

## 20 Fat Burning Foods

Eating fat burning foods is the very most important thing to do if you want to lose body fat. What are these important foods you should be eating? They are not foods that have magic fat burning potential but when you start eating the correct way you might start to think they are magic because of the results you get. Sorry to disappoint you but they are actually just whole, natural, nutritious foods that we were designed to eat.

Below is my list of 20 fat burning foods that should play a big part in your diet.

1. Broccoli, cauliflower, brussel sprouts, cabbage and other cruciferous vegetables. These foods not only lower estrogen levels which will help fat loss from the bum and thighs but they are also packed full of vitamins and minerals.
2. Liver. This is one of the most nutrient dense foods you can eat. Need i say more?!
3. Nuts and seeds. A great convenient snack that is low in carbs. Lots of protein, fat, vitamins, minerals and other chemicals that prevent cancer and heart disease.
4. Egg. The protein source has a high biological value. Also packed full of vitamins and minerals. These wholesome foods really earn their place in the list of fat burning foods.
5. Grapefruit. These have lots of lycopene which provide nutrients that reduce heart disease and cancers. Also contain lots of potassium, fiber and vitamin C. There is some question on how reliable this information is but there are groups of people saying that they contain certain enzymes that help you lose weight. What ever the truth is, grapefruits are very good for you and should be eaten regularly.
6. Pulses. Excellent for weight control as they are high in protein, easily digested and have a very low glycemic index.
7. Raw Milk. Packed full of all the goodness that pasteurization destroys. A lot of the nutrients in raw milk are nutrients that the average diet is really lacking in. Raw milk really is a very nutritious food.
8. Steak. Obviously high in protein. Lots of animal fat that brings along all of the fat soluble vitamins. Boosts testosterone.
9. Raw Honey. All of the enzymes are still intact due to the cold

processing of it. Also being unfiltered will keep in extra goodness like pollen which is said to reduce allergies to pollen in the air. Honey is in the list of fat burning foods for its health benefits but if over eaten the amount of sugar in it can start to slow your fat loss progress.

10. Chilli. Helps lower blood sugar levels. Reduces inflammation and provides pain relief. Reduces cancer rates. And what you wanted to hear, it can increase your metabolic rate so you burn more fat!

11. Quinoa. Although very similar to a grain it is actually a seed and related to the spinach family. Contains all the essential amino acids. Contains lots of antioxidants, magnesium, fiber, manganese and copper. May be beneficial in combating atherosclerosis, breast cancer, diabetes and insulin resistance.

12. Brown rice. Contains many nutrients in high amounts including riboflavin, folate, iron and magnesium. It has three times the fiber of white rice. Really great to keep blood sugar levels down.

13. Fish. Like all animal products it contains all the essential amino acids and lots of them! Also choosing an oily fish will boost your daily omega 3 content.

14. Butter. Yes it's saturated fat but we really do need saturated fat in our diet, it is very important and good for us. Raw butter that is made from pasture fed cows contains lots of fat soluble vitamins that most average diets are deficient in.

15. Mineral water. Best if you purchase it in a glass bottle as plastic bottles release toxins into the water. Especially if the bottle has been sitting in a hot car or direct sunlight. Drink your body weight in kg x .033. 80kg person needs 2.64 liters. ( $80 \times .033 = 2.64$ ).

16. Omega 3 Oil. The most important supplement you could take. Most people's diets are deficient in omega 3 oils and contain far too much omega 6 oils. A good cheap source is flax oil. Choose cod liver oil to also get fat soluble vitamins.

17. Berries. Lots of antioxidants and also fairly low carb so you can eat lots of them without worrying about the sugar content. There are just so many beneficial nutrients in berries it would take a whole article to cover them.

18. Green tea. Again high in antioxidants. Said to help with reducing cancer, rheumatoid arthritis, cardiovascular disease, infection, impaired immune function etc. More of a fat burning drink than a fat burning food but still very good for you and can help form a very healthy diet.

19. Oysters. One of nature's most concentrated sources of zinc which most people are deficient in. This will help you boost your testosterone which will help you achieve more muscle and less fat. Also contain lots of protein.

20. I didn't think I would ever say this as for years I have always advised my clients against protein supplements because of the poor quality they are all made to but if you struggle to find time to prepare all of these fat burning foods then I have spent many hours researching for the highest quality protein powder and have found an excellent powder that can be easily taken at any time to supplement your new diet. I am going to give you a meal suggestion that will include a very large number of my fat burning foods to get you started.

- Organic steak cooked in butter and chilli. Quinoa mixed into a salad which includes cruciferous vegetables. With mixed berries for desert. Obviously to drink is mineral water, green tea, or raw milk.