

# NATURAL FAT BURNER FOODS

## IGNITE YOUR WEIGHT LOSS JOURNEY



### What Are Natural Fat Burners?

Natural fat burners, found in certain foods, assist the body in efficiently breaking down and utilizing fat.

- They are rich in vitamins, minerals, and bioactive compounds
- These foods promote increased metabolism, enhanced energy utilization, and support sustainable weight management.
- Natural fat burners offer a holistic approach, aligning with a healthy lifestyle.

### List of Natural Fat-Burning Foods

#### Fatty Fish (Salmon, Tuna, Mackerel)

- Rich in omega-3s, boosts metabolism and curbs hunger.

**Best Way to Eat:** Grill, bake, or poach; caution: choose wisely due to mercury levels.



#### Ginger

- Thermogenic properties elevate internal temperature, enhancing metabolism.

**How to Consume:** Culinary use or in beverages; caution: consume within safe limits.



#### Protein (Chicken, Lean Beef, Beans)

- Increases satiety, boosts metabolism.

**Recommended Intake:** 0.8 grams per kg of body weight.



#### Eggs (Sunny-side up, Scrambled)

- High protein promotes lasting fullness.

**How to Enjoy:** Beyond breakfast; **Caution:** monitor cholesterol intake.



#### Apple Cider Vinegar

- Regulates blood sugar, boosts metabolism.

**How to Enjoy:** Mix with water; **Caution:** dilute before consumption.



#### High-Fibre Foods (Fruits, Veggies, Whole Grains)

- Controls blood sugar, promotes fullness.

**Incorporate into:** Smoothies, salads, whole-wheat pasta.



#### Healthy Fats (Poly and Mono-unsaturated fat)

- Boosts overall health, aids weight loss.

**Sources:** Avocados, nuts, seeds, cold-pressed oils; **caution:** moderate intake.



#### Vegetables (Leafy Greens, Cruciferous Vegetables, Bitter Gourd):

- Low-calorie, high-fibre options.

**Best Way to Eat:** Raw in smoothies or salads; **caution:** moderate oxalate intake.

**Garlic:** Fights inflammation, boosts metabolism, supports healthy blood sugar levels.

**How to Use:** Roast whole cloves or add chopped garlic to various dishes.



#### Coffee (Black and Green, Brewed)

- Kickstarts metabolism, stimulates fat breakdown.

**Best Way to Eat:** Black or unsweetened; limit to 2-3 cups or 350-400 mg a day.



#### Green Tea and Blue Tea (Steeped, Sipped)

- Rich in catechins, boost metabolism and fat burning.

**How to Consume:** Always brew a fresh pot and limit to 3 cups a day; avoid late-night consumption.



#### Capsaicin (Chili Peppers, Hot Sauce)

- Increases thermogenesis, curbs appetite.

**Caution:** Start slow to avoid stomach irritation.



#### Turmeric (Golden Latte, Curry Magic)

- Curcumin boosts metabolism, reduces inflammation.

**Best Way to Cherish:** Blend into turmeric milk; use in curries and dals.



#### Oolong Tea

- Increases metabolism, promotes gut health.

**Enjoy:** Hot or iced; limit total tea cups to 3-5 a day.



#### Chia and Flax Seeds

- Rich in fibre and omega-3s, aid weight loss.

**How to Consume:** Sprinkle on cereals, yoghurt, salads.



#### Pineapple

- Aids digestion, contains Bromelain for weight loss support.

**Enjoy:** Fresh slices or grilled in moderation.



### Precautions for Safe Fat-Burning

- Prioritize essential vitamins and minerals, avoid fat-burning supplements, and ensure you maintain muscle mass.
- Adopt a sustainable approach, steering clear of extreme measures like excessive exercise or crash diets.

# Fat Burner Foods

**JS Bruner**



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