

The Fat Burning Foods Diet

**Special
Report**

Suzie Parker



Fat Burning Foods

UNCOVERED

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ABOUT me

My name is Suzie Parker. For the past few years, I constantly struggled with my weight. I went from being very overweight, to being in good shape, to being overweight again - I just struggled to stay in shape.

Then one day, I was shopping for groceries when I ran into an old friend (who I hadn't seen in a few years) in the fresh produce section. We chatted a bit, and then she asked me the question that would change my life forever:

“So, how far along are you?”

Just imagine how I felt! Completely red in the face, I assured my friend that I was NOT pregnant, just a little bit overweight (maybe more than I had previously thought).

That evening, lying in bed, I decided that enough was enough. I was tired of being the fat one. I was tired of not fitting into my old clothes. I was tired of not feeling confident enough to wear a bikini to the beach. And I was tired of not feeling comfortable with my own body.

I decided I had to **shape up** and **stay in shape**. I had to **take control** of my own body. And I had to **educate** myself about healthy eating habits.

So I started to make a list of the main reasons why I couldn't keep my weight in line. And I came up with the following reasons (I bet yours would look about the same):

- ✓ I didn't really know what to eat, and what not to eat. In

other words, I was clueless regarding which foods are healthy, which foods are OK, and which foods I needed to ignore completely.

- ✓ I love good food, and I didn't want to give that up for bland and boring "healthy" food
- ✓ I had trouble controlling my cravings, especially those mid-morning ones
- ✓ I'm a working woman, and sometimes it was just much easier buying take-aways than fitting cooking dinner into my busy schedule

After making this list, I decided to tackle these reasons one by one. And I succeeded - I've now been at my healthy target weight for more than a year.

In this report, I'll share one of my little secrets that I discovered for losing weight (and keeping it off) with you. This secret has meant that I could still eat good, tasty foods, and still lose weight. It has also meant that I have no problem controlling my mid morning cravings, as I don't have them anymore.

Are you ready to learn this secret?

The secret is a little something I call "Fat Burning Foods". By including fat burning foods in your diet, you give yourself an unfair advantage! These types of foods will keep you full, reduce your cravings, even boost your metabolism to help you lose fat.

So, be sure to print and read this report, and take it with you on your next shopping trip.

Please let me know what you think (and any criticisms or suggestions you might have), by emailing me at suzieparker@

lovelovehandleshowto.com.

I hope you enjoy it

Suzie Parker

Introduction

This report was created with the aim of teaching you about my secret “Fat Burning Foods”. By incorporating these foods into your diet, you can lower your body fat percentage (lose fat) and get lean, healthy and happy. The saying “You Are What You Eat” couldn’t be more true. What you eat has a great influence on the way you look.

That’s where this report is going to help you - it will open up your mind to the different types of fat burning foods there are. To get the best out of this report, start by incorporating these types of foods into your diet. I’ve also included some guidelines at the end of this report to ensure that you implement these foods in the correct way.

Finally, I’ve also included is a list of top weight loss resources that I highly recommend you check out.

The benefits you can expect from reading this report

I’ve tried to cram as much information as possible into this report, and after reading it you should have a very good understanding of the different types of fat burning foods, what fat burning foods are, and how you can incorporate them into your meals. By reading this report, you’ll:

- ✓ **Discover the 9 foods that burn more calories than it**

contains - You will get to know 9 foods that is almost like exercise - eating them burns more calories than the food itself contains.

- ✓ **Learn which foods contains nutrients that burn fat** - You will discover the 3 types of nutrients that are natural fat burners, and which foods are the best to get these nutrients from.
- ✓ **Learn which food burns fat by curbing your appetite and control your hunger pangs and cravings** - You will see what foods can help you to control your hunger pangs and cravings.
- ✓ **Learn which foods keep you fuller for longer, thus helping you burn fat** - After reading this report, you will know what foods will keep you fuller for longer, thereby enabling you to lose more fat
- ✓ **Discover which foods boost your metabolism to help you burn more fat** - You will discover which foods will make you burn more calories and fat by boosting your metabolism.
- ✓ **Learn fat loss tips and tips to make you eat less** - I will share with you smart tips to help you eat less and to help you lose more fat.
- ✓ **Learn how to implement these foods to construct your diet to burn more fat** - You will also learn to implement these foods to create a diet plan that burns fat and that will get you lean in no time.

The different types of fat Burning foods

Now that you're hopefully very excited and burning to know what these amazing fat burning foods are, we will look at the different types of fat burning foods in more detail - what they are, why they work and how you can implement them to burn more fat and get lean, sexy and strong.

All of these foods enable the body to burn more fat and some of them even encourage the body to store less fat. The only difference is the manner in which they help the body burn fat - some of them are natural fat burners where others help to keep you fuller for longer.

The main categories of fat burning foods are:

- ✓ Foods that burn more calories than they contain (negative calorie foods)
- ✓ Foods that contains nutrients that burn fat (like protein)
- ✓ Foods that curbs your appetite and thus help you lose fat
- ✓ Foods that boosts your metabolism and help you burn more calories and fat
- ✓ Foods that keep you fuller for longer and thus enabling you to burn more fat.

In the following sections, we'll look at the different types of

fat burning foods, as well as see how they can help you to shed some fat.

Foods that Burn more calories than they contain

Suzie Says



Suzie Says

Negative calorie foods are great for when you just need a quick snack - try keeping some celery stalks or cucumber slices with you during the day, and snack on them when you just need something to snack on. When you are thirsty, first drink a glass of ice cold water before getting a soda - most of the time you won't even want that soda anymore!

These are the so called “negative calorie foods”. To quote Wikipedia, the definition of these types of food are: “A food that is purported to require more calories to be digested than it provides. That is, its thermal effect is greater than its calorie content.” In normal easy to understand language, this simply means that the food contains less calories than it takes to digest the food.

For example: celery (a popular negative calorie food) contains about 6 calories per small stalk and it takes more than 6 calories to consume and digest the celery stalk. Leading to a slight calorie burn.

Here are a few negative calorie food (and one drink) that you can include in your diet to burn more calories

Negative calorie vegetables and fruit

These vegetables are low in calories and your body burns more calories than they contain to digest them:

- ✓ Celery
- ✓ Cauliflower
- ✓ All types of lettuce
- ✓ Cucumber.

These fruit are also low in calories and your body burns more calories than they contain to digest them:

- ✓ Apples
- ✓ Cranberries
- ✓ Mangoes
- ✓ Pineapples
- ✓ Strawberries

Including them in your diet will help you to burn more calories and fat.

Ice cold water

When I heard that ice cold water can help you to burn more calories, I stacked my whole freezer with little water bottles to take out and drink during the day. And I still swear by my ice cold water. The benefit comes from your body heating the water and thus burning more calories. And its a great reason to start drinking more water, which is always good for you.

Foods that contain nutrients that Burn fat

Certain nutrients, like calcium, enable the body to burn fat and can also aid in weight loss. Other nutrients, like protein, help to build muscle and in effect destroy fat. No matter how they work or what they do, here are the top 3 foods that contain nutrients to help you burn fat:

Fat free dairy products

Suzie Says



Try to include at least 3 servings of dairy per day in your diet. If you are allergic or lactose intolerant, substitute dairy for alternative sources of calcium, like spinach and almonds or other nuts.

Fat free dairy products are high in calcium. A University of Tennessee study found dieters who consumed between 1200 and 1300 milligrams of calcium a day lost nearly twice as much weight as those who didn't consume any calcium. The researchers concluded that it is because calcium increases the breakdown of fat, and hampers its formation (prevents fat from being stored).

So not only can calcium help you lose weight and fat, it can also prevent further fat being stored in your body. The highest amount of calcium can be found in fat free dairy products like yogurt, milk and cheeses. I eat at least one small tub of fat free

yogurt a day and also have milk with breakfast and also in my drinks. I also aim to include fat free cottage cheese and other low fat cheeses regularly in my diet.

The only thing about dairy products is that some people are allergic to it. As much as I love dairy products it can sometimes make me feel congested. If you struggle with too many side effects or you are lactose intolerant, you can benefit from taking a calcium supplement and eating alternative sources of calcium - most breakfast cereals and plenty other foods like spinach and nuts contain calcium - just keep your eyes open for the labels.

Lean protein

Suzie Says



Remember to focus on lean protein - pass on the chicken skins, fatty cuts of beef or bacon, as these contain a large amount of fat!

Lean protein is the building blocks of muscle. You may ask “What does muscle have to do with fat burn?” and my answer would be “Everything!” This is how it works: you consume protein, the protein feeds your muscles to grow, the growing of muscle burns away lots of fat to make room for the muscles.

And not only does building muscle (through protein’s consumption) burn fat, it also boosts your metabolism so that you can burn even more calories and fat. Another great thing about lean protein is that it takes more calories to burn than fat and carbs. This means that the act of digesting protein will burn

more calories than it would burn fat or carbohydrates.

The best lean protein to choose from are:

- ✓ Skinless chicken or turkey filleted breasts
- ✓ Lean red meat like fillet, lean mince and sirloin
- ✓ Fish
- ✓ Beans, lentils and other pulses
- ✓ Eggs
- ✓ Tofu.

Green tea

Suzie Says



Drink green tea without any milk or sugar - it'll take a few cups to get used to the taste, but after that you'll start craving it! If you can't stand the taste, try adding mint leaves, or buying prepackaged green tea and mint.

A study in the American Journal of Clinical Nutrition cited preliminary research that found drinking green tea daily may fire up metabolism and promote weight and fat loss. The study also said that green tea has thermogenic properties and promotes fat oxidation - in short it helps to burn off fat.

I drink a cup of green tea every morning first thing in the morning. If you are new to drinking green tea, you may have to get used to the taste. It does taste a bit funny in the beginning, but you will get used to it and (like me) end up craving it. If you

don't, have a look for the green tea that has mint with it (green tea and mint) - it's a delicious alternative to plain green tea.

Foods that curb your appetite and enable you to burn more fat

Suzie Says



Suzie Says

Every morning I eat a bowl of oats with a teaspoon of cinnamon - not only does it make the oats taste better, but it keeps my blood sugar level throughout the morning. No more 11am cravings for me!

Another way that food can help you lose weight is by curbing your appetite. Either by giving you a solution when you have hunger pangs or by keeping those cravings at bay.

Here are the best foods to help you curb your appetite and control your cravings:

Grapefruit

Whenever I have cravings or hunger pangs, I reach for a grapefruit. And every time it has helped to stop the cravings and satisfy my hunger. I don't know whether it is the high fiber content or the bitter taste, but it works for me every time.

Grapefruits also contain pectin - a nutrient that helps to burn fat. So a grapefruit really are a potent fat burning food - it curbs your appetite, enabling you to burn more fat, and it also burns fat on its own (thanks to the pectin).

High fiber foods

Certain high fibre foods can also help you when you have hunger pangs. Just make sure that when you eat them as a snack that you only include the ones that are low calorie, like fruit, veggie sticks and a few whole grain crackers. Doing so will help you to keep full and to have less cravings.

Cinnamon

It was actually my fiance that taught me this little trick: use cinnamon to soothe cravings. I now add cinnamon to all my breakfast cereals and sometimes also in my hot drinks (like coffee and tea) and some foods.

This is how cinnamon helps: cinnamon stabilizes your blood sugar levels, and when your blood sugar levels are stabilized, you have less cravings and your hunger is also better controlled. Try it, it worked for me!

Foods that BOOST your metabolism and help you to burn more fat

Suzie Says



Suzie Says

Your metabolic rate (or metabolism) is the rate at which your body uses energy (calories) while you are resting. It is a large factor in whether you'll be able to keep your weight down.

To boost your metabolism you can do one of three things: you can eat foods that boost the metabolism, you can exercise or you can eat more often. We will look at 3 foods that you can eat that boost the metabolism here. And as a faster metabolism means that you burn calories at a faster rate, you will also burn more fat.

Here are the top 3 foods that boost your metabolism and help you burn fat

Chilies

Have you noticed that when you eat food spiked with chilies that you eat significantly less? Well, not only does chilies make you eat less of the food, but it also boosts your metabolism. This is because it contains Capsaicin, a thermogenic agent that boosts the metabolism and also speeds up fat loss. Many of the fat burning supplements available today also include Capsaicin.

Coffee

As long as you don't have more than one cup of coffee, your morning cuppa will do you only good. This is because coffee is a stimulant that speeds up the metabolism. So begin your day with a cup of coffee and you will boost your metabolism - just stick to one (too much caffeine can cause cellulite).

Spinach

Spinach contains all the nutrients and vitamins to ensure the healthy and effective functioning of the metabolism - making it more effective and faster. It is rich in anti-oxidants, high in minerals and vitamins and vitamins like vitamins C, B, E and iron, magnesium and calcium.

I add spinach to almost all my meals to ensure that my metabolism has all the vitamins and the minerals needed to function well and fast. Try it in your stews, casseroles, pastas and sauces.

Foods that keep you fuller for longer and help you burn off existing fat

The last type of fat burning foods is food that keep you fuller for longer. This will help you to burn off excess fat because you will be eating less. If you eat less than you would have, you'll start to burn off calories and fat.

Here are the 3 types of foods that will keep you fuller for longer:

Fiber rich foods

Suzie Says



Buy some high fibre granules - these will help you increase the fibre content of any meal. Nowadays you also get soluble fiber powders - very handy to add to your drinks or meals to increase your daily fiber intake.

Food high in soluble fiber takes up more space in the stomach - making you feel fuller for longer. High fibre foods are also digested slower than food other foods. It will also keep your regular - ensuring a flatter tummy.

Good fiber rich foods that you can include in your diet to start feeling fuller and eating less are:

- ✓ Potatoes and sweet potatoes
- ✓ Vegetables
- ✓ Health breads
- ✓ Beans and other pulses
- ✓ Pop corn
- ✓ Oatmeal
- ✓ High fiber breakfast cereals
- ✓ Whole-wheat pasta
- ✓ Brown rice.

Healthy fats



Suzie Says

Try to include a fatty fish (like salmon, mackarel or tuna) in your diet at least once a week.

A Purdue University study showed that people who ate nuts high in mono-unsaturated fat felt full an hour and a half longer than the people who ate fat free food. This study just shows the benefit of healthy fats - it helps to keep you fuller for longer.

Essential fatty acids (healthy fats) also stimulate fat metabolism (burning of fat) and it triggers the production of a hormone that makes you feel full (explaining the above benefit).

Make sure that you get your recommended amount of healthy fats by eating the following foods:

- ✓ Fatty fish like salmon and sardines
- ✓ Olives and avocados
- ✓ Olive and avocado oil
- ✓ Peanut butter (not too much)
- ✓ Seeds and nuts.
- ✓ Omega 3/6 supplement

Low GI foods

Here's the deal. All foods containing carbohydrates have a certain GI measure (from 1 to 100). The higher that number is, the quicker your body will convert that food into energy. If this happens too quickly (for foods with a high GI value), you get what is called a sugar rush, in which you have a lot of energy for a short while, after which you crash. Low GI foods, on the other hand, is absorbed into your body at a much slower rate, causing you to feel fuller for longer.

The slow absorption of low GI food also causes you to have less cravings and more steady energy levels.

Choosing low GI foods will ensure that you lose fat and even a little bit of weight easier than before. Here are some great examples of low GI foods that you can include in your diet:

- ✓ Low GI breakfast cereals like whole wheat and high fiber ones and oats
- ✓ Health breads - rye, seeded and whole grain
- ✓ Starchy vegetables like sweet potatoes, baby potatoes, sweet corn and cauliflower
- ✓ Other vegetables like mushrooms, peas, peppers, green beans, tomatoes and carrots.

Guidelines to help you implement these foods into your diet

Knowing what foods to include is only half of the battle - the other half is actually knowing how to include them to benefit from them and to ensure that you start losing body fat.

To make your battle a big success, we will look at 10 guidelines that will ensure that you implement these foods in the right way and that you start losing fat, and get leaner, stronger and healthier.

Here's how to implement these foods to get the most out of them:

- ✓ **Make sure that you always eat breakfast** - You are at a greater risk for obesity if you skip breakfast. Eating it first thing in the morning on the other hand will ensure that you are full until lunch time (if you eat the right kind of breakfast, that is). Stick to the ones that are high in fiber, whole grain and low GI and make sure that you use fat-free milk.
- ✓ **Drink lots of water** - To ensure that you don't mistake hunger for thirst. Just make it ice cold to burn more calories.

- ✓ **Sprinkle cinnamon on most of your foods** - To control your cravings, experiment with cinnamon over your food and drink. It goes especially well over breakfast.
- ✓ **Have a grapefruit when you feel hungry** - Follow my lead and have a grapefruit whenever you feel hungry or have cravings - or just when you are in the mood for it.
- ✓ **Your plate should consist of the following fat burning foods** - Half of your plate should be vegetables or salad, a quarter of your plate should be lean protein and the other quarter should be healthy carbs like baby potatoes, brown rice, whole wheat pasta and couscous, health breads and sweet potatoes.
- ✓ **Include chilies with most of your meals** - Throw chilies with most of your meals to speed up your metabolism and to help to eat less of the food.
- ✓ **Make sure that the only fats you include are healthy fats** - You should as far as possible stick to healthy fats (unsaturated) and avoid the unhealthy ones (saturated).
- ✓ **Drink green tea and have no more than one cup of morning coffee** - Become a fan of green tea and have no more than one cup of coffee.
- ✓ **Have smart fat burning snacks** - Nuts, fruit and veggie sticks, fat free yogurt, lean protein bites are all smart snacks that will also help you to burn more fat.
- ✓ **Prepare your food the healthy way** - If you eat fat burning food but you prepare it with an unhealthy way, you won't benefit from its fat burning properties - it may even make you pick up weight. Good preparation methods are: steaming, stir-frying, baking, grilling and poaching.

Conclusion

We have covered quite a bit in this report and hopefully you have a better knowledge now as to how to eat to burn fat. We have looked at the 5 different types of fat burning foods that will on their own way help you to burn fat. They are:

- ✓ Foods that burn more calories than they contain (negative calorie foods)
- ✓ Foods that contain nutrients that burn fat (like protein)
- ✓ Foods that curb your appetite and thus help you lose fat
- ✓ Food that boosts your metabolism and help you burn more calories and fat
- ✓ Foods that keep you fuller for longer and thus enabling you to burn more fat.

Just follow the guidelines at the end of this report to incorporate these foods into your diet. Doing this will get you started burning more fat - you will start to get leaner, healthier and stronger. For best results however, I recommend that you also follow a regular fat burning exercise program that includes weight training and cardio.

Good luck with your fat burn journey. I hope that this report has helped you to create a diet that burns more fat and that you are on your way to losing those excess pounds.

Resources

The Truth ABOUT Six Pack ABS

Although the Truth About Six Pack Abs ebook sounds to be purely about abs exercises, the main focus of the program is not on abdominal exercises. The Truth About Six Pack Abs program rather includes exercise and nutritional advice and strategies with the aim to reduce stomach fat and to increase abdominal strength and appearance.

[Click here for more information](#)

Fat Free Fast

The Fat Free Fast Program is a fat loss program developed by Karin Cooper. It focuses on strategically manipulating food intake to burn fat faster. This includes eating guidelines and advice, as well as general weight loss information and advice.

[Click here for more information](#)

Warp Speed Fat Loss

The Warp Speed Fat Loss Program is a fat loss guide developed by Mike Roussell and Alwyn Cosgrove. It focuses on exercise and nutrition. It includes exercise routines, meal plans, motivational audio, and bonuses.

[Click here for more information](#)

Fat Burning Furnace

The Fat Burning Furnace book is a guide to lose body fat developed by Rob And Kalen Poulos. It focuses on tricks and secrets to lose body fat. It includes information on fat burning foods and fat loss exercise routines

[Click here for more information](#)

The Diet Solution

The Diet Solution Program is a guide to losing body fat developed by Isabel De Los Rios. It includes meal plans and shopping lists.

[Click here for more information](#)

Glossary

Baking Baking is the technique of prolonged cooking of food by dry heat acting by convection, and not by radiation, normally in an oven, but also in hot ashes, or on hot stones.

Calcium Calcium, the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as antacids). Calcium is required for muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and transmitting impulses throughout the nervous system.

Glycemic Index The glycemic index (GI) is a measure of the speed that carbohydrates are absorbed by your body. Low GI foods break down more slowly, and release glucose more gradually into your bloodstream, whereas high GI foods break down quickly and releases the glucose into your bloodstream at a much faster rate, leading to sugar rushes and crashes. This can also lead to cravings (especially the well known 11 am snack craving).

Grilling Grilling is a form of cooking that involves dry heat applied to the surface of food, commonly from above or below. Food to be grilled is cooked on a grill (an open wire grid with a heat source above or below), a grill pan (similar to a frying pan, but with raised ridges to mimic the wires of an open grill), a griddle (a flat plate heated from below) or under the grill in an oven.

Metabolism Our bodies convert food to energy through a process called metabolism. This process involves all the chemical reactions in your body that work together to convert the food that you eat into energy. This energy is then used to power everything you do - from thinking to moving.

Negative calorie food A food that is purported to require more calories to be digested than it provides. That is, its thermal effect is greater than its calorie content.

Poaching Poaching is cooking foods completely submerged in simmering liquid (usually water). Poached foods are usually naturally tender.

Protein Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Steaming Steaming is a method of cooking using steam. Steaming is considered a healthy cooking technique and capable of cooking almost all kinds of food.

Stir-frying To fry quickly in a small amount of oil over high heat while stirring continuously.