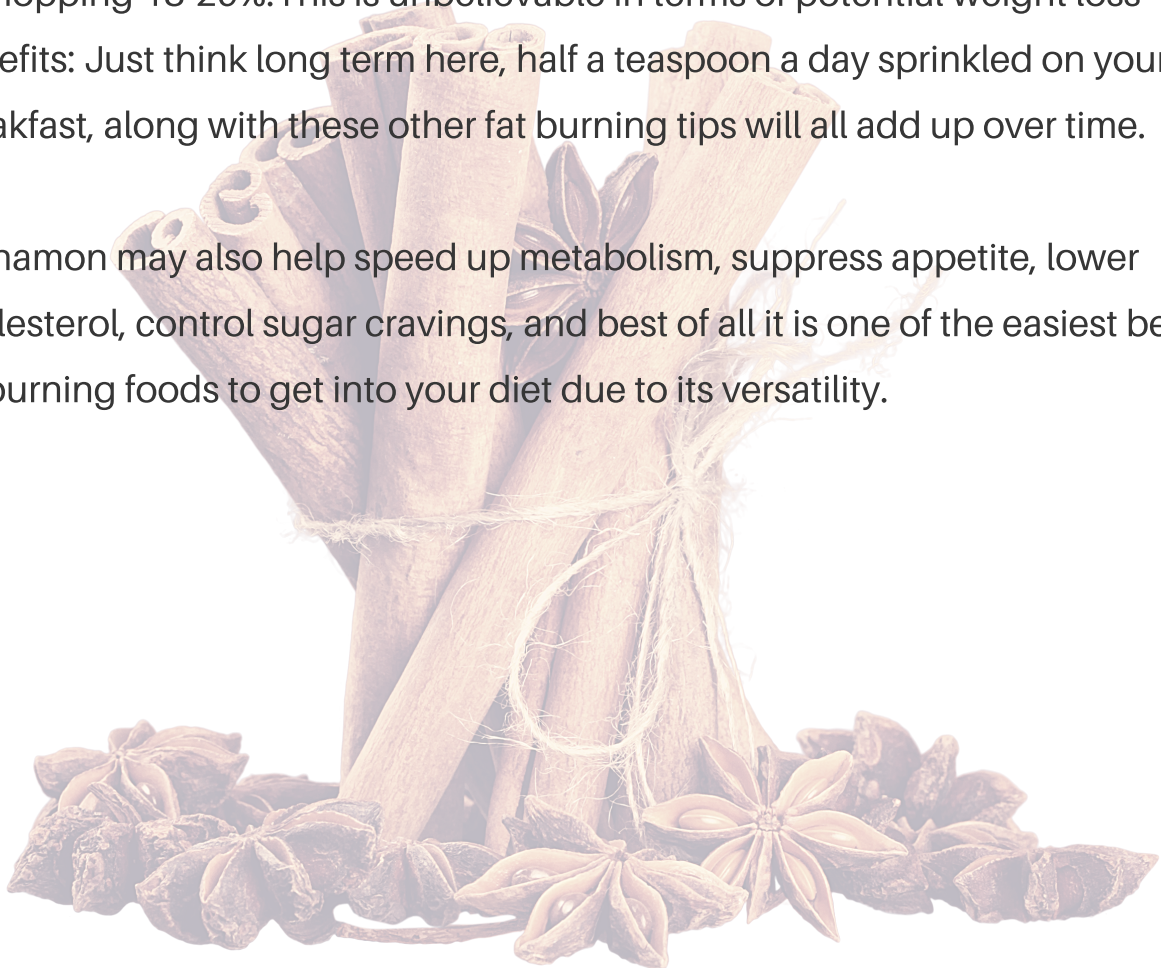
Green Superfood Powder:-Another fantastic green powder supplement is Dr. Schulzes green superfood powder. This is a high quality, high grade, super food powder blend that contains a mix of spirulina, seaweeds, blue-green algae, fruits, vegetables, phytonutrients and antioxidants, all of which make it a truly worthy superfood. You really feel the kick of energy within 15 minutes of taking this awesome stuff, making it perfect for when you need a quick energy boost.

It also makes your skin glow, aids detoxification which will actually REDUCE fat cells, and it's a powerful immune booster.

12. CINNAMON

This tasty spice can help control weight by keeping blood sugars stable and controlling insulin quantities, plus it also acts directly on actual blood sugar levels. In fact, a sprinkle of cinnamon with your food can lower a meals G.I. by a whopping 18-29%. This is unbelievable in terms of potential weight loss benefits: Just think long term here, half a teaspoon a day sprinkled on your breakfast, along with these other fat burning tips will all add up over time.

Cinnamon may also help speed up metabolism, suppress appetite, lower cholesterol, control sugar cravings, and best of all it is one of the easiest belly fat burning foods to get into your diet due to its versatility.



13. GREEN TEA

Green tea is drunk in copious amounts all over Asia, and it has served them well. It contains a myriad of antioxidants, including the polyphenol EGCG found ONLY in green tea leaves. EGCG is known to improve brain function and physical performance, kill bacteria in the body, is heart friendly, and may also help prevent type 2 diabetes. And the best part - green tea also raises your metabolism, which in turn helps you to burn fat more efficiently.

14. BROCCOLI

As one of the highest protein vegetables, broccoli is also one of my favorite foods to burn fat fast, and I actually eat it almost every day. It's full of fiber to keep you feeling full, and also has a specific phytonutrient that stimulates fat cells, thus allowing you to burn fat faster.

Another added incentive to eat this fab veg is it has also been found to contain a compound that can convert estrogen into a harmless metabolite. So in fat loss terms, less estrogen has been associated with thigh, stomach and hip fat means more fat loss.

15. BERRIES

Berries of all kinds are low GI and choc full of antioxidants and fiber, making them ALL very healthful. Antioxidants not only protect you from cell damage, but also help with controlling weight, so eating lots of antioxidant rich foods is VERY important. Raspberries and blueberries in particular not only boost metabolism, but help prevent visceral fat (which is the deep internal stomach fat) from forming, This is the most dangerous kind of fat as it carries a higher risk of type 2 diabetes and heart disease.

Frozen berries make delicious smoothies! Adding a portion of berries to your daily diet may help keep your weight under control.

16. GRAPEFRUIT

Grapefruit is a great fat buster because it reduces insulin resistance and decreases your blood sugar levels, plus, it contains a chemical that helps prevent the body from storing fat. A study at the Scripps clinic in San Diego discovered that eating half a grapefruit before a meal 3 times a day helped the participants to lose 4lbs in 12 weeks. This is a finding that cannot be ignored, especially as their diet was the same in every other way.

17. BANANAS

Bananas actually help to speed up your metabolism, AND help your body build lean muscle tissue. They come in a handy snack size package and are high in potassium, plus fiber which keeps you fuller for longer. And at around only 100 calories a pop, they are a great fat busting option.

18. AVOCADOS

I am deliberately saving the best for last, as avocados are (along with quinoa) another king of the superfoods. And, not only when it comes to weight loss, because they have a myriad of other fantastic benefits too. Firstly, it has been proven that eating avocado regularly will cause satiety, fill you up, give you a good dose of heart healthy monounsaturated fat, protect eyes from ultra violet light damage, lower bad cholesterol, is antimicrobial, lowers your BMI, and also helps you to lose that stubborn and dangerous belly fat that we all loathe so much.

Not only that, but an avocado contains 20 different vitamins and minerals, which gives it the status of being one of the BEST fat burning foods around.

Disclaimer

the information in this ebook is not intended to treat or diagnose any illness or disease. Nor do we claim definite weight loss from the eating of foods recommened here.