

Toned

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Ten

**Shrink Your Waistline
Fast With My Top Ten
Fat Burning Foods**



ERIN NIELSEN, P.T., CPI, PBCE

Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only.

The recommendations in this guide are not medical guidelines and are for educational purposes only. The author advises readers to take full responsibility for their safety and know their limits. The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting this program. If you experience any lightheadedness, dizziness, consult a physician. If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this program, please follow your doctor's orders.

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Eat these delicious and nutritious foods with the added bonus that they will help you shed unwanted fat.

What could be better? More please!

#1 – Eggs

Research supports the notion that those who start their day with eggs not only eat fewer calories throughout the day but also lose significantly more body fat. Eggs are one of the most bioavailable sources of quality protein, which is key for building lean body tissue. Plus, they contain vitamin B12, a nutrient necessary for breaking down fat in the body.

#2 - Cinnamon

When it comes to weight loss and cinnamon, new research out of a Maryland USDA research center revealed a surprise. Cinnamon was found to lower blood sugar levels. As this discovery was ‘accidental’ the team went on to further investigate cinnamon and blood sugar.

In a separate study conducted on sixty adults diagnosed with Type 2 diabetes the researchers found that taking as little as one-quarter to two teaspoons a day of cinnamon dramatically changed the sufferers blood sugar levels and insulin output. High blood sugar levels are closely associated with weight gain and obesity.

Add this spice to your coffee, tea, and sweet snacks for added flavor and a health boost.

#3 – Almonds

Almonds are high in a few fat burning ingredients. The first is the healthy fats: polyunsaturated & monounsaturated fats. These fats help prevent you from overeating thanks to making you feel fuller quicker. A study in the American Journal of Clinical Nutrition support this by showing how eating almonds suppresses your

hunger. They also help fight against heart diseases. The next ingredient they are high in is magnesium. Magnesium has been proven as a key component for muscle building and the more muscle you build the more fat you burn as a result.

When you're choosing almonds you want to choose raw almonds. They'll either come whole or sliced so you can choose whichever you like. You want to avoid any added salt, honey, or any other ingredients. Almonds are a high-calorie snack so try to stick to one serving only. Also after eating almonds you'll want to drink some water as that'll help expand the fiber in the almonds which will keep you feeling fuller longer.

#4 - Olive Oil

Get slim with olive oil.

Olive oil helps your body burn fat. It also makes meals satisfying and keeps you full longer, so you end up eating fewer calories.

Olive oil is rich in monounsaturated fatty acids (MUFA), which promote heart health by decreasing "bad" LDL cholesterol without reducing the "good" HDL cholesterol. The invisible healers within this "liquid gold" also work to prevent cancer, inflammation, and may even play a helpful role in diabetes and weight loss.

Research indicates that replacing other types of fats with monounsaturated fats, especially olive oil, helps people lose weight without additional food restriction or physical activity. Several other studies indicate that monounsaturated fat enhances the body's breakdown of stored fat.

#5 – Avocados

While avocados are relatively high calorie food with 100 grams of the fresh fruit providing around 160 calories, more than two thirds of those calories come from monounsaturated oleic acid. Increasing your intake of monounsaturated fats, versus both polyunsaturated fats and carbohydrates, has also been shown to provide a

marked improvement in insulin sensitivity and glycemic control – a major factor in weight gain and developing diabetes.

#6 - Green Tea

Green tea can fire up your core temperature by 4 percent. That translates to losing up to six to eight pounds in a month.

#7 – Spinach

Spinach offers twice as much fiber as other greens. So when you want a salad that's going to fill you up, go for the spinach variety. You will feel full longer and eat less overall which can help lead to fat loss.

Spinach is a nutrition superstar, even a fairly good source of iron. It's loaded with vitamins and minerals, some of which are hard to find in other foods.

#8 – Broccoli

This fibrous carb doesn't provide many net carbs or calories, but it can make you feel full-one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

#9 - Salmon

There's a lot of talk about losing weight with no-fat and low-fat foods. But somewhere along the way we forgot all about the healthy fats that are in fact essential for our well-being. Essential fatty acids or EFAs are a key nutrient to keep the body balanced and healthy.

Wild salmon is one of the best sources of EFAs. They work to help fight obesity in a number of ways. One way is that Omega-3 fatty acids found in wild salmon work to decrease the body's insulin resistance. Insulin resistance is a strong factor in weight gain and diabetes.

Additionally, wild salmon's omega-3's encourage the body's production of leptin. Leptin is a component of the body's natural weight control process. This vital hormone works to burn fat and suppress the appetite. Make it a priority to eat wild salmon, not farm-raised salmon, a few times a week.

#10 - Dark Chocolate

My favorite!! A study performed at Queen Margaret University revealed promising results on how dark chocolate affects fat and carbohydrate metabolism. Dark chocolate has an impressive impact on how the body synthesizes fatty acids, thus reducing the digestion and absorption of fats and carbohydrates. As a result, the person eating chocolate experiences a feeling of satiety. The trick is to choose the right type of chocolate. Stick to dark chocolate that contains at least 70 percent cacao.

Good-quality dark chocolate provides a portion of the same healthy benefits of most leafy green vegetables. When enjoyed in small quantities, dark chocolate can help lower your blood pressure, increase circulation and prevent arteriosclerosis, all very important aspects if you are obese. The flavonoids in dark chocolate help reduce insulin resistance and prevent spikes in blood-sugar levels and therefore prevent fat storage, and also discourage you from overeating.

So go ahead and eat these yummy foods and shrink your waistline at the same time! Doesn't get much better than that. Enjoy!

Please visit:

www.TonedInTenFitness.com/blog/

To deepen your understanding on fat loss and youth boosting tips.