

A FAT LOSS DIET IS DIFFERENT FROM A WEIGHT LOSS DIET. WEIGHT LOSS FOCUSES ON CALORIES, WHILE FAT LOSS FOCUSES ON HORMONES. ON A FAT LOSS DIET, YOU EAT MORE FOOD THAN YOU THINK YOU SHOULD. HOWEVER, THE FOODS YOU EAT ARE NUTRITIONALLY DENSE, CALORICALLY SPARSE, AND HAVE PLENTY OF PROTEIN AND FIBER.

RULE 1: EAT 4-6 SMALL MEALS PER DAY: Increase the amount/volume of food you eat during the day without increasing the calories. Focus on foods that have high water, fiber and protein content. The fewer meals you eat, the less the body will want to burn fat.

RULE 2: DO NOT EAT PAST 8 PM: Sleep can be a prime fat burning or fat storing time. Get adequate sleep (7-9) hours per night and if you must eat before going to bed eat small amount of protein. Sleep helps release human growth hormone which is a powerful fat burning and muscle building hormone. If you eat sugar within a few hours of going to bed you decrease nighttime HCG and shut off your fat burning potential during the night.

RULE 3: USE THE BITE RULE FOR STARCH AND SUGAR: Sugar and starch intake stimulates insulin secretion and insulin is a fat storing hormone. Major insulin triggers are starchy foods and sugar like bread, pasta, potatoes, cookies, crackers, rice, etc. Limit these to just 5-10 bites.

RULE 4: EAT THE RIGHT FATS: Certain fats will help you burn fat. Eat your fat in the form of fish, nuts, seeds, avocado, olive oil and grass fed or wild animals.

RULE 5: EAT LEAN PROTEIN AT EVERY MEAL: Protein helps the body burn fat in many ways. First of all, it releases the fat burning hormone called glucagon, secondly it is slow to digest so the body burns more calories to break it down and lastly it is very satisfying so it helps us feel full for longer periods of time. The surest way to create cravings is to skimp on protein.

RULE 6: LEARN THE METABOLIC EFFECT LABEL RULE: When purchasing packaged food look at the label. To determine if it is a fat burning food subtract the fiber and protein from the total carbohydrates. The number should be 10 or less to be a fat burner. In addition, the fat content should be less than 15.

RULE 7: AVOID FOODS THAT INCREASE HUNGER: These foods increase hunger because of their effect on stress hormones and insulin. Avoid coffee, synthetic sweeteners and sweet snack foods. Opt for water, green tea, unsweetened chocolate, protein and fiber.

RULE 8: ALWAYS EAT BREAKFAST: Even if you're not hungry eat a breakfast that includes protein, carbohydrates and healthy fats. Skipping breakfast will put you on a roller coaster of increased cravings, hunger and dips in energy all day.

RULE 9: NEVER GET TOO HUNGRY: The only time you should feel really hungry is in the morning. Eat every 2-4 hours to control the urge to overeat. Eating this often keeps your hormones balanced and your metabolism elevated. Choose healthy foods that are high in fiber and protein and low in calories. Eat lots of fruits and veggies too.