

Turbo Charge Fat Burn with These Super-Foods

BREAKFAST

Slimming star: 2 Eggs, veggies- ½ cup chopped spinach- be creative 1 10 oz glass of water hot with the juice of one lemon.

Two of these nutrient-packed gems a day deliver the amino acids methionine, glutamine and taurine, which facilitate the elimination of fat soluble toxins by the liver. Eggs are also rich in lecetin, a fatty acid that increases production of digestion-enhancing bile.

SNACK

Slimming star: 1 Yogurt ½ cup berries 1 tablespoon flax meal. 10 oz water.

A daily serving of probiotic-rich yogurt boosts the growth of friendly bacteria in the intestines, such as Lactobacillus acidophilus and Lactobacillus bifidus. These bacteria help break down toxins and boost the absorption of liver-nourishing vitamins, minerals, phytonutrients, and proteins.

LUNCH

Slimming stars: Artichokes and Beets Salad. 1 cup of each and as much lettuce as you desire, 6 oz. lean protein. 10 oz water

These veggies contain silymarin, an antioxidant that increases production of fat-dissolving bile by as much as 127 percent. Additionally, silymarin stimulates the liver to excrete toxins. Also beets are rich in betaine, a phytonutrient that helps the liver convert fat into energy.

SNACK

Slimming stars: Baked apple with Cinnamon and Nutmeg, 10 oz. water with lemon

Both spices make muscle cells more sensitive to sugar-controlling insulin, reducing appetite and cravings for us to six hours. Plus, cinnamon is thermogenic. It increases metabolic rate as much as tripling your ability to burn calories for fuel instead of storing them as fat.

DINNER

Slimming stars: 6 OZ. 6 oz lean protein, Cruciferous veggies 1 cup each 10 oz. water

Broccoli and cauliflower contain inole-3-carbinol and sulforaphane, phytonutrients that boost the liver's ability to convert fat-soluble toxins into water-soluble ones that can pass through the kidneys. And these foods contain glucosinolates, which enhance the liver's ability to break down fat.

BREAKFAST

6:00AM OR UPON WAKING

2 EGG WHITES COOKED

1 SLICE OF EZEKIEL TOAST
AVAILABLE AT MOST MARKETS
16 OZ. WATER & JUICE OF A LEMON

MID MORNING SNACK

8:00 TO 9:00 AM

2 LOW FAT ORGANIC STRING CHEESE,
OR 7 OZ. FAGE PLAIN YOGURT & ½ SLICED
APPLE WITH EITHER CHOICE
16 OZ. WATER

LUNCH

12:00 PM

3.5 TO 4 OZ. PROTIEN- CHOOSE ONE
CHICKEN BREAT
WHITE FISH
TUNA (ONLY ONCE PER WEEK)
LEAN BEEF (ONLY ONCE PER WEEK)
2 CUPS OF VEGETABLES
CHOOSE TWO
ASPARAGUS, BROCCOLI, CAULIFLOWER,
GREEN RED OR YELLOW PEPPER, CUCU-
MBERS, RADISH, CABBAGE
2 CUPS OF LETTUCE (DARKER THE
LETTUCE THE BETTER) FOR SALAD
1 TBLS OLIVE OIL WITH LEMON OR 2 T.
LOW FAT DRESSING
16 OZ. WATER

MID AFTER SNACK

2:00 TO 3:00 PM

SAME AS MID MORNING

DINNER

6:00 PM

LAST SNACK OF THE DAY

8:00 PM OR 2 HOURS BEFORE BED

SAME AS LUNCH

1/3 CUP COTTAGE CHEESE ½ CUP
½ CUP PINEAPPLE- 1 MACADAMIN NUT