



FAT BURNING FOODS LIST

Foods That **BURN** Fat, Not **STORE** Fat



FAT BURNING FOODS

Here's our big list of foods that **BURN** fat, not **STORE** fat

These Foods Will Actually Help You Burn Fat Fast (Without Counting Calories, Starving Yourself or Excessive Amounts of Exercise)

Well done to you for taking the first step towards a better, healthier, skinnier YOU! We know navigating the maze of weight loss advice can be tricky and frustrating.

Contradictory diets and confusing, unorganized information on the internet make it hard to know what to eat if you want to lose weight. Falling off the diet wagon makes you feel like a failure; maybe even wanting to give up entirely. Then it's onto the next pill, potion, fad diet or even surgery. This constant yo-yoing is frustrating... *and terrible for your body.*

Add to that your busy life and schedule. Who's got time for complex diets with multiple phases of cleanses, detoxes, measuring food, and calculating macros?

What's needed is a **simple plan with flexibility** to prevent food boredom and still enjoy life. And that's why you're going to love this Fat Burning Food List!

Simple. Direct. Straightforward. It's a list of foods that burn fat fast. And it gives you the power to be in full control, knowing exactly what to eat to get results... whether you're at a restaurant, party, or even at home.

With this knowledge of what to eat (and avoid) you will not only see the pounds melt away, but you'll be able to stay flexible and on track towards achieving your goals.

On the following pages you'll find a list of hand-selected foods that enable quick meal preparation without hunger, cravings, or feeling deprived. This list of foods eliminates the guesswork for each meal, replacing **fat-storing** foods with healthy **fat-burning** alternatives.

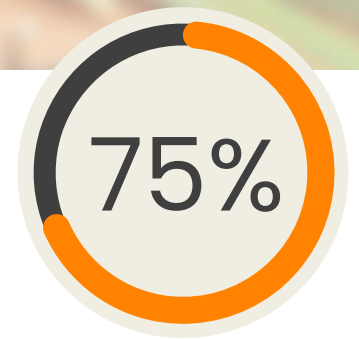
Audrey Lost 107 lbs!



"I had no clue where to start, or what to do to lose the weight and become healthy. This list of foods has provided me with the knowledge to make the right choice for my health."

NON-STARCHY VEGETABLES & HEALTHY FATS

75% of the foods you eat daily should come from Non-Starchy Vegetables and Healthy Fats (Yes, Healthy Fats can help you lose weight!)



VEGETABLES

All Herbs and Spices	Cabbage	Endive	Mushrooms	Watercress
Artichokes	Carrots	Escarole	Olives	Zucchini
Asparagus	Cauliflower	Fennel	Onions	
Arugula	Celery	Fermented Vegetables	Radicchio	
Avocado	Chard	Green Beans	Seaweed	
Bamboo Shoots	Chicory greens	Hearts of Palm	Sauerkraut	
Bean Sprouts	Chili peppers	Kale	Snap Peas	
Brussel Sprouts	Collard Greens	Kimchi	Spinach	
Broccoli	Cucumbers	Leafy Greens	Sprouts	
Beets	Dill Pickles	Leeks	Squash	
Bell Peppers	Dulse	Lemons	Tomatoes	
Bok Choy	Eggplant	Limes	Turnip Greens	

HEALTHY FATS & OILS

Avocado Oil	Grass-fed Ghee
Cacao Butter	Grass-fed Meat Fat
Coconut Butter	Hazelnut Oil
Coconut Meat	Hemp Seed Oil
Coconut Flour	Macadamia Nut Oil
Coconut Oil	Palm Oil
Extra Virgin Olive Oil	Sesame Seed Oil
Grass-fed Butter	Walnut Oil

NUTS & SEEDS

Almonds	Hemp Seeds
Almond Flour	Chia Seeds
Pecans	Sesame Seeds
Pistachios	Cashews
Walnuts	Brazil Nuts
Sunflower Seeds	Macadamia Nuts
Flax Seeds	Pine Nuts
Pumpkin Seeds	

PROTEINS & CARBOHYDRATES

20% of your daily diet should consist of lean proteins and 5% of your daily diet should consist of carbohydrates.



PROTEIN

- Bone Broth
- Organic Chicken
- Organic Eggs
(preferably soy free)
- Organic Turkey
- Turkey Bacon (nitrate free)
- Organic Grass-fed Beef
- Bison
- Venison
- Lamb
- Duck
- Wild Fish
 - Salmon
 - Trout
 - Halibut
 - Tuna
 - Sardines
 - Anchovies
 - Talapia
 - Lobster
- Wild Shellfish
 - Crab
 - Oysters
 - Shrimp
 - Clams
 - Mussels
 - Scallops



CARBOHYDRATES

- Quinoa
- Garbanzo Beans
- Sweet Potatoes
- Cassava Root
- Tapioca Starch

FRUITS

- Blackberries
- Blueberries
- Raspberries
- Strawberries

APPROVED CONDIMENTS

The following are approved for a fat-burning diet. Read labels carefully. Do not eat condiments that contain sugar or artificial sweeteners like sucralose, aspartame, Equal or Splenda.

CONDIMENTS

Chicken Stock
Vegetable Stock
Beef Stock
Mustard
Coconut Aminos
Coconut Vinegar
Apple Cider Vinegar
Red Wine Vinegar
Frank's Hot Sauce
Primal Kitchen Avocado Mayo

BEVERAGES

Nut Milks
Sparkling Mineral Water
Organic Coffee
Organic Tea
Water

SWEETENERS

Stevia
Xylitol
Monk Fruit
Erythritol
Raw Cacao Nibs
Raw Cacao Powder

FAT BURNING TIPS



Start exercising! Walking, yoga, swimming...get moving for 20-30 minutes a day.



Make sure you are getting enough to eat - at least 1,250 calories per day.



Ensure you are drinking three to four liters of water a day (roughly a gallon).



Get 8 hours of restful sleep every night. When you don't get enough sleep your metabolism slows and the body burns fewer calories.



Finish eating three to four hours before going to bed and do not have a bedtime snack.



Drink a green juice in the morning! This will jumpstart the delivery of nutrients right to the cells in your body!

FOODS TO AVOID

The following are NOT approved for a fat-burning diet.

0%

FAT-STORING FOODS

All Processed Foods

- Chips
- Pretzels
- Canned Soups
- Processed Meats
- Trans fats foods

Grains & Gluten Products

- Tortillas
- Bread
- Flour
- Rice
- Cereals

- Pasta
- Potatoes
- Fast Food
- Sugar
- High-sugar fruits
- Honey
- Agave
- Coconut Sugar
- Maple Syrup
- Chemical sugar replacements

- Beans & Legumes
- Commercial Dairy Products
- Soy Products
- Artificial Sweeteners
- Alcohol
- Iodized Table Salt
- Roasted & Salted Nuts
- Sodium-rich Foods
- Refined Vegetable Oils
- Peanut Butter

FOOD SUBSTITUTION LIST



INSTEAD OF THIS

- Diet Soda
- Margarine or Grain-fed Butter
- Regular Mayonnaise
- Corn or Flour Tortillas
- Crackers
- Rice
- Dairy Milk
- Soy Sauce
- Sugar
- Vegetable Cooking Oils
- Alcohol



HAVE THIS

- Zevia Soda or Flavored Carbonated Water
- Grass-fed Ghee (Clarified butter)
- Avocado Oil Mayonnaise - Primal Kitchen
- Almond Flour or Coconut Flour Tortillas
- Almond Flour or Flax Seed Crackers
- Cauliflower Rice or Quinoa
- Almond Milk (or other nut milk)
- Coconut Aminos
- Stevia, Xylitol, Monk Fruit or Erythritol
- Ghee, Coconut Oil or Avocado Oil
- Kombucha

PRO TIP: BURN MORE FAT WITH THESE "SKINNY DROPS"

If you want to make this process easier, we've found these homeopathic "skinny drops" really help to take your weight loss to the next level.

Featuring two unique blends, Slenderiiz® drops:

- Help curb hunger and increase energy and metabolism
- Target visceral and subcutaneous fats
- All-natural formulation aids in nutritional rebalancing and systemic detoxification
- Thousands of testimonials from around the world



Julie lost 48 lbs in 3 Months



Dr. Kristal lost over 160 pounds!

