

## Tips and Tricks

- Room temperature lemon water in the morning
- Red Pepper / red pepper flakes helps suppress appetite and can help burn fat
- Green Tea (4 cups per day is the goal)- On top of boosting your metabolism and fat-burning hormones, it's believed that people who exercise and drink green tea regularly can lose up to twice as much as those who don't drink the tea.
- Soybean pods - can help you burn fat and lose weight through lecithin, a component that builds muscle just as well as other proteins, and is believed to break down fats and prevent fat deposits. Soybeans are also filling and take longer to digest, which can help control hunger.
- Broccoli- full of fiber and will keep you feeling full for longer, it also contains a phytonutrient, an ingredient that can increase fat loss. The nutrient stimulates your fat cells and gets your body burning fat quicker.
- Salmon- low in saturated fat, but full of antioxidants and omega-3 fats. It kickstarts fat-burning and reduces fat storage, a powerful combination that blasts fat and will help you lose weight.
- Whole grains— the quickest and easiest to digest are brown rice, quinoa, wild rice, oatmeal, and barley.
- Grapefruit- Studies show that keeping a normal diet while eating half a grapefruit before meals could help you lose one to four pounds per week.
- Bananas- The resistant starch found in bananas can reduce fat as the starch turns into a fatty acid in your stomach, blocking carbs and fat build-up over time. Bananas also speed up your metabolism and contain a lot of fiber and potassium which helps make you feel full for longer and allows your body to build muscle.
- Berries, Egg whites, Eggs, Spinach, Any Dark Leafy Vegetable, Yogurt (Greek), Extra Virgin Olive Oil, Beans and Legumes ARE WORTH adding to your diet!
- Weight loss salad dressing- Red wine vinegar or the juice of a whole lemon juice, add black pepper and your favorite spices!