

BEST FAT BURN FOODS

Good nutrition combined with physical activity are important parts of a healthy lifestyle. Good food choices can help attain and maintain a healthy weight, reduce risk of chronic diseases and promote overall health.



EAT FREELY

Meat:

Bacon, Beef, Chicken, Duck, Game, Lamb, Chitterlings, Pork, Turkey, All Cured Meats, All Sausages

Eggs:

Prepared in any manner favorable

Fruit:

Berries, Coconut
Fish/Seafood: Anchovies, Angel Fish, Calamari, Haddock, Mackrel, Mahi Mahi, Mussels, Prawns, Salmon, Sardines, Scallops, Snapper, Squid, Trout, Tuna

Drinks:

All Teas (no sugar or milk), Coffee (with cream or butter-not milk, also known as bulletproof coffee), Sparkling Waters (pure or flavored that are sugar free)

Veggies:

Asparagus, Artichoke, Aubergine, Eggplant, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Cucumber, Green Beans, Kale, Lettuce, Mushrooms, Olives, Onions, Peppers, Pumpkin, Radishes, Spinach, Sugar Snap Peas, Tomatoes

Sweets:

Erythritol, Xylitol, Stevia

Fats:

Animal Fats, Avocado Oil, Butter, Coconut Oil-Milk-Cream, Extra Virgin Olive Oil, Ghee, Heavy Cream, Macadamia Nut Oil, Margarin

Seeds:

Chia, Flax, Pumpkin, Sesame, Sunflower,

Flour:

Almond, Coconut, Hazelnut or any other nut based flour

Nuts:

Almonds, Brazil, Hazelnuts, Macadamia, Pecans, Pine Nuts, Walnuts

Dairy:

Blue Cheese, Butter, Cream Cheese, Feta, Greek Yogurt, Parmesan Cheese, Any Other High Fat Cheese