



## 15 EASY TIPS FOR RAPID FAT MELTING

Follow these simple tips for a lean and healthy body.

1. Eat 4-6 small meals day a day instead of the usual 2-3 large meals. Eating frequently will help regulate and boost your metabolism to burn more calories.
2. Consume whole foods that are high in fiber and low in sugar, such as lean protein sources (lean beef, chicken, fish, and whey protein), fruits & vegetables (oranges, apples, strawberries, blueberries, broccoli, peppers, asparagus, carrots, nuts (almonds, cashews, & walnuts), and whole grains.
3. Eat low-glycemic carbohydrates such as vegetables, whole-wheat products and oatmeal instead of refined processed carbohydrates which usually come in a box or a bag.
4. Consume 25-35 grams of fiber per day. Fiber will help satisfy hunger pangs as well as control insulin and blood sugar levels which tend to promote fat storage.
5. Eat some type of lean protein at each meal. Protein helps to satisfy hunger and provide the necessary building blocks to maintain lean body mass while losing body fat.
6. Consume adequate amounts of healthy fat foods such as olive oil, walnuts, almonds, or Omega-3 products. Healthy fats are great antioxidants as well as help with brain function and many other essential processes that take place in the body on a daily basis. Essential Fatty Acids also help prevent certain diseases.

7. Eat 5-10 servings of fruit and vegetables a day to meet your micronutrient needs. Vegetables also contain a good amount of fiber and help to control appetites and curb hunger.
8. Consume Green Tea or Water instead of calorie-filled drinks such as soft drinks. Green Tea has many health benefits and you should be drinking 1ml of non-caffeinated fluid for every calorie that you consume. This works out between (8-12) 8oz glasses of Green Tea or Water a day.
9. Balance your fat intake for the day. One-third should come from saturated fats, 1/3 from monounsaturated fats, and 1/3 from polyunsaturated fats.
10. Consistent fat loss requires good habits. If you want to create good habits, then you need to plan. Therefore, map out your meals every day and follow them. If you follow your plan everyday for 2-3 weeks, you will form habits that become part of your daily routine and part of your life.
11. Incorporate "superfoods" into your meal plan on a daily basis. Some examples are salmon, low-fat plain yogurt, tomatoes, spinach, mixed berries, whole oats, mixed nuts, olive oil, flax seeds (or flax meal), green tea, and various beans.
12. Keep total fat intake under 30% for the day. This can easily be accomplished by avoiding "extra" fats such as butter, sour cream, mayonnaise... This doesn't mean you have to completely eliminate these items, just use them sparingly and avoid adding them to foods whenever possible.
13. EXERCISE! Yes, you can lose weight just by changing your eating habits. But very few people succeed long-term - and it takes much longer to lose fat - when they don't exercise.
14. Record what you eat and drink. You will be amazed by what you find. Keeping a food journal is critical to your success because you need it to evaluate and analyze your current eating patterns. If your fat loss efforts are stagnant, the answer can usually be found in your food journal.
15. Follow the 90% rule. If you can follow your plan 90% of the time, you will soon see unwanted fat melt off your body. However, if you find yourself breaking these rules more than 90% of the time, your chances of failing increase significantly.