

THE FIVE DAY FLAT BELLY QUICK FIX

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 Nutrition Hacks

Five Day Flat Belly Quick Fix

Including recipes, Intermittent fasting tips and more...

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What is the cause of belly fat?

Extra fat cells deep in your abdomen (aka visceral fat) generate adipose hormones and adipokines—chemical troublemakers that travel to your blood vessels and organs, where they cause inflammation that can contribute to problems like heart disease and diabetes.

In this book you will find out how to lose your unwanted belly fat.

Healthy Benefits of Coconut

The origin of the coconut

One of the earliest mentions of the coconut dates back to the "One Thousand and One Nights" story of Sinbad the Sailor; he is known to have bought and sold coconut during his fifth voyage.



Coconut became known to the western world in the 6th century. It was imported into Egypt from the Indian Ocean. Marco Polo mentioned the coconut as the "Pharaoh's nut" as he traveled through India.

Use of coconut

Coconuts are highly nutritious and rich in fiber, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous. Unlike cow's milk, coconut milk is lactose-free.

One of better known uses for coconut oil is for cooking foods. Coconut oil is a thermally stable oil, and does not form harmful byproducts like other vegetable oils do. It can also be used topically on skin and hair, nourishing and moisturizing them.

Ten health benefits of coconut

- It is anti-bacterial, anti-fungal, anti-parasite and anti-viral
- Improves digestion and absorption of nutrients, minerals and vitamins
- Enhances physical and athletic performance
- Improves good cholesterol (HDL), and protects the heart
- Improves insulin secretion and symptoms associated with diabetes
- Helps in removal of free radicals that cause premature aging and degenerative disease
- Protects against kidney disease and bladder infection
- Keeps skin and hair healthy
- Restores thyroid function
- Promotes weight loss

In the kitchen with coconuts

Due to its health advantages and natural low glycemic index rating, coconut has found its place in the cupboard as one of many products.

Coconut Flour

Dried and ground up coconut flesh, gluten-free and rich in fiber; replace regular white flour.



Coconut Cream& Milk

When shredded coconut flesh is strained, the product is a thick liquid called “coconut cream”. If it’s diluted with water, we get coconut milk. The two can replace regular cream and milk.



Coconut Sugar

Extracted from coconut sap. Coconut sugar has a low glycemic index and is diabetic-friendly. Replaces regular sugar.



Coconut Oil

Coconut oil does not form polymerized oils or dangerous trans-fatty acids. Regular use provides important antioxidants that improve the user's overall health and well-being.



Virgin Coconut Oil

Virgin Coconut Oil is made using exclusively mechanical methods. Perfect choice for persons with allergies.



Coconut Water

Coconut milk further diluted with water. Low in calories, carbohydrates, and sugars, and almost completely fat-free. Serves as a refreshing tonic with a natural coconut flavor, filled with vitamins, minerals and electrolytes.

Isn't coconut full of fats?

Despite its natural healing wonders, a lot of people are still confused as to whether or not coconut oil is good for our health because of its high content of saturated fats. However, hydrogenated coconut oil and pure cold-pressed extra virgin coconut oil are not the same. Pure coconut oil is derived from the mature coconuts which contain a harder flesh. The white flesh is shredded, collected, and then cold pressed at 90–100 degrees Fahrenheit. Unprocessed, unrefined virgin coconut oil is not hydrogenated, and is a safe choice for consumption.



Coconut oil is high in medium chain triglycerides, Fatty Acids that boost metabolism

Whereas most foods contain predominantly long-chain fatty acids, coconut oil consists almost entirely of Medium Chain Fatty Acids. They are sent straight to the liver from the digestive tract, where they are either used for energy right away or turned into ketone bodies.

Coconut oil can help you lose fat, especially the “dangerous” abdominal fat

Due to its ability to boost metabolism and reduce appetite, coconut oil helps you lose fat steadily and without even noticing it.

Coconut oil boosts metabolism, making you burn more calories at rest

One important property of coconut oil is that it is “thermogenic” – eating it tends to increase energy expenditure (fat burning) compared to the same amount of calories from other fats.

Healing and Repairing

When used as a topical cream, coconut oil soothes and heals the irritated or affected areas on the skin caused by skin ailments such as psoriasis, hemorrhoids, warts, athlete's foot, blisters and sunburns.

This is due to MCFAs which accelerate the metabolic rate activity and hence the healing process of the damaged tissues.

Finally, being smaller in size, MCFA carries less calories than polyunsaturated or monosaturated fat.



Coming from a natural vegetable source, rich in antioxidants and free from pesticides and other chemicals and contaminants, coconut oil is an excellent beauty and hair care product.

It does more than what a skin cream could ever do. While other creams temporarily moisturize the outer layer of dry skin, coconut oil penetrates into the layers under your skin to prevent free radical formation, remove dead layers and encourage growth of new, healthier tissue.

When applied to your hair, coconut oil is a natural hair conditioner and dandruff controller. Use it regularly and you'll be able to see the benefits over time.

Amount per Serving

Calories 288.21

Calories from Fat (38%) 110.51

% Daily Value

Total Fat 13.23g 20%

Saturated Fat 11.23g 56%

Cholesterol 0mg 0%

Sodium 9.47mg <1%

Potassium 645.38mg 18%

Total Carbohydrates 46g 15%

Fiber 5.68g 23%

Sugar 25.26g

Protein 3.1g 6%

COCONUT SMOOTHIES

Blueberry & Coconut Smoothie



Ingredients

2 bananas

1 ½ cup blueberries, frozen

½ cup coconut milk

Instructions

1. Place all ingredients from the list in a high speed blender; blend until smooth well.
2. Serve.

Servings: 2

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (10.1 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 307.51

Calories from Fat (39%) 118.51

% Daily Value

Total Fat 14.16g 22%

Saturated Fat 12.2g 61%

Cholesterol 0mg 0%

Sodium 160.14mg 7%

Potassium 1007mg 29%

Total Carbohydrates 47g 16%

Fiber 9.45g 38%

Sugar 24g

Protein 4.62g 9%

Coco Spinach & Pineapple Smoothie



Ingredients

- 1 cup coconut meat
- 1 cup coconut water
- 2 cup fresh or frozen pineapple
- 1 banana
- 2 cups spinach-washed and dry
- 1 ½ inch piece of ginger

Instructions

1. Put all ingredients from the list in a high-speed blender.
2. Blend it until smooth.
3. Serve and enjoy!

Servings: 2

Preparation Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (14.7 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 235.78

Calories from Fat (87%) 204.91

% Daily Value

Total Fat 24.5g 38%

Saturated Fat 21.6g 108%

Cholesterol 0mg 0%

Sodium 15.68mg <1%

Potassium 323.14mg 9%

Total Carbohydrates 5.69g 2%

Fiber 0.9g 4%

Sugar 0.58g

Protein 2.93g 6%

Creamy Coconut Coffee Smoothie



Ingredients

- 2 cups coconut milk, unsweetened
- 2 tsp instant coffee granules
- 1 packet of your favorite sweetener (Stevia)
- 1 tsp cocoa powder
- ½ tsp vanilla extract

Instructions

1. In a large cup add all your ingredients together.
2. Stir well and place in a freezer safe bowl.
3. Once frozen, leave on counter until it softens up a just pinch.
4. Place into high speed blender and process until smooth and creamy. Serve.

Servings: 2

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (4.2 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 378.64

Calories from Fat (71%) 267.66

% Daily Value

Total Fat 32g 49%

Saturated Fat 23.15g 116%

Cholesterol 0mg 0%

Sodium 57.95mg 2%

Potassium 987.9mg 28%

Total Carbohydrates 25.72g 9%

Fiber 5.58g 22%

Sugar 7.56g

Protein 4.85g 10%

Green Coconut Smoothie



Ingredients

1 cup coconut milk

1 avocado

1 banana, frozen

Handful of baby spinach

Coconut water

Instructions

1. Place the ingredients, in order listed, in a high speed blender.
2. Blend until smooth and creamy.
3. Add the coconut water to thin if needed.

Servings: 2

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (9.6 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 511.92

Calories from Fat (60%) 307.27

% Daily Value

Total Fat 36.77g 57%

Saturated Fat 23g 115%

Cholesterol 0mg 0%

Sodium 15.12mg <1%

Potassium 779.92mg 22%

Total Carbohydrates 41.83g
16%

Fiber 6.11g 24%

Sugar 26.83g

Protein 7.84g 16%

Medjool Coco-Almond Smoothie



Ingredients

1 can (11 oz) coconut milk

5 large Medjool dates

1 cup raw almonds

Instructions

1. Roughly chop the dates and the almonds.
2. Put all ingredients from the list in a high-speed blender.
3. Blend until smooth well.
4. Serve chilled.

Servings: 2

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (6.8 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 202.75

Calories from Fat (69%) 140.17

% Daily Value

Total Fat 16.25g 25%

Saturated Fat 13.47g 67%

Cholesterol 46.5mg 16%

Sodium 22.75mg <1%

Potassium 33.73mg <1%

Total Carbohydrates 13.5g 5%

Fiber 0.15g <1%

Sugar 11.92g

Protein 2g 4%

COCONUT BREADS

Breakfast Coconut Loaf



Ingredients

4 Tbsp desiccated coconut & 1 cup coconut flour

½ cup coconut milk (canned)

3 organic eggs

1 cup sweetener of your choice or organic honey

pinch of Salt

¾ cup coconut butter, melted (or coconut oil)

Instructions

1. Preheat your oven to 350F.
2. In a mixing bowl, add the coconut and the milk and stir. In a separate bowl, whisk the eggs and sugar until pale. Add the dry ingredients into this bowl, and fold together.
3. Grease a medium sized loaf cake tin and line with parchment paper. Pour the mixture in and bake for 50 minutes, until a skewer comes out clean.
4. Cool slightly in the tin before turning onto a wire rack to cool completely.

Servings: 12; **Preparation Time:** 55 minutes

Nutrition Facts;Serving size: 1/12 of a recipe (2.3 ounces)

Amount per Serving

Calories 146.88

Calories from Fat (49%) 71.46

% Daily Value

Total Fat 8.25g 13%

Saturated Fat 5.46g 27%

Cholesterol 93mg 31%

Sodium 164.14mg 7%

Potassium 134.26mg 4%

Total Carbohydrates 13.72g 5%

Fiber 1.21g 5%

Sugar 0.5g

Protein 5.43g 11%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet

Buckwheat Coconut Bread**Ingredients**

¾ cup coconut flour

½ cup coconut milk

¾ cup buckwheat flour

5 eggs

2 Tbsp coconut oil

1 tsp baking soda

Sweetener, to taste

sea-salt

Instructions

1. Preheat oven to 350F degrees.
2. In a big bowl, beat the eggs, sweetener, salt and coconut oil.
3. Add slowly the coconut flour, buckwheat flour, milk and baking soda. Whisk well.
4. Pour batter in a greased baking pan. Bake for 30 minutes.
5. When ready, leave on a wire rack to cool. Slice and serve.

Servings: 10

Preparation Time: 50 minutes

Nutrition Facts

Serving size: 1/10 of a recipe (2 ounces)

Amount per Serving

Calories 201.62

Calories from Fat (30%) 61.41

% Daily Value

Total Fat 7.44g 11%

Saturated Fat 4.76g 24%

Cholesterol 46.5mg 16%

Sodium 166.47mg 7%

Potassium 101mg 3%

Total Carbohydrates 32.53g
11%

Fiber 1.96g 8%

Sugar 20.26g

Protein 3.1g 6%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Dark Coconut Zucchini Bread (Slow Cooker)



Ingredients

3 cups coconut flour

1 cup chocolate chips

2 cups zucchini, grated

3 eggs

1 cup shredded flaked coconut

1 ½ cups sweetener

½ tsp baking powder & 1 tsp baking soda

2 tsp cinnamon

3 tsp vanilla

Instructions

1. In a bowl, beat together the eggs, sugar and a shredded flaked coconut. In a separate bowl, mix in the coconut flour, baking powder, baking soda, cinnamon, vanilla and salt.

2. Combine egg mixture with coconut flour mixture; stir well. Mix in the grated zucchini and chocolate chips and pour batter into your Slow Cooker. Cook on LOW for 3 hours.

3. Flip it over onto a plate or serving platter. Slice the bread and serve.

Servings: 12; **Preparation Time:** 3 hours

Nutrition Facts; Serving size: 1/12 of a recipe (4.7 ounces)

Amount per Serving

Calories 228.11

Calories from Fat (67%) 153.85

% Daily Value

Total Fat 17.67g 27%

Saturated Fat 13g 65%

Cholesterol 139.5mg 47%

Sodium 114.8mg 5%

Potassium 78.44mg 2%

Total Carbohydrates 12.5g 4%

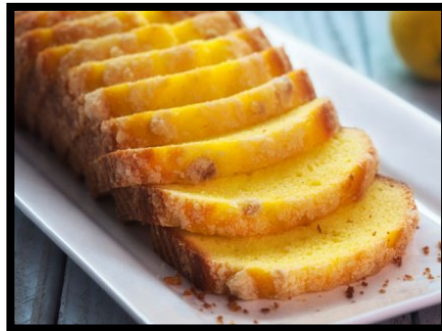
Fiber 0.46g 2%

Sugar 2.48g

Protein 5.92g 12%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Simple Coconut Flour Bread



Ingredients

- 6 eggs, at room temperature
- ½ cup coconut oil, melted and cooled
- ¾ cup coconut flour
- 2 Tbsp arrowroot powder
- 1 Tbsp organic raw honey (or sweetener)
- 1 tsp baking powder
- salt

Instructions

1. Preheat oven to 350 degrees. Grease a medium bread pan.
2. In a large bowl, mix eggs, coconut oil and honey (or sweetener). Mix until all ingredients are combined.
3. Add coconut flour, arrowroot powder, baking powder and salt to the wet mixture and mix until the batter is lump free. Let the batter to sit for 15 minutes.
4. Pour batter in prepared bread pan. Bake bread about 35-40 minutes, or until the top is golden brown.
5. Let cool, slice and serve.

Servings: 8

Cooking Times

Preparation Time: 1 hour and 5 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2.4 ounces)

Amount per Serving

Calories 388.64

Calories from Fat (45%) 174.41

% Daily Value

Total Fat 20.15g 31%

Saturated Fat 15.9g 61%

Cholesterol 53.84mg 18%

Sodium 190mg 5%

Potassium 190mg 5%

Total Carbohydrates 12.17g
15%

Fiber 2.1g 8%

Sugar 25.26g

Protein 6.1g 12%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Tropicana Coconut Bread



Ingredients

- 3 cups coconut flour & 1 cup shredded coconut
- 1 cup coconut oil
- 1 banana & ½ pineapple, cubed
- 2 tsp baking powder & ½ tsp baking soda
- 2 cups sweetener or coconut sugar
- 4 eggs, lightly beaten
- 2 tsp coconut extract
- 1 cup buttermilk

Instructions

1. Preheat oven to 325 degrees F.
2. In medium mixing bowl, combine flour, baking powder, baking soda, and salt; mix well. In a separate bowl, combine beaten eggs, sweetener, oil and coconut extract; mix well. Stir in shredded coconut, banana and pineapple.
3. Combine flour mixture to the egg mixture and stir well with spatula or by hand.
4. Grease and flour two loaf pans. Pour batter into loaf pans, place on middle rack and bake for 1 hour.

Servings: 12

Preparation Time: 1 hour and 15 minutes

Nutrition Facts;Serving size: 1/12 of a recipe (5.2 ounces)

Amount per Serving

Calories 303.1

Calories from Fat (41%) 125.54

% Daily Value

Total Fat 14.51g 22%

Saturated Fat 5.62g 28%

Cholesterol 36.65mg 12%

Sodium 190.83mg 8%

Potassium 178mg 5%

Total Carbohydrates 31.99g
11%

Fiber 2.3g 9%

Sugar 2.74g

Protein 5.76g 12%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

COCONUT SWEETS

Cherryshed Coconut Muffins

**Instructions**

½ cup coconut oil (melted)

1 cup coconut sugar & 2 cups coconut flour

2 cups cherries, pitted & 1 banana, mashed

1 cup slivered almonds, lightly toasted

½ cup soy milk

2 tsp baking powder

1 tsp almond extract

Instructions

1. Preheat oven to 375°F.
2. In a bowl, beat coconut butter and coconut sugar. Add a smashed banana and mix well.
3. In a separate bowl, combine together dry ingredients and add them to the mixture. Stir in almond extract and almonds and cherries.
4. Pour muffin batter into 12 greased muffin cups. Bake muffins for 30 minutes, or until muffins test done.
5. Serve soft or cold.

Servings: 12

Preparation Time: 40 minutes

Nutrition Facts

Serving size: 1/12 of a recipe (3.4 ounces)

Amount per Serving

Calories 321.5

Calories from Fat (77%) 248.46

% Daily Value

Total Fat 29g 45%

Saturated Fat 12.63g 63%

Cholesterol 0.25mg <1%

Sodium 26.88mg 1%

Potassium 332.65mg 10%

Total Carbohydrates 11.5g 4%

Fiber 4.2g 17%

Sugar 3.54g

Protein 6.92g 14%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Choco Coconut-Almond Bars

**Ingredients**

- 1 cup coconut, shredded and unsweetened
- 1 cup almond butter
- 2 cups raw almonds (preferably peeled ones)
- 1 Tbsp coconut flour
- 1 cup coconut oil, melted
- 1 ¼ Tbsp blackstrap molasses
- 3 oz dark chocolate (80% cocoa or higher)
- 1 Tbsp organic vanilla extract
- pinch of salt

Instructions

1. Pulse the almonds in a food processor until the consistency of sand. Add all of the remaining ingredients, except for the chocolate, and pulse until it forms a textured paste.

2. Line a baking pan with parchment paper. Pour the mixture into pan and lightly press to smooth out. Refrigerate for about an hour, until set.

3. Over a double boiler melt the chocolate and spread it over the bars, smoothing out with spatula until evenly coated.

4. Place back into the refrigerator for about 15 minutes, until the chocolate is set, but still soft. Cut into 12 bars and serve!

Servings: 12

Preparation Time: 20 minutes

Nutrition Facts; Serving size: 1/12 of a recipe (1.9 ounces)

Amount per Serving

Calories 171.98

Calories from Fat (41%) 69.81

% Daily Value

Total Fat 8g 12%

Saturated Fat 6.18g 31%

Cholesterol 23.25mg 8%

Sodium 162.9mg 7%

Potassium 69.1mg 2%

Total Carbohydrates 22.65g 8%

Fiber 0.91g 4%

Sugar 7.4g

Protein 3g 6%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet

Coconut Banana-Strawberry Muffins

**Ingredients**

2 eggs, room temperature

½ cups light brown sugar

1 2/3 cups coconut flour

½ cup coconut oil

½ tsp imitation coconut extract

2 medium bananas, mashed & 1 cup fresh strawberries, finely chopped

¾ tsp cinnamon, ¼ tsp nutmeg, 1 tsp baking soda, ½ tsp salt

Instructions

1. Preheat oven to 375F.
2. Melt solid coconut oil or in a microwave oven (about 20 seconds), or on room temperature.
3. In a mixer bowl add eggs, sugar and coconut extract. Mix on low speed until completely blended. Add the mashed bananas and mix until smooth. In a separate bowl, combine flour, cinnamon, nutmeg, baking soda, and salt. Mix with a spoon until well blended, then add strawberries, and gently mix until strawberries are completely covered with the flour mixture.
4. Add the flour/strawberry mixture to banana mixture and mix until completely incorporated. Spoon batter into greased muffin tins until about ¾ full.
5. Bake for 15 minutes. Remove from oven, let cool and serve.

Servings: 16

Preparation Time: 30 minutes

Nutrition Facts; Serving size: 1/16 of a recipe (1.8 ounces)

Amount per Serving

Calories 142.15

Calories from Fat (89%) 127.08

% Daily Value

Total Fat 14.56g 22%

Saturated Fat 10.2g 51%

Cholesterol 12.2mg 4%

Sodium 12.61mg <1%

Potassium 28.17mg <1%

Total Carbohydrates 3.75g 1%

Fiber 0.6g 2%

Sugar 0.2g

Protein 0.52g 1%

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Raw Coconut Fat Bombs**Ingredients***Candies*

½ cup shredded coconut, unsweetened

½ cup coconut butter

½ cup coconut oil

3 Tbsp sweetener of your choice, to taste

Topping

¼ cup cocoa powder

¼ cup cocoa butter

3 oz Dark Chocolate, sugar free

¼ cup powdered sweetener of your choice (optional)

¼ tsp vanilla extract

Instructions

1. In a saucepan, combine coconut butter and coconut oil over low heat. Stir until melted and smooth. Stir in shredded coconut and sweetener until combined.

2. Line a mini-muffin pan with 20 mini paper nonstick liners.

3. Divide mixture among prepared mini muffin cups and freeze about 30 minutes.
4. In a meantime, combine cocoa butter and chocolate together in bowl set over a pan of simmering water. Stir until melted.
5. Add in sifted powdered sweetener, and then stir in cocoa powder, until smooth.
6. Remove from heat and stir in vanilla extract.
7. Melt Sugar-Free Dark Chocolate and spoon over the cold coconut filling.
8. Put in fridge until they are solid, then store in a covered container in the fridge.

Servings: 20

Preparation Time: 15 minutes

Nutrition Facts

Serving size: 1/20 of a recipe (1.1 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 177.86

Calories from Fat (93%) 165.1

% Daily Value

Total Fat 18.94g 29%

Saturated Fat 17g 85%

Cholesterol 0mg 0%

Sodium 19mg <1%

Potassium 10.82mg <1%

Total Carbohydrates 3g 1%

Fiber 0.25g 1%

Sugar 0.1g

Protein 0.15g <1%

Sour Coconut Bombs**Ingredients**

4 Tbsp shredded coconut (unsweetened)

1/3 cup coconut butter, softened

1/3 cup coconut oil, softened

1 tsp dried (powdered) ginger

1 tsp granulated sweetener of choice, to taste

Unsweetened desiccated coconut (for sprinkling)

Instructions

1. In a deep bowl, mix all ingredients from the list. Stir until combine well.

2. Drop by the tablespoon onto waxed or parchment paper, or into the desiccated coconut.

3. Or, simple make the balls with your hands.

4. Put in fridge until they are solid, then store in a covered container in the fridge.

Servings: 8

Preparation Time: 5 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (1 ounce)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 339.36

Calories from Fat (3%) 11.3

% Daily Value

Total Fat 1.35g 2%

Saturated Fat 0.54g 3%

Cholesterol 0mg 0%

Sodium 16.47mg <1%

Potassium 603.7mg 17%

Total Carbohydrates 36g 12%

Fiber 9.96g 40%

Sugar 5.9g

Protein 4.22g 8%

COCONUT COCKTAILS

Bahama Mama Coconut Cocktail

**Ingredients**

1 ½ oz Coconut Rum

1 ½ oz Rum

½ oz non-alcoholic bar syrup (Grenadine)

2 oz pineapple juice

½ cup Ice

Instructions

1. Shake with ice and pour into a highball glass.
2. Garnish with a cherry and a slice of pineapple.

Servings: 1

Preparation Time: 5 minutes

Nutrition Facts

Serving size: Entire recipe (6.9 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 352.2

Calories from Fat (5%) 17.36

% Daily Value

Total Fat 2.07g 3%

Saturated Fat 0.82g 4%

Cholesterol 0mg 0%

Sodium 27.9mg 1%

Potassium 949.5mg 27%

Total Carbohydrates 59.77g
20%

Fiber 15g 60%

Sugar 11.7g

Protein 6.45g 13%

Caribbean Cruise Cocktail



Ingredients

1 oz Vodka

¼ oz Coconut Rum

½ oz white Rum

4 oz pineapple juice

Splashes non-alcoholic bar syrup (Grenadine)

¾ cup ice

Instructions

1. Shake all except juice with ice and pour into a glass filled with ice.

2. Fill with pineapple juice and garnish with a pineapple wedge

Servings: 1

Preparation Time: 5 minutes

Nutrition Facts

Serving size: Entire recipe (8.8 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 179.82

Calories from Fat (3%) 5.34

% Daily Value

Total Fat 0.64g <1%

Saturated Fat 0.27g 1%

Cholesterol 0mg 0%

Sodium 10.49mg <1%

Potassium 266.8mg 8%

Total Carbohydrates 17.43g 6%

Fiber 4.87g 19%

Sugar 5g

Protein 2.1g 4%

Coconut Passion Cocktail



Ingredients

1 ½ oz Coconut Rum

1 ½ oz White Rum

Few splashes Sprite

1 tsp dark sugar

Pineapple Juice

Sour Mix

½ cup ice

Instructions

1. Shake with ice and strain into a glass.
2. Fill with equal amounts of Sour Mix and pineapple juice.

Servings: 2

Preparation Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (3 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 165.34

Calories from Fat (0%) 0.62

% Daily Value

Total Fat 0.07g <1%

Saturated Fat 0.01g <1%

Cholesterol 0mg 0%

Sodium 3.29mg <1%

Potassium 77.63mg 2%

Total Carbohydrates 12.28g 4%

Fiber 0.12g <1%

Sugar 5.72g

Protein 0.21g <1%

Rumy Coconut Grove Cocktail



Ingredients

- 1 ½ oz Coconut Rum
- 1 oz banana-flavored liqueur
- 1 oz white Rum
- 4 oz pineapple juice
- 1 tsp lemon juice
- ½ cup crushed ice

Instructions

1. Shake and strain into an ice-filled glasses.
2. Garnish with slices of pineapple and lemon.

Servings: 2

Preparation Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (6 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 487.74

Calories from Fat (23%) 114.1

% Daily Value

Total Fat 13.66g 21%

Saturated Fat 11.49g 57%

Cholesterol 0mg 0%

Sodium 15.21mg <1%

Potassium 819.38mg 23%

Total Carbohydrates 42.5g 16%

Fiber 8.55g 34%

Sugar 25.88g

Protein 4.99g 10%

Tropical Coco Cocktail**Ingredients**

- 1 ½ oz Coconut Rum
- ½ can(s) Coconut Milk
- 1 ½ oz Melon liqueur
- 1 oz Blue Curacao
- ½ can pineapple juice
- ½ cup orange juice

Instructions

1. Blend with ice on high speed until smooth.
2. Pour into a highball glass and garnish with an orange slice and a cherry.

Servings: 2

Preparation Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (12.6 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Desserts That Will Supercharge Your Metabolism

Most people harbor the idea that dessert needs to be taken in moderation, thereby slightly lessening the enjoyment and carefree idea of a sweet treat that is meant to be a bonus at the end of a meal.

While it is wise to regulate the intake of overly fatty and sugar-laden foods, there are desserts that can actually help with your nutritional needs and are quite healthy despite their decadent look. You'll still want to moderate how much you eat, but overall such desserts can help with digestion and insulin levels in a way that can promote weight loss and keep a balanced diet while still enjoying the good stuff.

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function.

The food and beverages you drink can play a big part in how your metabolism functions. As an example, sugary drinks like soda have been found to negatively affect your metabolism, proving once again that soda (or sugar) does not belong anywhere in your body.

When happens that you overdo with a desserts it isn't good, but it isn't the end of the world either. You can use that "sweet sin" as opportunity to amp up your workout routine.

Your muscles use sugar as fuel, so use it up while you can and give your metabolism a little boost (having a little extra blood sugar and insulin around when you're exercising can actually improve your metabolism) and prevent those spare calories from being stored as fat.

Fortunately, weight loss desserts do exist. Here are some excellent sweet treats that can actually help you reach your weight loss goals!

Amount per Serving

Calories 207.54

Calories from Fat (29%) 70.37

% Daily Value

Total Fat 9.13g 14%

Saturated Fat 3.4g 17%

Cholesterol 6.16mg 2%

Sodium 97mg 4%

Potassium 139.57mg 4%

Total Carbohydrates 31.65g
11%

Fiber 3.29g 13%

Sugar 11.38g

Protein 1.61g 3%

Crumbled "Apple-Pie"



Ingredients

5 cups apples, sliced

¼ cup whole wheat flour

3 Tbsp coconut butter or oil

¼ cup oats, uncooked

3 Tbsp margarine (trans fat-free)

¼ cup packed brown sugar (or sweetener)

1 tsp ground cinnamon

2 Tbsp ground flaxseed

Instructions

1. Preheat oven to 375 F.
2. Combine apples and coconut butter in a baking dish.
3. In a large bowl, mix flour, oats, brown sugar or sweetener, cinnamon, (transfat-free) margarine and flaxseed until evenly combined.
4. Add mixture to top of apples.
5. Bake for 45 minutes or until browned.
6. Let cool, slice and serve.

Servings: 6

Preparation Time: 1 hour

Nutrition Facts

Serving size: 1/6 of a recipe (4.8 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Amount per Serving

Calories 281.1

Calories from Fat (13%) 36.25

% Daily Value

Total Fat 4.34g 7%

Saturated Fat 0,34g 2%

Cholesterol 0mg 0%

Sodium 6,48mg <1%

Potassium 321.66mg 9%

Total Carbohydrates 42.34g
17%

Fiber 8.38g 34%

Sugar 9.43g

Protein 10.56g 21%

Fast Boosting Oatmeal Smoothie



Ingredients

$\frac{3}{4}$ cup dry steel-cut oats

1 $\frac{1}{4}$ cup frozen berries

1 packet Stevia or sweetener of your choice

$\frac{3}{4}$ cup ice cubes

Ground cinnamon, to taste

Instructions

1. Put the oats in the blender and pulse until they reach a powdery consistency.
2. Add one cup water and remaining ingredients into the mix and blend until smooth.
3. Serve.

Servings: 2

Preparation Time: 5 minutes

Nutrition Facts

Serving size: $\frac{1}{2}$ of a recipe (9.4 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Oat-Cranberry Boosting Cookies



Ingredients

2 cups oat flour

1 cup shredded coconut, unsweetened

1 Tbsp ground flaxseed

1 tsp baking soda

½ cup olive oil

½ cup fat-free vanilla yogurt

1 ½ cup agave syrup or sweetener of your taste

1 cup dried cranberries

Instructions

1. Preheat oven to 350F.
2. Spread coconut in a thin layer on cookie sheet. Toast for 10 minutes.
3. Increase oven to 375F.
4. In a bowl, whisk together flour, shredded coconut and baking soda. With a help of an electric mixer mix oil, yogurt and agave syrup until fluffy. Add flaxseed and stir.
5. Fold in toasted coconut and cranberries.
6. With the spoon, place the mixture on ungreased cookie sheet, one by one.
7. Bake for 8-10 minutes.
8. Serve.

Amount per Serving

Calories 130.76

Calories from Fat (26%) 33.59

% Daily Value

Total Fat 3.84g 6%

Saturated Fat 1g 5%

Cholesterol 0.15mg <1%

Sodium 40.8mg 2%

Potassium 56.16mg 2%

Total Carbohydrates 23.54g 8%

Fiber 1.78g 7%

Sugar 6.45g

Protein 1.11g 2%

Servings: 40

Preparation Time: 25 minutes

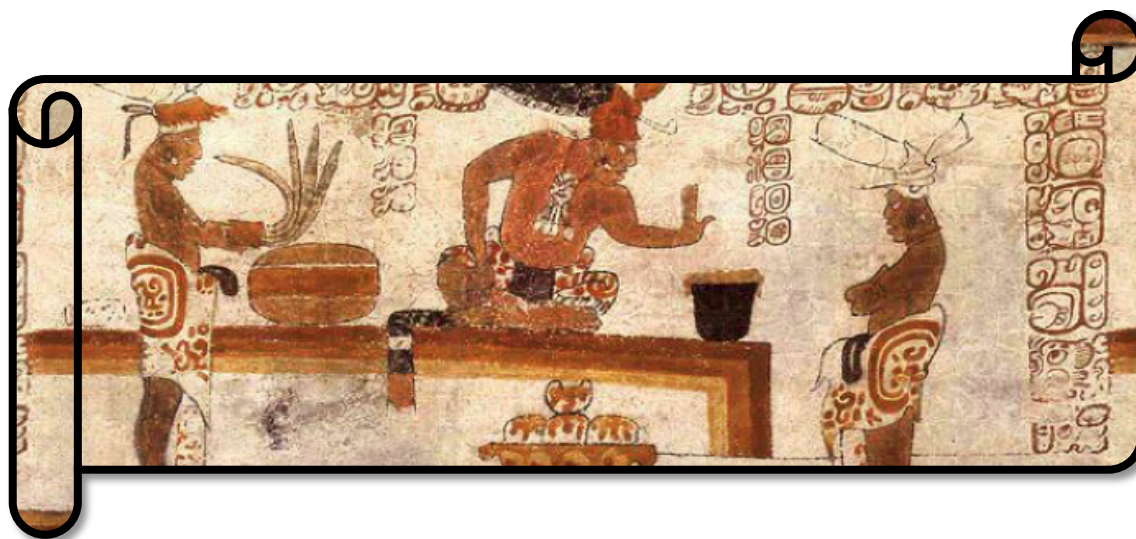
Nutrition Facts

Serving size: 1/40 of a recipe (1.3 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

How to Use Chocolate to melt Away Your Belly Fat

Chocolate has 4,000-year history. Anthropologists have found evidence that chocolate was produced by pre-Olmec cultures living in present-day Mexico as early as 1900 B.C. The ancient Mesoamericans who first cultivated cacao plants found in the tropical rainforests of Central America fermented, roasted and ground the cacao beans into a paste that they mixed with water, vanilla, honey, chili peppers and other spices to brew a frothy chocolate drink.



In the 1500s, Spanish conquistadors such as Hernán Cortés who sought gold and silver in Mexico returned instead with chocolate.

Probably you already know some health benefits of chocolate.

A new study from researchers with the Department of Neuroscience, Division of Human Nutrition at the University of Tor Vergata in Rome has revealed that eating dark chocolate can reduce the markers for heart disease and even reduce belly fat in a single week.

Also, researches writing in the journal Nutrition studied 1,458 adolescents up to age 17. A new study found that eating of dark chocolate is associated with lower levels of abdominal fat. Participants reported what they ate during two nonconsecutive days, and afterward, their weight, height, BMI, waist circumference, and skin fat levels were measured. The conclusion: Higher chocolate consumption was linked to lower levels of belly bulge.



Paradox, right? But...maybe, not so strange because dark chocolate is loaded with antioxidants with nearly eight times the number found in strawberries and it contains stimulants that can have a positive effect on fat burning, including caffeine and theobromine. It also contains a nice dose of oleic acid, which is a monounsaturated fat. But, make sure to choose the 78% or higher cocoa levels for best results.

Here, you can find some scientifically established health benefits of good dark chocolate.

1. Chocolate is mineral rich

Dark chocolate is packed with beneficial minerals such as potassium, zinc and selenium, and a 100g bar of dark (70 per cent or more) choc provides 67 per cent of the RDA of iron.

2. Chocolate makes you feel better

Chocolate contains phenylethylamine (PEA), which is the same chemical that your brain creates when you feel like you're falling in love. PEA encourages your brain to release feel-good endorphins.

Morning carbs stabilize the level of serotonin (the "feel good" hormone) you will experience throughout the day and this helps to suppress carbohydrate cravings which could lead to overeating.

3. Controls Appetite

Three hormones -- insulin, ghrelin and leptin -- control appetite. Insulin controls the transfer of sugar from the bloodstream to the cells in your body. Ghrelin is produced to increase your appetite, while leptin has the opposite effect. People who are insulin-resistant lose the ability to feel

full. A study performed in the Netherlands showed that dark chocolate decreased insulin resistance and lowered the levels of ghrelin.

4. Oh, yes...dark chocolate reduces cholesterol

Consumption of cocoa has been shown to reduce levels of “bad” cholesterol (LDL) and raise levels of “good” cholesterol, potentially lowering the risk of cardiovascular disease.

5. It can help you lose weight

Chocolate can help you lose weight! Neuroscientist Will Clower says a small square of good choc melted on the tongue 20 minutes before a meal triggers the hormones in the brain that say “I’m full”, cutting the amount of food you subsequently consume. Finishing a meal with the same small trigger could reduce subsequent snacking.

In a controlled trial, cocoa powder was found to significantly decrease oxidized LDL cholesterol in men. It also increased HDL and lowered total LDL in men with elevated cholesterol.



5. Fat Content

Dark chocolate does contain saturated fat. Remember, good fats are necessary when trying to lose weight. Dark chocolate contains three types of fat: oleic acid, stearic acid and palmitic acid. Oleic acid is a monounsaturated fat that lowers your cholesterol. Stearic acid, when metabolized, turns into oleic acid. Palmitic acid has been shown to raise cholesterol levels; however, when combined with oleic and stearic acid, the overall effects on cholesterol are irrelevant.

7. It may prevent diabetes

It sounds mad, but cocoa has been shown to improve insulin sensitivity. So dark chocolate - in moderation - might delay or prevent the onset of diabetes.

But, keep in mind, not all chocolate is created equal. The higher the amounts of cacao, the darker the treat, and the more health benefits you'll reap, such as reduced blood pressure, weight loss and a better mood.

Still, you obviously can't go crazy with the sweet stuff and maintain a healthy weight. The key is moderation—and choosing the right type of treat.

One ounce of dark chocolate containing 60 percent or more of cacao equals 170 calories. To gain the most of dark chocolate's benefits, eat it two to three times per week.

Fact: Dark chocolate, eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes.

However, there is a healthy option. Try adding 1 tablespoon of raw cacao nibs, the essence from which all chocolate is derived, to yogurt and oatmeal. This count only 70 calories.

We prepare for you some healthy, low-carb and delicious recipes with dark chocolate. Enjoy!!



Breakfast Chocolate Cake



Ingredients

4 Tbs coconut oil, melted

$\frac{3}{4}$ cup brown sugar, or Stevia sweetener

2 eggs

$\frac{1}{2}$ cup milk

1 $\frac{1}{4}$ whole-wheat flour

$\frac{1}{2}$ cup cocoa powder, unsweetened

1 tsp baking powder

$\frac{1}{3}$ cup chocolate chips

Instructions

1. Preheat oven to 350 F. Grease a loaf pan with butter. Dust it with flour.
2. In a bowl, mix melted butter and the sugar until creamy. Stir in the milk and eggs.
3. Stir in the cocoa and the baking power. At the end, stir in slowly the flour and the chocolate chips.
4. Pour the batter in prepared loaf pan.
5. Bake it for 35-45 minutes. Make a test with toothpick; if it comes out clean, it's done.
6. Let cool and serve.

Amount per Serving

Calories 197.44

Calories from Fat (36%) 70.86

% Daily Value

Total Fat 8.22g 13%

Saturated Fat 4.75g 24%

Cholesterol 50.39mg 17%

Sodium 71.26mg 3%

Potassium 114.81mg 3%

Total Carbohydrates 29.75g
10%

Fiber 2.18g 9%

Sugar 11.75g

Protein 4.4g 9%

Servings: 10

Preparation Time: 50 minutes

Nutrition Facts

Serving size: 1/10 of a recipe (2.3 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Chocolate Quinoa Balls



Ingredients

1 cup cooked quinoa

½ cup old fashioned oats

1/3 cup ground flax

1 Tbsp chia seeds

½ cup chocolate butter

1/3 cup peanut butter

¼ cup honey

Instructions

1. Add all ingredients to a medium to large bowl. Stir until everything is distributed evenly.
2. Refrigerate for 30 minutes.
3. Using your hands, form the mixture into ping pong sized balls and place on a plate.
4. Refrigerate until firm for about two hours.
5. Serve cold.

Servings: 8

Amount per Serving

Calories 317.88

Calories from Fat (43%) 135.18

% Daily Value

Total Fat 16.06g 25%

Saturated Fat 2.82g 14%

Cholesterol 0mg 0%

Sodium 102.63mg 4%

Potassium 361.78mg 10%

Total Carbohydrates 35.67g
12%

Fiber 6.26g 25%

Sugar 10.78g

Protein 11.53g 23%

Preparation Time: 10 minutes

Inactive Time: 2 hours 30 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2.5 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Dark Cashew Chocolate Smoothie



Ingredients

- 1 frozen banana, sliced
- 1 Tbsp organic honey
- $\frac{3}{4}$ cup coconut milk, unsweetened
- 1 tsp vanilla
- 2 Tbsp cashew butter
- 2 Tbsp raw cacao powder
- 1 Tbsp cashew yogurt
- 2 tsp raw cacao nibs, optional

Instructions

1. Add all ingredients (except yogurt and cacao nibs) to a blender and blend until completely smooth.
2. Serve topped with a dollop of vegan yogurt and cacao nibs.

Servings: 2

Amount per Serving

Calories 246.32

Calories from Fat (38%) 93.22

% Daily Value

Total Fat 10.99g 17%

Saturated Fat 3.42g 17%

Cholesterol 8.46mg 3%

Sodium 145.53mg 6%

Potassium 519.75mg 15%

Total Carbohydrates 34.51g
12%

Fiber 3.67g 15%

Sugar 21.75g

Protein 7.61g 15%

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (6.6 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Diet Friendly Dark Chocolate Granola



Ingredients

- 1 cup brown sugar or Stevia sweetener
- 2 Tbsp peanut butter
- 2 Tbsp honey
- 2 Tbsp butter-flavored spread
- 1 tsp vanilla extract
- 2 cups oats
- 1 tsp ground cinnamon
- 1 cup dark chocolate chips
- 1 cup sliced almonds, (optional)
- pinch of table salt
- Cooking spray

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a pot, melt together the brown sugar, peanut butter, honey, butter-flavored spread and vanilla extract over low heat. Stir until well combined and remove from heat.
3. In a large bowl, combine the oats, cinnamon, and salt.
4. Pour the brown sugar mixture into bowl; stir well to combine.

Amount per Serving

Calories 270.32

Calories from Fat (28%) 74.98

% Daily Value

Total Fat 9g 14%

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 67.54mg 3%

Potassium 231.81mg 7%

Total Carbohydrates 40.83g
14%

Fiber 5.38g 22%

Sugar 5.22g

Protein 8.89g 18%

5. Stir in the chocolate chips, dried cranberries, and almonds (optional).

6. Line a 9-by-13-inch baking dish with aluminum foil and spray with nonstick cooking spray.

7. Spoon into the pan and spread evenly. Bake 15 to 20 minutes or until browned.

8. Store granola in glass or plastic jars and it keeps fresh for at least two months.

Servings: 8

Preparation Time: 35 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2.3 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Zucchini-Chocolate Muffins



Ingredients

- ¾ cup whole wheat flour
- ¾ cup buckwheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp ground cinnamon
- ½ cup brown sugar or Stevia sweetener
- 2 large eggs, beaten
- ¼ cup extra-virgin olive oil
- 1 tsp vanilla extract
- 2 cups zucchini, grated
- 1 ½ cup dark chocolate chips (73% cacao)
- pinch of salt (optional)

Instructions

1. Preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper liners.
2. In a medium-sized bowl, whisk together the flour, baking soda, baking powder, and cinnamon. Set aside.

Amount per Serving

Calories 239.44

Calories from Fat (42%) 99.77

% Daily Value

Total Fat 11.9g 18%

Saturated Fat 4.67g 23%

Cholesterol 31mg 10%

Sodium 160.85mg 7%

Potassium 64.17mg 2%

Total Carbohydrates 33.16g
11%

Fiber 2.23g 9%

Sugar 8.61g

Protein 3.68g 7%

3. In a large bowl, whisk together the granulated sugar, eggs, olive oil, vanilla, and salt. Stir in the dry ingredients. Keep stirring until the mixture is thoroughly blended.

4. Add the zucchini and chocolate chips, and stir until well combined.

5. Divide the batter amongst the muffin tin cups.

6. Bake it for 22 minutes, or until the tops are golden brown. Serve warm.

Servings: 12

Preparation Time: 30 minutes

Nutrition Facts

Serving size: 1/12 of a recipe (3.2 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Cauliflower - Peppers with Chocolate Pesto Sauce



Ingredients

- 1 head cauliflower, cut into wedges
- 1 cup olive oil
- 8 cloves garlic, roughly chopped
- 12 small sweet Capsicum peppers
- ½ cup almonds, toasted and roughly chopped
- 1 cup chopped parsley
- 1 ½ Tbsp finely grated dark chocolate
- 2 tsp sherry
- Kosher salt and freshly ground black pepper, to taste

Instructions

1. Heat oven broiler.
2. Arrange cauliflower in a single layer on a baking sheet. Brush both sides with olive oil and season with salt and pepper to taste.
3. Broil the cauliflower until charred and tender, about 15 minutes.
4. In a frying skillet heat olive oil and brown the garlic about 4–6 minutes. Transfer to a bowl and set aside.
5. Wipe skillet clean and heat olive oil over medium-high; fry peppers until slightly crisp, 4–6 minutes. Transfer peppers to paper towels to drain.

Amount per Serving

Calories 352.83

Calories from Fat (91%) 321.85

% Daily Value

Total Fat 36.75g 57%

Saturated Fat 5.07g 25%

Cholesterol 0mg 0%

Sodium 7.18mg <1%

Potassium 138.53mg 4%

Total Carbohydrates 5.4g 2%

Fiber 1.6g 6%

Sugar 0.63g

Protein 2.68g 5%

6. Stir almonds, parsley, the chocolate, sherry, salt, and pepper into garlic and oil; spread onto a serving platter.

7. Top with cauliflower; garnish with fried peppers and parsley.

Servings: 7

Preparation Time: 30 minutes

Nutrition Facts

Serving size: 1/7 of a recipe (2.1 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Cayenne Chocolate and Walnut Bites



Ingredients

- 1/3 cups chopped walnuts
- 1/2 cups almond butter
- 1/4 cups coconut flour
- 1/2 cup dark chocolate protein powder
- 4 Tbsp cocoa, unsweetened
- 1 tsp cayenne pepper
- 3 tsp cinnamon
- 1/3 cups raw honey
- 1 handful dark chocolate chips

Instructions

1. Chop nuts in food processor or simple crush them.
2. Transfer into a large bowl and add in all the remaining ingredients.
3. Mix well with your hands and roll into bite size balls; make 18-22 balls.
4. You can roll them in coconut or in ground nuts.
5. Set in freezer for at least one hour before serving.
6. Freeze or keep refrigerated.

Amount per Serving

Calories 329.75

Calories from Fat (81%) 266.36

% Daily Value

Total Fat 30.63g 47%

Saturated Fat 15.73g 79%

Cholesterol 61mg 20%

Sodium 13.4mg <1%

Potassium 215.8mg 6%

Total Carbohydrates 15.53g 5%

Fiber 4.11g 16%

Sugar 4.04g

Protein 3.88g 8%

Servings: 4

Preparation Time: 15 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (2.5 ounces)

Choco Peppermint Hazelnut Sticks



Ingredients

4 Tbsp cocoa powder

1 cup shredded coconut

1 cup hazelnuts

1 tsp peppermint extract

Tbsp coconut oil, melted

4 Tbsp almond butter

$\frac{3}{4}$ cup Stevia sweetener or some other natural sweetener of your choice

1 tsp vanilla extract

pinch of salt

Instructions

1. In a large bowl stir together the coconut oil, cacao powder, almond butter, sweetener, vanilla, peppermint extract and salt.
2. Chop the hazelnuts in a food processor.
3. Heat the mixture slowly on low heat over simmering water (double boiler) for 5 to 10 minutes until all ingredients are combined well.
4. Add hazelnuts and shredded coconut to the melted chocolate mixture and stir together.
5. Pour in a dish lined with parchment and freeze until chocolate is set then cut into sticks.

Amount per Serving

Calories 174.9

Calories from Fat (83%) 144.34

% Daily Value

Total Fat 16.86g 26%

Saturated Fat 8.g 40%

Cholesterol 0mg 0%

Sodium 22.45mg <1%

Potassium 152.11mg 4%

Total Carbohydrates 5.59g 2%

Fiber 2.39g 10%

Sugar 2.08g

Protein 3g 6%

Servings: 12

Preparation Time: 20 minutes

Nutrition Facts

Serving size: 1/12 of a recipe (1 ounce)

Amount per Serving

Calories 260.95

Calories from Fat (26%) 68.14

% Daily Value

Total Fat 7.67g 12%

Saturated Fat 3.3g 17%

Cholesterol 14.83mg 5%

Sodium 164.78mg 7%

Potassium 697.93mg 20%

Total Carbohydrates 32g 12%

Fiber 7g 26%

Sugar 19g

Protein 8.72g 17%

Chocoberry Green Smoothie



Ingredients

- 1 cup berries, fresh or frozen
- 1 cup fresh baby spinach leaves
- 1 frozen banana, cut into chunks
- 1 ½ cup milk, reduced fat 2%
- 2 Tbsp dark chocolate chips (85% cocoa)
- 2 Tbsp chocolate syrup
- 1 Tbsp ground flaxseed

Instructions

1. Place all ingredients from the list in a blender and puree until smooth.
2. Pour into a glass and garnish with additional raspberries if desired.
3. Serve and enjoy.

Servings: 2

Preparation Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (12 ounces)

Amount per Serving

Calories 177.64

Calories from Fat (27%) 48.77

% Daily Value

Total Fat 5.71g 9%

Saturated Fat 3.5g 18%

Cholesterol 12.2mg 4%

Sodium 76mg 3%

Potassium 287.41mg 8%

Total Carbohydrates 2.7g 8%

Fiber 2.18g 9%

Sugar 14.47g

Protein 6.18g 12%

Healthy Choco Cinnamon Pudding



Ingredients

- 1 cup cornstarch
- 2 Tbsp brown sugar
- 3 Tbsp cocoa, unsweetened
- 1 tsp cinnamon
- 2.4 oz dark chocolate (cut into small pieces)
- 2 ½ cups fat-free milk

Instructions

1. Add all ingredients from list (except the milk) to the saucepan and boil over medium heat.
2. Stir in the milk gradually. Boil for two or three minutes, stirring constantly.
3. Remove from heat and let the pudding cool.
4. Refrigerate before eating. Serve.

Servings: 4

Preparation Time: 15 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (6.3 ounces)

Homemade Chocolate BBQ Sauce



Ingredients

- 2 Tbsp butter, unsalted
- 2 cloves garlic, minced
- 1 yellow onion, minced
- 1 ½ cups ketchup
- 1 oz semisweet chocolate, chopped
- ¼ cup brewed coffee
- 4 Tbsp Sweetener of your choice
- 2 Tbsp honey
- 2 Tbsp cider vinegar
- 2 Tbsp cocoa powder, unsweetened
- 1 Tbsp Worcestershire sauce
- ½ tsp ground coriander
- cayenne pepper to taste
- 2 tsp dry mustard
- 2 tsp chili powder
- kosher salt ground black pepper

Amount per Serving

Calories 95.51

Calories from Fat (46%) 43.82

% Daily Value

Total Fat 5g 8%

Saturated Fat 2.43g 12%

Cholesterol 7.63mg 3%

Sodium 47.36mg 2%

Potassium 89.86mg 3%

Total Carbohydrates 13.28g 4%

Fiber 1.1g 4%

Sugar 9.13g

Protein 0.9g 2%

Instructions

1. In a saucepan melt butter over medium-high heat.

2. Add garlic and onions and cook until soft, about four-five minutes. Stir in ketchup, chocolate, sweetener, coffee, honey, vinegar, cocoa, Worcestershire, mustard, chili powder, salt, pepper, coriander, and cayenne.

3. Cook about three minutes stirring occasionally.

4. You can use it right away or store refrigerated in a glass container up to one week.

Servings: 8

Preparation Time: 20 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (1.6 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Very Nutty "Brownie" Bars



Ingredients

- 1 cup pecan halves
- 1 cup walnuts, divide in halves
- 10 medjool date, chopped (or raisins)
- 2 Tbsp cocoa powder, unsweetened
- ¼ cups dark chocolate chips
- ¼ cups coconut flakes (unsweetened)
- 1 tsp vanilla extract

Instructions

1. Line a baking pan with parchment paper. Set aside.
2. Place walnuts and pecans to a food processor and pulse until the nuts are finely chopped.
3. Add in the dates, cocoa powder, chocolate chips, vanilla extract and coconut flake. Continue to pulse until the dates the mixture starts to come together in clumps.
4. Place the mixture into the prepared pan and use your fingers to press into an even layer.
5. Sprinkle with additional shredded coconut and gently press into the bars with your fingers.
6. Transfer the pan to the refrigerator and allow chill for about one hour.
7. Use a sharp knife to cut into bars and serve.
8. Keep stored in an airtight container in the refrigerator.

Amount per Serving

Calories 286

Calories from Fat (62%) 176.31

% Daily Value

Total Fat 21.14g 33%

Saturated Fat 2.78g 14%

Cholesterol 0mg 0%

Sodium 1.44mg <1%

Potassium 308.75mg 9%

Total Carbohydrates 26.06g 9%

Fiber 4.65g 19%

Sugar 16.97g

Protein 4.4g 9%

Servings: 8

Preparation Time: 15 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2.1 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet

How To Get Belly Fat To Melt Away In The Shower

While it's possible to burn calories faster in the shower, the method which is used is not typically recommended. The reason behind this is the fact that losing calories in the shower usually comes in the form of taking long, cold showers that can expose the body to the risk of hypothermia. It is entirely possible to burn more calories as the likelihood of the body attempting to warm itself will burn more and more calories in order to maintain a steady body temperature, but it is not a decisive way to lose weight.

The idea of burning calories by using exposure to the cold isn't new by any means, as it is an idea that has been around for decades.

You will burn more calories exercise in the cold, and there's every chance that if you are quite cold, your BAT (brown fat) is going to burn some off keeping things heated.

WHAT HAPPENS TO YOUR BODY WHEN YOU TAKE A COLD SHOWER

A cool bath, not necessarily cold, can help to burn fat by stimulating the body into burning more calories for warmth. This means that any stored carbohydrates that could be the cause of increased weight gain would be utilized in the process of staying warm and maintaining the body's necessary core temperature.



A person's body will in fact become more active the colder it gets as to function properly the body must be kept at an optimal temperature. When the body's temperature gets too cool it will enter a phase known as "non-shivering thermogenesis, which is essentially when calories begin to burn in order to keep the core temperature stable.

Should a person's internal temperature lower even further however the body will begin to shiver to generate more movement and therefore more heat, which can increase the calorie burn even further.



Unlike regular old white fat, which stores calories, mitochondria-packed brown-fat cells burn energy and produce heat. It was once thought that, in

Cool to cold showers can in theory help to lose any unwanted weight. Two different occurrences can be observed when using a cool shower to lose weight. Those are:

1) The production of "brown fat"

An increase in brown fat levels could possibly help with weight control by upping the average calorie burn during an average day. It is also known to be metabolically active unlike other fats, and will actively burn calories to produce needed body heat.

2) The production of the hormone irisin.

This hormone is largely responsible for the production of brown fat and is generally caused by an increase in shivering that is brought on by continual cold.

Irisin is called the "exercise hormone" colloquially because it's released during moderate aerobic endurance activity when your cardiorespiratory system is engaged and your muscles are exerted.

If you're already on a steady exercise regimen it is recommended that you stay on it rather than try this controversial method, as it is considered to be high-risk when it comes to losing weight.

NOTE

But, have on mind!! This method is controversial because of:

1) Long, cold showers can cause hypothermia.

It only takes a few minutes in an icy shower to cause hypothermia, which can slow the reflexes and even affect the heart.

2) This method is not proven to work.

Despite scientific studies claiming that it is possible those same studies are still inconclusive when it comes to the overall success of this method.

An ice bath can be potentially dangerous if you are not acclimated to the practice. It won't cause a heart attack, but can lead to heart complications.

Belly Flattening Exercises to Reduce Chronic Lower Back Pain Quickly

Pain in the lower back is a potentially debilitating problem that tends to affect many active individuals at some point.



Lower back pain can be caused by a variety of problems with any parts of the complex, interconnected network of spinal muscles, nerves, bones, discs or tendons in the lumbar spine. Typical sources of low back pain include: The large nerve roots in the low back that go to the legs may be irritated.

A major downside of low-back pain is that it can make exercise extremely difficult, which in turn can affect your fitness goals. Thankfully there is an exercise or two that can help to reduce low-back pain and even help to flatten the stomach. The plank exercise is a well-developed exercise that can help to alleviate low-back pain, as is the standing two-arm press.

While the two-arm press usually requires a cable machine to work, as well as some movement to facilitate the exercise, the plank uses minimal movement while still allowing you to contract your abdominals. Both exercises help to strengthen your core, which can then help to reduce your back pain. The stronger your abdominal muscles become, the tighter they will be.

When you learn how to properly execute a plank position you will also begin to strengthen your hip, shoulder, and upper-back muscles.

Benefits of Plank Exercises

- Good lower back stability
- Better sports performance
- Best Core activating exercises
- Better breathing
- Stress reduction
- Good abdominal strength

How to Do a Plank

- Keep your elbows under your shoulders and line your wrists up with your elbows.
- Elevate your body into a pushup position and keep your chin close to your neck.
- Tighten your abdominals, contract them and tuck your tailbone while tightening your thighs as you breathes normally.
- Hold this position for at least 20 to 30 seconds.
- Rest for about a minute between reps, it is usually recommended to do three to five reps.

The plank is one of the best exercises for core conditioning but it also works your gluteus and hamstrings, supports proper posture, and improves balance.

Try to avoid these common mistakes when doing planks:

- Don't allow your head, hips, or shoulders to drop.
- Keep your hands apart; don't let them get too close.
- Do not hold your breath.
- Keep the contraction time to around 20 to 30 seconds, don't go longer.

Here, you can find a few exercises to consider when doing planks:

PLANK EXERCISE

Plank-up

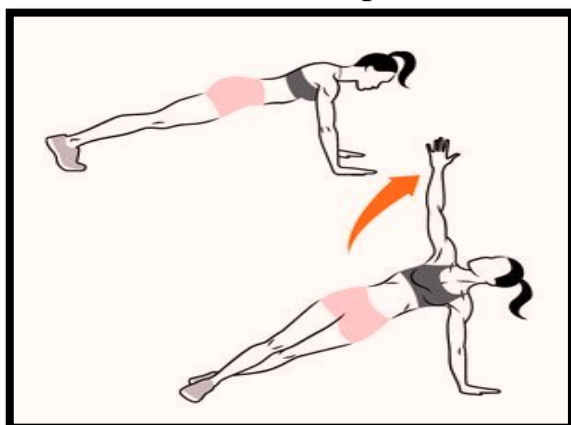


- Start in high-plank position
- Drop your right arm down to the right elbow, then the left to your left elbow and hold for three seconds. Return to the starting position and repeat for three to five reps.

Plank with hip flexion/extension

- Start in a high-plank position
- Raise your right leg about six to eight inches, hold for five seconds, and then alternate legs. Do about three to four reps.

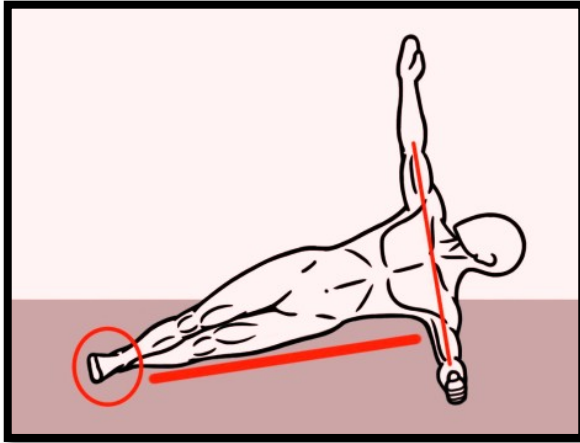
Plank with Thoracic Spine Rotation



- Start in high-plank position

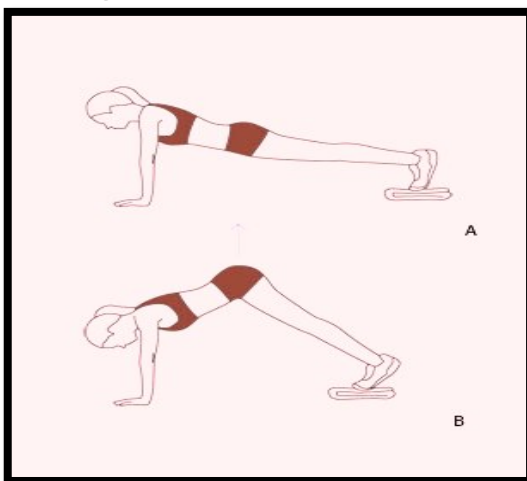
- Press your right hand into the ground and then rotate feet and hips to the left while raising the left arm off the ground. Rotate back and repeat for the right side. Perform three to six reps per side.

Side Plank with Full Extension



- Going from a side position, press the right hand to the ground and then extend the other arm while at the same time pushing both legs together and keeping the side of the right foot pressed into the ground. Hold for 10 to 15 seconds and then alternate with the other side.

Sliding Plank Pikes

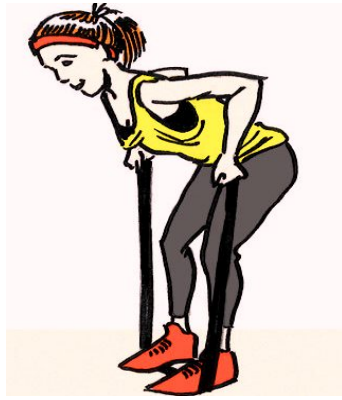


Put a towel under your feet and assume a plank position.

With the legs straight, pull the feet towards your body.

Make sure that the feet can slide easily.

Bent over Row



- Stand over the center of the band with feet shoulder-width apart.
- Bend slightly at the knees and hinge at the waist, keeping your hips back.
- Grasp each handle with hands facing the outside of your knees. With elbows bent, pull the band up toward your hips, squeezing your shoulder blades together until your elbows form a 90-degree angle.
- Lower and row for 10-12 reps.

Love handles are deposits of excess body fat that sit around your abdominal area, and most of us can pinch our belly fat from the front, back and sides. The excessive fat can also hurt your health.

Simple tricks to effectively target your love handles & lower back fat

Struggling to stand up? Losing your balance when walking straight? Can't button up the pants like you used to? It must be that extra weight that you're carting around wherever you go. It's the spare tire around your waist, filled with despair, contempt and thousands upon thousands of calories. Can you get rid of it? Sure you can, read on and find out how.

What genetic says?

The way your body gains weight is genetic. This means both the amount and location of fat deposits are predetermined at birth and there's practically nothing you can do to change that. In other words, if your genes decided buttocks are prime real estate for fat, then that's where it's going to end up. In most cases, those same genes determine how your body loses weight. Again, you don't have any say in what melts first. You can only lose weight overall, but you don't get to target a specific spot, unless you use surgery (liposuction). If you still want to lose weight, get ready for a bumpy ride. It's going to be a thrilling experience and you'll love the new you once we get there.

Tips and tricks

Here's a few simple things you can do on a daily basis to lose weight targeting your love handles and lower back fat:



- **Reduce cooking oil consumption**

Typical sunflower oil has 800 calories per 100ml, or 120 calories per tablespoon. If you can use one less tablespoon of cooking oil a day, that's 3,600 calories less a month. Guess what – you just lost a pound of fat. Of course, this only works if you're eating at home, which means you ought to...

- **Make your own meals** The healthiest meal is the one you make yourself. Restaurant chefs generally care for their throughput and aren't all that concerned with caloric values or what goes into the food. Slightly burned? Add more salt to mask the aftertaste. Not the freshest ingredients? Smother them in oil. You get the point. Sure, treat yourself to a fancy dinner once in a while, but when you're eating packaged food...



- **Scrutinize food labels like a hawk**

Instead of gawking at the clever package branding, flip it around and read the fine print. It's all right there: fat, sugar, protein and fiber content, and you should know it by heart before buying the thing. Ideally, you want as much protein and fiber as possible, while eating

little to no fat and carbs. Try to have packaged food be a delicacy, not a staple. Speaking of which...



- **Don't stuff your face with bread**

Same goes for other starchy food as well, such as potatoes, rice, macaroni, spaghetti and so on. The problem with them is that the most common varieties have very little nutritional compared to caloric value. They are great for survival and Bear Grylls savors them, but you should keep them strictly rationed. Choose whole-wheat products and you'll notice how quickly they fill you up, because you've started to...

- **Eat dietary fiber**

It helps you feel satiated, makes you actually chew the food and regulates bowel movements. A common recommendation is to eat 20g of fiber a day, but you can't overdose on it because it curbs appetite, so just chomp away. Fiber is naturally found in every plant food, but the food industry loathes it, since it slows down food consumption.

- **Eat enough protein**

Protein is the building material for your body, especially the muscles. You want around 1g of protein per kilogram of body weight, but just like with fiber, it's very hard to overdo it. Kidneys will excrete the excess as long as you drink enough water, so simply eat as much as you can. And what better way to spend that protein than to...

Exercise!

Opt for exercises that equally work your entire body, such as squats or push-ups. When you exercise, the muscles get torn and the body uses available protein to build them up. If you eat enough protein and keep exercising, you'll notice firmness throughout your body and you'll fall in love with it. Not only will it make you look great, but you'll start feeling a newfound energy as you...

- **Drink at least three liters of water per day (100 oz)**
- **Become and stay active** Your body is meant for moving. The whole problem with body fat is when you have too little muscle

mass to support the blubber. Once your muscles start rearing their beautiful heads, you'll feel able to jump over mountains and run marathons back and forth. Or you can jump out of your bed every morning and run up the stairs whenever you see them, whatever works for you. Combine that steady activity with dietary changes and you'll look forward to checking yourself out in the mirror. Bye bye love handles, hello love handlebars!

Cardio-Vascular Exercise

- Losing love handles (stored fat) and increasing the metabolism so you can lose weight more effectively are all tied into a consistent cardiovascular / resistance training program.

Bodyweight exercises like pull-ups, push-ups, squats, lunges, and the like belong to a group of movements known as "closed kinetic chain exercises." Closed kinetic chain exercises include those in which the distal end of the exercise is fixed, such as a squat or lunge, where the feet



- Whether you are a man or woman, you should do 20-45 minutes of activities like running, brisk walking, swimming, biking 4-5 times per week, but also mix in 2-3 times a week of basic calisthenics like pushups, bench dips, squats and lunges. You will see almost immediate results in your energy level, overall mental alertness

when exercising daily. The sample routine below will help you better organize exercise into your week:



- Warmup 5:00 / stretch
- Bench dips - 10-20

- Pushups - 10-20
- Regular Crunches - 20
- Reverse Crunches - 20
- Hanging Knee up
- Pullups - max reps or pull-downs - 10
- Stretch abs/lowerback

Cardio option 20-30:00



LONG Cardio Day

- Biking, swimming, elliptical gliding machines
- or, 45-60 minutes of walking, running or combination of the two

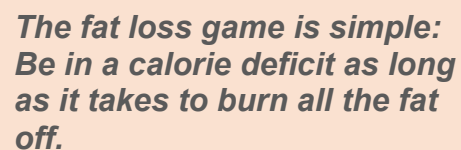
5-days Aggressive Fat Loss Protocol

Note:

This article is a safe approach for aggressive weight loss, that can supplant some of the more dangerous practices while delivering comparable results.

But, have on your mind:

The rapid and aggressive weight loss may reach to the ends of the human abilities. Such extreme weight reductions are not normal and can be fatal.



*The fat loss game is simple:
Be in a calorie deficit as long
as it takes to burn all the fat
off.*

First of all, you ultimately need to evaluate your current level of commitment and lifestyle constraints, along with your goals, and determine if following the Aggressive Fat Loss Protocol outlined here is going to be the best fit for you.

“Aggressive” approach dictates the strategy in a number of ways - this means that the approach you will find in this guide requires more attention to detail and more commitment on your part. So, keep in mind this is meant to be a short term approach!

This Aggressive Fat Loss Protocol is not recommended for people desiring just general fat loss. It is for the people who have a good amount of fat to lose (30 + pounds) and, for those that have hit a plateau following a standard fat loss approach.

Usually, the Aggressive Fat Loss Protocol is 16 week approaches that help you lose a good amount of fat. However, we will push the bottom line and offer you 5 days Extreme Aggressive Fat Loss Protocol.

During these 5-days you will use only liquid foods and 9 different high intensity interval training workouts.

In five days of Aggressive Fat Loss protocol you will eat only liquid food. Liquid fasting is the abstaining from all solid foods--only liquids are ingested. In general, a clear liquid diet consists of clear liquids or foods that turn to liquids at room temperature. For example: water, broth, clear juices, tea/coffee. You can NOT eat any solid foods when you are

on a full liquid diet. The total amount of fluid per day (including water) should not exceed 3 liters.

Foods Allowed on the Full Liquid Diet

- Any pureed fruit or vegetables
- All kinds of fruits and vegetable juice
- Greek Yogurt (plain)
- Milk
- Soy or Almond milk (for lactose intolerance)
- Coconut Milk
- Melted Cheese
- Honey
- Coffee
- Tea
- Soft drinks
- Sports drinks
- Water
- Broth
- Creamed soup (no pieces or chunks)
- Pureed meat can be added to soup (no chunks)
- Flavored gelatin
- Sorbet and frozen yogurt
- Strained cooked cereal

5-days Aggressive Fat Loss Protocol

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 cup of fruit juice 1 cup of strained cooked cereal 1 glass of water ½ cup of coffee Calories: 288	1 cup of fruit juice 1 cup of vegetable juice 1 glass of water ½ cup of coffee Calories: 210	1 cup of fruit juice 1 cup of strained cooked cereal 1 glass of water ½ cup of Greek yogurt Calories: 345	1 cup of vegetable juice 1 cup of strained cooked cereal 1 glass of water ½ cup of coffee Calories: 224	1 cup of fruit juice 1 cup of strained cooked cereal 1 glass of vegetable juice ½ cup of coffee Calories: 256
Snack	½ cup of pureed fruit 1 cup of tea with milk Calories: 65	½ cup of pureed fruit 1 cup of sport drink Calories: 53	½ cup of pureed vegetables 1 cup of sorbet Calories: 273	1 cup of sorbet 1 cup of Almond milk Calories: 234	½ cup of pureed fruit 1 cup of tea with milk Calories: 72
Lunch	1 cup of pureed vegetables ½ glass of Almond milk 1 cup of beef broth 2 Tbsp Melted cheese Calories: 457	1 cup of pureed vegetables ½ glass of soy milk 2 Tbsp Melted cheese 1 cup of chicken broth Calories: 427	1 cup of cream soup ½ glass of milk or soy milk 1 cup of vegetable broth 2 Tbsp Melted cheese Calories: 289	1 cup of pureed meat 1 Tbsp Melted cheese ½ glass of milk or soy milk 1 cup of vegetable broth Calories: 437	1 cup of pureed vegetables ½ glass of milk 1 cup of chicken broth 1 Tbsp Melted cheese Calories: 412
Snack	1 cup of yogurt ½ cup of fruit juice 1 glass of water Calories: 127	1 cup of milk ½ cup of flavored gelatin 1 glass of water Calories: 196	1 cup of frozen yogurt ½ cup of fruit juice 1 glass of water Calories: 296	1 cup of soft drink ½ cup of vegetable juice 1 glass of water Calories: 132	1 cup of Greek yogurt ½ cup of fruit juice 1 glass of water Calories: 127
Dinner	½ cup of pureed vegetables ½ cup of creamed soup ½ glass of fruit juice ½ glass of water 1 glass of Greek yogurt Calories: 308	½ cup of creamed soup ½ cup of pureed meat ½ glass of fruit juice 1 glass of water ½ glass of Almond milk Calories: 353	½ cup of pureed meat ½ cup of creamed soup ½ glass of fruit juice 1 glass of water ½ glass of tea Calories: 284	½ cup of chicken broth ½ cup of creamed soup ½ glass of fruit juice ½ glass of water ½ glass of cow's milk Calories: 168	½ cup of beef broth ½ cup of pureed vegetables ½ glass of pureed meat ½ glass of water Calories: 491
Total Calories:	1.245	1.239	1.487	1.205	1.358

9 different (HIIT) high intensity interval training workouts

- Sprint at full speed for 60 seconds. Walk for 120 seconds. Repeat this five times for a total of 15 minutes.
- Stand straight and bring your feet together and your arms to the sides. Jump and spread your feet apart to shoulder width while bringing your hands together over your head. Jump again and return to the starting position. Do as many repetitions as you can within 30 seconds. Rest for a 30 seconds. Repeat these jumping jacks five times for a total of 5 minutes.

- Take a boxing stance with your left fist and left foot in front. Do a quick right-left punch combo for 20 seconds. Switch stances and put your right fist and right foot in front and do a left-right combo for 20 seconds. Rest for a 20 seconds. Repeat this five times for a total of 5 minutes.

- Turn your back to a low table or a chair and place your palms on it. Extend your legs, place your heels on the floor and lower yourself as much as you can. Do as many repetitions within 60 seconds as you can, then rest for 60 seconds. Repeat these triceps dips five times for a total of 10 minutes.

- Touch your butt with the heel of your right foot as many times as you can within 20 seconds. Do the same with your left foot for 20 seconds. Rest for a 20 seconds. Repeat five times for a total of 5 minutes.

High-intensity interval training (HIIT) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.

- Sit on the floor and put your palms on the floor behind your back. Lift both your legs until they make a V shape with your torso and then bend them slightly at the knees. Lower your left leg and gently tap the floor with the left heel while keeping the right leg in the air. Bring your left leg next to your right leg again. Repeat this for 20 seconds then switch sides and do the same with your right leg for 20 seconds. Rest for a 20 seconds. Repeat for five times for a total of 5 minutes.

- Lie face down on a hard surface. Place your palms on the surface at shoulder width and height. Extend your body fully while keeping your feet together. Use only your toes and your palms to lift yourself off the ground until your elbows are completely straight and bring yourself back down until elbows are above your head. Do this as much as you can within 30 seconds. Rest for a 30 seconds. Repeat five times for a total of 5 minutes. If you find these standard push-ups too hard to complete, place your knees on the floor.

- Stand straight and bring your feet together. Lift your left knee until it touches your chest. If needed, use both your arms to lift the knee up as far as it goes. Do as many of these as you can for 20 seconds, then switch sides and lift the right knee for 20 seconds. Rest for a 20 seconds. Repeat five times for a total of 5 minutes.

- Place your hands on your hips and bring your feet together. Lift your right foot and move it as far right as you can without lifting your left foot while going into a semi-crouched position and keeping your hands on your hips. Rise back up using only your right leg's muscles and return to the central position. Do this as many times as you can during 20 seconds, then reverse sides and do it with the other foot for 20 seconds. Rest for a 20 seconds. Repeat five times for a total of 5 minutes.

This diet, which quickly leads to a large loss of weight, is not too much effective for long lasting good health. More specifically, it is not particularly useful if you over do it.

It's the must to check with your doctor before you start to exercise or any kind of diet.

Fasting for 16-20 hours a day can help you safely lose 2-3 pounds of fat every week. While losing this much weight every week is great, it's how it makes it happen that's really cool. Losing weight with intermittent fasting means that you will never have to count calories

Intermittent fasting

Also, for 5-days Aggressive Fat Loss Protocol you can use intermittent fasting.

It is not a diet, but it's making a conscious decision to skip certain meals. By fasting and then feasting on purpose, intermittent fasting means eating your calories during a specific window of the day, and choosing not to eat food during the rest.

By occasionally fasting, you'll trigger your body's natural ways of burning fat. When the digestion finishes with a meal completely and it passes through the intestines, the insulin levels in the blood will drop, making you hungry, but also causing the cells to start releasing their energy. The longer the fast lasts, the more will insulin drop, making cells release more and more of their stored fat to be used as energy.

The trick is to have a 24-hour fast once or twice a week, during which you will eat nothing: no sweets, no fruits, no veggies, no snacks, no juices or shakes, no ice creams. You are allowed only to drink water during these 24 hours. If you do the math, you'll quickly realize that fasting in this way once a week means a 14% reduction in calories, and twice a week leads to a whopping 28% deficit!

If you're otherwise eating 2,000 calories a day and fasting thusly twice a week, this will lead to a massive 4,000 calorie deficit, which is equal to 1.14 pounds of fat lost per week. Not water weight, but actual fat. And

this time around, it'll stay off. Not just that, but your blood markers will normalize, leading to a healthier, leaner and much more energetic body, heart and soul.

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