

## Fat Fighting Tips

### Do Aerobics in the morning

Scientific studies show doing aerobic exercises for about 20 minutes, first thing in the morning, could be more effective for burning fat than fill hour of aerobic exercise later in the day after you've eaten a few meals. You see, after an overnight fast, blood sugar levels are low, as are carbohydrate reserves. Exercising before you eat causes the body to dip right into store fat to come up with the necessary energy required to make it through whatever rude awakening you've subjected it to.

### Don't Starve Yourself

Reducing your calorie intake to an amount less than 8 times your body weight may cause your metabolism to institute sever energy-saving measures that will make you dim-witted and grumpy, as well as reduce the rate your body burns calories. It may also cause a reduction in lean body mass or muscle. By feeding your body frequently (up to 6 times) throughout the day, you can avoid hinder cramps and maintain stable energy levels and a healthy metabolism.

### Build More Muscle

Muscle has a twofold cosmetic function. It not only helps you look healthier and stronger but it also make you bore metabolically active. Muscle burns calories even while you are sitting there, but fat is metabolically inactive. The more muscle you have the more calories you need just to maintain your present weight. So, if you build muscle ,you can eat more and not gain weight.

### Consume More Protein

A gram of fat contains roughly 9 calories while a gram of carbohydrates or protein contains just 4. For years, dietitians and scientists alike assumed one calorie was pretty much like another and if you eat too many of them, they'd all end up being stored fat. It turns out that's not necessarily true. Studies show if you eat 100 calories of carbs, it takes the body about 23 calories just to process it. The energy cost to digest protein is even higher. However, if you eat 100 calories of fat, it takes the body just 3 calories to process and deposit it.

### Count "Portions", not Calories

There aren't many people who can keep track of their calorie intake for an extended period of time. As an alternative, I recommend count "portions". A portion of food is roughly equal to the size of your clenched fist between 100 and 150 calories. For example, one chicken breast is approximately one portion of protein, and one medium sized baked potato is approximately one portion of carbs.

### Caffeine May Help Burn Fat

Supplements like Phen-Free, which contain caffeine , used 30 to 60 minutes before an aerobic workout, may allow you to burn fat faster. In scientific studies, caffeine has been shown to help liberate fatty

acids from body fat stores, thus possibly increasing your body’s ability to burn fat. It may also increase strength and focus during a workout and is often used for this purpose.

**Cut Back on Carbs at Night**

It’s a scientific fact that your body cannot burn fat while your insulin levels are elevated. It’s also a fact that carbs cause insulin to go up. So, especially important to limit your carb intake of foods like bread, pasta, potatoes, rice, candy, juice, crackers, and bagels in the evening around 6:00 p.m. Carbs consumed in the evening are more likely to be converted into body fat and/or reduce the amount of fat your body may burn during sleep.

**“Pig Out” One Meal /Week**

No one can eat perfectly all the time without going crazy! If you are craving something like apple pie, French fries, pizza or candy, hold off that craving until your “free meal”. Once a week, forget calorie counting, portion control, etc. and eat whatever you’d like. By giving yourself this option, you can maintain the discipline in your quest for fat loss.

Note: This applies only if you have been following your health and fitness schedule

Don’t just read these tips – follow them!

<b>Proteins</b>	<b>Good Fats</b>	<b>Poly un-saturated fats</b>	<b>Mono un-saturated fat</b>	<b>Dairy</b>
Proteins Buffalo Venison Ground turkey Shrimp Venison Ground turkey Shrimp Orange roughy Perch Ahi Boneless skinless chicken Turkey breast Lean red meats -Flank steak -London broil	Almonds Peanuts Flaxseed and olive oil Avocados Pam Udos oil Krill oil	Safflower Sunflower Soybean Corn Cottonseed	Olive oil Canola oil Peanut oil Avocados	Low-fat goat cheese Sugar free coffee creamer Almond milk Greek yogurt Nonfat sour cream 2% nonfat cottage cheese Damon light & fit yogurt Fat free milk
<b>Starchy Carbs</b> Kashi go lean	<b>Fibrous Carbs</b> Spaghetti squash	<b>Recommended Beverages</b>	<b>Recommended Beans (carb)</b>	<b>Fruits List A+</b>

<p>Gluten free Sweet potatoes Cream of rice quinoa Rye bread Ezekiel Grits Oatmeal Red potatoes Yams Brown/white rice Whole wheat pasta Whole wheat bread Cream of wheat</p>	<p>Celery Spring / mix salad Butternut squash Broccoli Asparagus Spinach Green beans Brussels sprouts Cabbage Cauliflower Zucchini Tomatoes Mushrooms Squash Eggplants Alfalfa Bock Choy Cucumber Lettuce Artichokes Jacima</p>	<p>Water Crystal light Green tea Coffee Ice tea Herbal teas Almond milk Soy milk</p> <p><b>Recommended condiments</b> Ketchup Mustard Worcester sauce Light sodium soy sauce Balsamic vinegar Non fat sour cream Fat free mayo Sugar free syrup Lemon and lime juice I can't believe it's not butter spray Stevia Ginger Cinnamon Nutmeg Sage Thyme rosemary</p>	<p>Black beans Kidney beans Pinto beans Lentils Lima beans</p> <p><b>Recommended seasonings:</b> Ms. Dash Garlic Basil Oregano Pepper Sea salt Onion Parsley Dill Cayenne Paprika Cumin Curry Dry mustard Cilantro</p>	<p>Raspberries Blackberries Cranberries Rhubarb</p> <p><b>B Fruits</b> Strawberries Melons Papaya Watermelon Peaches Nectarines Blueberries Cantaloupe Honeydew Apples Guava Apricots Grapefruit Plums Figs Pears</p> <p><b>C Fruits</b> Oranges Kiwi Pineapple</p> <p><b>D Fruits</b> Tangerines Cherries Grapes Pomegranates Mangos Bananas Dried fruit</p>
<p><b>Snack list</b> 94% FF popcorn Sugar free pudding Sugar free jello Carrot or celery sticks Rice cakes Sugar free popsicles Protein pudding Hummus Non-fat yogurt</p>	<p><b>Low-carb Protein bars</b> Think Thin bites Permalean bars Luna bars Lara bars</p>	<p><b>Low fat protein bars</b> Promax Power bar Kashi roll</p>		

