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.
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.
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.
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.
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.
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 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%
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)
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)
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)
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
- ¼ 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 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)
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)
COCONUT SWEETS

Cherrysesh Coconut Muffins

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

**Choco Coconut-Almond Bars**

![Image of 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 3/4 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)
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.
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.
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.
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.
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.
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.
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 mean 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.

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 dessert 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!
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.
# Fast Boosting Oatmeal Smoothie

![](image)

## Ingredients

- ¾ cup dry steel-cut oats
- 1 ¼ cup frozen berries
- 1 packet Stevia or sweetener of your choice
- ¾ 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.

## Servings: 2

## Preparation Time: 5 minutes

## Nutrition Facts

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</table>

Serving size: 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.
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.

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.

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
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.
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
¾ 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

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### % Daily Value

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**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**

![Image of granola](image)

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


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.
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.
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
½ cups almond butter
¼ cups coconut flour
½ 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.
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  
¾ 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.
Servings: 12

Preparation Time: 20 minutes

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

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
1/4 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
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.
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.

**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.

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.

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 breathe 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.

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.

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.
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.

**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.

- 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 lost, 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.

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

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 cup of fruit juice</td>
<td>1 cup of fruit juice</td>
<td>1 cup of fruit juice</td>
<td>1 cup of fruit juice</td>
<td>1 cup of fruit juice</td>
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<tr>
<td></td>
<td>1 cup of strained cooked cereal</td>
<td>1 cup of vegetable juice</td>
<td>1 cup of strained cooked cereal</td>
<td>1 cup of vegetable juice</td>
<td>1 cup of strained cooked cereal</td>
</tr>
<tr>
<td></td>
<td>1 glass of water</td>
<td>1 glass of water</td>
<td>1 glass of strained cooked cereal</td>
<td>1 glass of water</td>
<td>1 glass of strained cooked cereal</td>
</tr>
<tr>
<td></td>
<td>½ cup of coffee</td>
<td>½ cup of coffee</td>
<td>½ cup of Greek yogurt</td>
<td>½ cup of coffee</td>
<td>½ cup of coffee</td>
</tr>
<tr>
<td></td>
<td>Calories: 208</td>
<td>Calories: 210</td>
<td>Calories: 345</td>
<td>Calories: 224</td>
<td>Calories: 256</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>½ cup of pureed fruit</td>
<td>½ cup of pureed fruit</td>
<td>½ cup of pureed vegetables</td>
<td>1 cup of sorbet</td>
<td>½ cup of pured fruit</td>
</tr>
<tr>
<td></td>
<td>1 cup of tea</td>
<td>1 cup of sport drink</td>
<td>1 cup of sorbet</td>
<td>1 cup of Almond milk</td>
<td>1 cup of tea</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>1 cup of pureed vegetables</td>
<td>1 cup of pureed vegetables</td>
<td>1 cup of cream soup</td>
<td>1 cup of pureed meat</td>
<td>1 cup of pured vegetables</td>
</tr>
<tr>
<td></td>
<td>½ glass of Almond milk</td>
<td>½ glass of Almond milk</td>
<td>½ glass of milk</td>
<td>1 Tbsp Melted cheese</td>
<td>½ glass of milk</td>
</tr>
<tr>
<td></td>
<td>1 cup of beef broth</td>
<td>2 Tbsp Melted cheese</td>
<td>2 Tbsp Melted cheese</td>
<td>1 cup of vegetable broth</td>
<td>1 Tbsp Melted cheese</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>1 cup of yogurt</td>
<td>1 cup of milk</td>
<td>1 cup of frozen yogurt</td>
<td>1 cup of soft drink</td>
<td>1 cup of Greek yogurt</td>
</tr>
<tr>
<td></td>
<td>½ cup of fruit juice</td>
<td>½ cup of milk</td>
<td>1/2 cup of fruit juice</td>
<td>½ cup of vegetable juice</td>
<td>½ cup of fruit juice</td>
</tr>
<tr>
<td></td>
<td>1 glass of water</td>
<td>1 glass of water</td>
<td>1 glass of water</td>
<td>1 glass of water</td>
<td>1 glass of water</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>½ cup of pureed vegetables</td>
<td>½ cup of creamed soup</td>
<td>½ cup of pureed meat</td>
<td>½ cup of chicken broth</td>
<td>½ cup of beef broth</td>
</tr>
<tr>
<td></td>
<td>½ cup of creamed soup</td>
<td>½ cup of pureed meat</td>
<td>½ cup of creamed soup</td>
<td>½ cup of pureed vegetables</td>
<td>½ cup of pureed vegetables</td>
</tr>
<tr>
<td></td>
<td>½ glass of fruit juice</td>
<td>½ glass of fruit juice</td>
<td>½ glass of fruit juice</td>
<td>½ glass of pureed vegetables</td>
<td>½ glass of pureed vegetables</td>
</tr>
<tr>
<td></td>
<td>½ glass of water</td>
<td>1 glass of water</td>
<td>1 glass of water</td>
<td>½ glass of water</td>
<td>½ glass of water</td>
</tr>
<tr>
<td></td>
<td>½ glass of Almond milk</td>
<td>Calories: 353</td>
<td>½ glass of tea</td>
<td>½ glass of cow's milk</td>
<td>Calories: 491</td>
</tr>
<tr>
<td></td>
<td>Calories: 308</td>
<td></td>
<td>Calories: 284</td>
<td>Calories: 168</td>
<td></td>
</tr>
<tr>
<td><strong>Total Calories</strong></td>
<td><strong>1.245</strong></td>
<td></td>
<td><strong>1.487</strong></td>
<td><strong>1.205</strong></td>
<td><strong>1.358</strong></td>
</tr>
</tbody>
</table>

### 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.

• 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.

*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.*
• 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.

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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