36 Flab-Fighting Foods
TABLE OF Contents

THE FAT STORING MECHANISM 5

THE FAT BUSTERS 8

EVEN STRONGER FAT BUSTERS 14

CONCLUSION 21
INTRODUCTION

Being overweight doesn’t make you any less of a person. It just makes you overweight, and it’s important that you lose those extra pounds for yourself.

Losing weight isn't about looking better. When it comes down to it, it's about getting healthier. That extra fat puts stress on your entire body, from your joints to your internal organs, putting you at risk of a host of diseases, from heart disease to diabetes. Which is why you need to lose it.

Fortunately, anybody can do it. It doesn't matter whether you're carrying an extra 10 or 40lbs. You can lose it with a little hard work and determination. All it really takes is eating the right foods and working out.

In this report, you'll learn the best fat busting superfoods out there. The stuff you need to be eating so that you can lose 10lbs a month (about 2 to 2 and a half pounds a week) easily.

If you eat these foods, you won't feel like you're starving yourself. In fact, you'll feel more lively and energetic than you have done in ages.

Most of us end up being obese because we just eat the wrong things. With this guide at your fingertips, that will become a thing of the past. After reading this, you'll be able to put your bad eating habits where they belong - in the past.
Why is it so easy for me to get fat? You've probably asked yourself this question before, and the answer lies in our past.

Thousands of years ago, when we used to live in caves, we didn't have the means or the knowledge to store or preserve food. Most of our time was spent hunting and gathering, and we had to eat what we had when we had it.

So our bodies adapted to store the food as fat, so that when there wasn't enough to sustain us, we could burn our fat stores for energy to keep us going. This was especially important during winter, when food was even scarcer and we needed the extra layers of fat to keep warm.

Women's bodies adapted to store more fat than men because they needed it to bear young and be able to keep themselves and the babies going.

Even though we don't need this genetic feature anymore, since there is an abundance of food available to most of us, our bodies are stubborn and have held onto it. So much so that every one of us is born with a specific amount of fat cells.
The amount you’re born with is down to your genetic makeup. The unfortunate thing is that you can't rid yourself of fat cells, but you can increase them. How many you add depends on what you eat, and once you've added them, you can't get rid of them.

This does not mean that you’re doomed to an eternity of obesity, because those fat cells can be shrunk. That's what happens when you lose weight. You're essentially burning the fat stored in the big fat cells and making them smaller, just like releasing air from a balloon.

Losing weight boils down to two simple things—eating less and moving more. You've got to cut calories and start working out, and all decent weight loss programs will have you doing these two basic things.

The most important thing when it comes to losing weight and keeping it off is consistency. If you lose 10lbs in a month with a good program, and then go back to your regular eating habits, you're going to put on that 10 pounds again, and then some.

To guarantee that you keep the weight off for life, you're going to need to change your lifestyle, including your dietary habits and workout routines. You're going to need to step away from those high in saturated fat, nutrient-lacking foods, and onto a well balanced diet containing all the vitamins, minerals, protein, fat and carbohydrates your body needs to thrive.

Sure, crash diets can lead to massive amounts of weight loss, but if they're not sustainable, you're almost guaranteed to rebound immediately. Our bodies are genetically programmed to survive starvation, so when we are getting too little food, the body slows our metabolism so that we can— in theory—keep our weight constant. However, it is entirely possible for us to go way over this limit, as is what happens when we're overweight.

The hypothalamus in our brain creates a sort of limit when it comes to our weight. This is dependent on the amount of food we typically consume, so that we can—in theory—keep our weight constant. However, it is entirely possible for us to go way over this limit, as is what happens when we're overweight.

Drastically cutting back on the amount of food we eat puts the body into starvation mode, and it thinks that it needs to slow our metabolism to keep us from starving to death.

This causes us to get ravenously hungry, which usually results in binge eating and the subsequent failure of the diet.

Compensating for our slowing metabolism during a diet is tricky, but it can be done. To do so, you'll need to adjust the nutrient content of the foods you eat. You'll need to reduce their calories, especially the amount you obtain from saturated fat.
This will allow you to dodge the body's starvation mode, allowing you to replace the bad stuff with replacing it plant foods rich in nutrients and low in calories. Your brain will be convinced that you are getting all the food you need, even though you have reduced your calories.

In actual fact, you'll be eating more and feeling fuller for longer, even though you'll be having less calories. This is because fiber-rich foods get broken down slower in the stomach, allowing you to feel satisfied for longer.

They are also rich in vitamins, minerals, carbohydrates and protein for energy and building muscles, which are all essential for the fat burning process.
THE FAT BUSTERS

Everyone of the foods we're going to list for you has been proven to fight the fat and promote weight loss. None of them are going to add a significant amount of fat to your body, and will aid you in your journey to a leaner self.

They'll curb your urges for junk food, and keep you fit and healthy inside and out. These foods are essential to any sustainable weight loss plan. They're going to help keep your metabolism running to help you shave off the excess fat.

A decent weight loss plan will call for a minimum of 1200 calories a day, but it is recommended that you keep it in the range of 1500 to 1800. That's been shown to be the optimal weight loss range, as it won't endanger your health or put you into starvation mode.

Easing your hunger is as simple as filling up your stomach, and the following foods can achieve that more effectively than any of the highly processed, deep fried rubbish most of the world consumes on a daily basis.

The following are filled with nutrients and possess incredible fat busting properties. It's time to change your dietary habits for good.
APPLES

Long considered a health staple - just look at the phrase an apple a day keeps the doctor away—they've now been proven to melt away the fat as well.

Apples can help raise your blood sugar levels naturally—better than any sugary food or a soda. This keeps you full and energized for a longer period of time.

They are also a great source of soluble fiber, meaning that they help stave off hunger pangs by keeping your blood sugar from dropping too low.

The average apple contains approximately 80 calories, without any saturated fat, sodium, or cholesterol. It even helps lower your bad cholesterol levels and blood pressure.

WHOLE GRAIN BREAD

That's right. Bread, and carbs in general, are not the enemy of the person trying to lose weight. You just have to be careful what you put on it. Slavering it in butter, cream cheese or sugar-filled jam adds a ton of unnecessary calories that you just don't need.

Bread is a complex carb and contains a lot of fiber. Studies have shown that it can help reduce your appetite, but only dark, high fiber bread. When compared to white bread, it was found that people who ate 12 slices of the dark stuff a day felt less hungry and lost five pounds in two months. Those who stuck to the white bread tended to be hungrier, preferred fatty foods, and didn't lose any weight.

The main thing is to eat whole grain breads that are dark and full of fiber, such as pumpernickel, whole wheat, oatmeal, etc. One slice only contains about 60 to 70 calories, is full of complex carbs that your body can use for fuel, and has a lot more protein than a slice of highly processed white bread.
COFFEE

Although you may have heard a lot about the side effects of caffeine, including anxiety and insomnia, having it in moderation can have surprising health benefits.

Coffee can help you speed up your metabolism. A faster metabolic rate means that you burn energy (and fat) quicker, giving you a fat burning boost.

Since caffeine is a stimulant, it is known as a metabolic enhancer. This little boost helps you burn up to 10% more calories than usual. It's best to limit yourself to two cups a day - one in the morning and one in the afternoon.

Try to keep it black, without any sugar, but if you don't like the taste, try adding some skimmed milk or maybe even some almond milk.

GRAPEFRUIT

This is a great fruit to make one of your dietary staples, as it has been shown to dissolve fat and cholesterol. An average serving will only give you 74 calories, 15 grams of cholesterol and fat lowering pectin, a good dose of vitamin C and zero fat or sodium.

It's also a great source of galacturonic acid, which not only helps to fight fat and cholesterol, but also against the hardening of your arteries and the development of heart disease.

Sprinkle it with a bit of cinnamon if you want to add some flavor to it (as well as some extra antioxidant qualities).
MUSTARD

This one might come as a bit of a surprise, but we're not talking about the sugar filled ones that you get on the average hotdog. The best kind of mustard for fat burning is the hot, spicy kind found in Asian and Mexican recipes.

One teaspoon is all that's needed to speed up your metabolism, much the same as caffeine does. Only mustard is probably better.

It's natural and totally safe - not to mention delicious - and works wonders when you want to burn fat as it can speed up your metabolism by as much as 25% for several hours. That's an extra 45 calories burned a day.

CHILI PEPPERS

Hot chilies fall under the same category as mustard. Just three grams can lead to a diet-induced thermic effect, which basically means that your metabolism speeds up, which results in more calories burned.

They're also surprisingly rich in vitamins and minerals, being pretty good sources of vitamins A and C, abundant in calcium, phosphorus, iron, magnesium, and fiber. Not only that, but they're free of fat, low in sodium and only contain 24 calories a cup.

POTATOES

Although potatoes have developed the same bad rep that bread has, it is actually a very unfair one. They're actually an excellent food that can help your weight loss efforts, not hinder them.

With only 85 calories per potato, as well as a good amount of fiber and potassium, they're a good low-calorie nutrient source.

They also help lower your cholesterol levels, protect against strokes and prevent heart disease.
Just remember to steer clear of fattening toppings, such as butter or heaps of sour cream.

**RICE**

There has been an entire weight loss plan built around just eating rice. Fittingly called The Rice Diet, it was created in the 1930s and made rice a staple of every meal, with fruits and vegetables gradually added in.

At the time, it produced excellent weight loss results, and the medical side of things was equally as good. Kidney problems and high blood pressure all improved on this diet.

A cup of cooked rice contains only 178 calories, and fills you up pretty fast. Just be sure to try and always go for whole grain rice, as white rice is too heavily processed.

**SOUPS**

We're talking about the good old-fashioned homemade ones here, not those preservative and sugar filled cans. Studies have shown that dieters who had a bowl of soup before lunch and dinner lost a lot more weight than those who didn't, and kept it off for longer to boot.

The type makes a difference as well. Beef, pork or cream based soups are usually pretty high in calories, and should only be eaten once in a while. Try for chicken, turkey, or vegetable based soups, as they'll be a lot lower calorie and more nutritious.
**SPINACH**

Spinach is truly a superfood, as it can lower your cholesterol levels, amp up your metabolism and accelerate your fat burning. It's incredibly rich in iron, beta carotene, and the vitamins C and E, giving it a ton of nutritional value as well.

**TOFU**

It may be fairly tasteless, but it can be an amazing addition to any diet plan. One decent sized portion is only slightly more than 80 calories, and contains a good amount of calcium and iron, along with almost no sodium and no saturated fat. It's tastelessness means that it can easily suck up flavor, making it a great thing to add to soup and sauces.
EVEN STRONGER FAT BUSTERS

It’d be ridiculous to think that you can change up your entire eating plan and feel full for longer with only a couple of foods, so we’re giving you a bunch more fat busters that you can tuck into.

These will add different layers of taste and texture to your meals, and a whole range of nutrients, including vitamins, minerals and protein. Each and every one has been carefully handpicked and is very good for you.

Some are even excellent snack foods, and will allow you swap that bag of potato chips for something a lot healthier and more filling.

BARLEY

This hearty grain is right up there with pasta and potatoes, with only 170 calories per cup and a decent amount of protein to boot. It was used by the Romans for strength, and was said to be more popular than meat.
Along with all the nutrients in it, barley can lower your cholesterol levels by a whopping 15%, as well as help prevent cancer. Israeli scientists have found evidence that it cure constipation too.

It can be used as a replacement for rice in almost everything, from salads to stuffing, or as a nice addition to soups. Barley flour can also be a good stand-in for wheat.

**BEANS**

These are great sources of plant protein, with most having a mere 200 plus calories a cup. They're also high in potassium.

The only thing that you have to keep in mind is that plant protein is incomplete and lacks the amino acids needed for a whole chain of protein. You'll need to combine your beans with whole grains to get the aminos needed, so have them with rice or barley to get all the benefits.

**BERRIES**

These are an ideal weight loss food, as their fructose content will satisfy your cravings for sweets, while their fiber will help reduce the calories that get absorbed by your body. The high fiber content of fruits, vegetables and whole grains helps reduce the amount of calories you absorb.

Berries are also an excellent source of potassium, helping you control your blood pressure levels.

**BROCCOLI**

This is the staple diet (and butt of many jokes) of athletes the world over. Weightlifters, sprinters and football players all swear by this versatile vegetable. It's no wonder either, as a cooked cup will only give you about 40 calories, tons of fiber, indoles (cancer-fighting chemicals), carotene, and over 20 times the Recommended Dietary Allowance (RDA) of calcium and vitamin C.
BUCKWHEAT
This is a great replacement for wheat flour bread, pancakes, cereal, and soups, and has only 155 calories per cup. Studies have shown that diets that included buckwheat resulted in better blood sugar numbers, diabetes resistance and lower cholesterol levels. When whole, it can be used in the same manner as barley or rice.

CABBAGE
Although usually associated with boiled mush, there is so much more that you can do with this awesome food. It can be eaten raw, made into sauerkraut or into a delicious coleslaw. Only having it once every week is enough to give you good protection from colon cancer, and studies have shown that it can even boost your longevity!

CARROTS
These nutritional powerhouses only contain about 55 calories per carrot (in medium size) and include beta carotene, which is a powerful cancer fighting nutrient.

They're versatile as well. Put them into a salad, roast them in the oven, stir fry them with meat and other vegetables, the list goes on. A great addition to any meal plan.

CHICKEN
Containing anywhere between 240 to 280 calories, depending on whether you want white meat or dark, this is a fantastic source of lean protein. Another favorite of athletes for just this reason, they also contain good amounts of iron, niacin and zinc.
CORN

It's neither a grain or a vegetable, but it is a good source of nutrients, including iron, zinc and potassium. Studies have also linked it to lowered heart disease risk and cholesterol levels.

COTTAGE CHEESE

This is a great fat fighting food, and can be added to pretty much anything. High in calcium, riboflavin and even protein, it's incredibly nutritious as well. It's a good substitute for sour cream or cream cheese.

FIGS

These are really low in calories, containing less than 50 in each one, and are full of fiber. This fiber helps keep you full and stops you from overeating and sabotaging your weight loss efforts.

They can be served with fruits, cheeses or even roasted with chicken.

SEAFOOD

Long considered a health food, seafood is a great low-calorie source of protein. It really is difficult to put on weight when most of your diet consists of seafood.

Studies have also shown links between a high fish diet and lower risks of heart disease, as fish oils brings down the blood pressure and decreases the cholesterol levels. It also helps to fight inflammation and relieve the symptoms of arthritis.
GREENS

This is a broad category, and contains stuff like collard, beet, kale, Swiss chard and turnip greens, all of which come from the same family as spinach. It's really hard to get fat eating this, as a loaded cup will only come to about 50 calories.

Greens are fantastic sources of nutrients. They’re filled with fiber, vitamins A and C, have absolutely no fat, and can be used in anything from salads to casseroles.

KIWIS

This is an excellent treat to satisfy your sweet tooth, and at only 46 calories in each one, there’s none of the guilt to go with it. They’re also high in vitamin C and potassium, and store easily in the fridge for quite a while.

LEeks

These are part of the onion family, and look like big scallions. They’re just as healthy as their cousins and pack a ton of flavor as well. They can be poached, boiled, tossed in with stir fries or made into a delicious soup.

LETTUCE

Usually regarded as having little nutritional value, this just simply isn't the case. These are a great addition to your diet plan, as they can provide a nice bit of filling fiber and vitamin C to your meals, without adding a ton of calories.

There are several different types as well, including Boston, Romaine, or even watercress, arugula, radicchio, purslane, and parsley.
MELONS

This is another great treat food that doesn't contain nearly as many calories as your average 'cheat meal'. Melons contain an impressively high amount of fiber among all fruits, have a pleasing, sweet taste, and contain lavish amounts of potassium and vitamins A and C.

OATS

Oats are an excellent low calorie weight loss food. One study done at the University of Kentucky showed that participants were 3 pounds lighter within two months by just adding 100g of oats to their daily diet, making this an excellent addition to yours.

ONIONS

Everybody loves onions. They're full of flavor, cheap, and low in calories, and help control your cholesterol levels, thin your blood, and have shown some signs of being able to counteract allergic reactions.

PASTA

Another food with a bad rep, pasta can actually be really beneficial to you. It is rich in a whole host of nutrients, including copper, iron, manganese, magnesium, phosphorus, zinc. Just try and stick to the whole wheat varieties, which are a lot healthier.

SWEET POTATOES

These are one of the most delicious forms of complex carbohydrates out there, and are an incredible source of vitamin A. They can be baked, steamed, or added to anything, from soups to casseroles.
TOMATOES

Low-fat, low-sodium, yet full of fiber, potassium, and flavor, you should definitely make these a dietary staple. Studies have also connected regular consumption to a lowered risk of cancer.

Tomatoes are healthy in all forms, whether stewed or chopped or even crushed. Consider putting them into your casseroles, stews, or make sauces with them.

TURKEY

This one isn't just for Thanksgiving. Low in calories and fat, this can be used as a substitute for calorie-heavy beef in burgers, spaghetti sauce or even meat loaf. It's now really easy to find it in parts (drumsticks, breast, etc.) supermarkets as well, so you're no longer forced to buy the whole bird each time.

YOGURT

Rich in calcium, zinc, riboflavin and protein, yogurt is an awesome addition to your new diet. It's great for breakfasts, or you can add it to pretty much anything, including sauces, soups, dips, toppings, stuffing, and spreads. Let it serve as a substitute for heavy cream in a multitude of recipes, and you will not be disappointed with the results.

Remember to stay away from the sugar-laden varieties, and try to go for stuff like Greek yogurt instead.
CONCLUSION

With all the foods we've listed for you, it'll be easier than ever to eat as much as you want and not gain any weight at all. A diet consisting of these foods will leave you feeling full and eliminate your cravings, while speeding up your metabolism and fat burning abilities.

The foods listed above are versatile as well, and can be used in a ton of different ways, meaning that all you'll need is a little bit of imagination and you'll never have to have the same dish twice in a row.

All that's left is to wish you good luck with your flab-fighting journey. With just a little bit of determination and these fat busting superfoods, you can get the body you've always desired.

Reed Wilson