The Complete List Of Nigerian Foods That Melt Fat And The 4 Classes Of Foods That Burn Fat With Super HOT 10 Examples Of Each Class

By

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Fat Burning Foods & Foods That Burn Fat

Fat burning foods are "thermogenic foods". These are REAL, WHOLE FOODS, high in complex carbohydrates and proteins and the most thermogenic fat burning food (my "favorite") is lean protein from solid foods, especially chicken breast, turkey breast, game meats (bush meat), very lean red meat, various types of fish, seafood and also egg whites (limit the yolks).

Protein powders are great for convenience and some - like whey - and even have functional properties (as antioxidants and immune boosters), but powders aren’t as thermogenic as real food.

Thermogenic foods burn fat because;

1. they require more energy for the body to break them down and use. This results in extra calories being burned just for the sake of digestion and cellular metabolism.

2. they help to increase our metabolism in another way since complex carbohydrates take longer to break down by the body’s digestive system the energy released from such foods is spread out over a longer period of time. This results in less insulin being released into the blood stream and a more balanced energy flow during our waking hours resulting in less snacking on sugary sweets.

Sugars and fats on the other hand tend to cause energy spikes followed by a low period during which we are tempted to eat more of these fat producing foods to re-energize ourselves.

3. most of the complex carbohydrates you should eat come from fruits and vegetables. Fruits and vegetables can help increase our metabolism in one other way. They are high in fiber and our bodies’ burn more calories digesting fiber then just about anything else. In fact it is theorized that many fruits and vegetables fall into the “negative calorie” categories of foods.

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A negative calorie food is one that actually takes more calories to digest it than the number of calories it actually contains. The resulting increase in metabolism from eating negative calorie foods can help burn away excess body fat stores and result in a gradual weight loss. When combined with a moderate exercise program the weight loss and metabolism increase can be even greater.

This is one of the secrets in my MeltDFat Body Perfect Program: Focusing on highly thermogenic WHOLE foods (and not a lot of shakes, powdered drink mixes or slim teas) can really turbo charge your metabolism due to the thermic effect of whole food.

Of all the macronutrients (protein, carbs and fat), lean protein has the highest thermic effect. This is one of the reasons that bodybuilders eat a diet high in lean protein and they are the leanest muscular athletes on earth. My entire fat loss program is based on these "bodybuilding diet" secrets (although the diet is not just for bodybuilders) which I have learnt to use over time which produced evident results in my body and that of my clients.

When you combine thermogenic lean protein foods with the right amounts and types of essential fats, add in plenty of green vegetables and just the right amount of natural starchy carbs and whole grains (at the right times), your body will literally turn into a turbo-charged fat burning machine - without drugs, supplements or weird diet gimmicks.

A simple way to put together a highly thermogenic fat burning meal is to select a green vegetable or fibrous vegetable such as asparagus, green beans, broccoli, brussel sprouts, cauliflower, salad vegetables, etc., and combine that with one of the lean proteins I previously mentioned. That is the foundation of your fat burning meal. From there you add in some fruit and also starchy carbs (natural only)

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like brown rice (though hard to find in Nigeria), oats, or sweet potatoes to the degree your body can tolerate starches.

You can learn all the fat loss fundamentals, which are responsible for 80-90% of your results in the Free Book Bonus "What Each MeltDFat Meal Contains And How It Helps To Melt Fat" that came with my book “7-Day MeltDFat Food Plan” you purchased.

So here are the The 4 Classes Of Foods That Burn Fat With The Super HOT 10 Examples Of Each Class

The Top 10 Top Starchy Carb And Grains

1. Oatmeal (old fashioned)
2. Yams (almost same as sweet potatoes)
3. Irish potatoes
4. Sweet potatoes
5. Multi grain hot cereal (mix or barley, oats)
6. brown rice (love basmati, a long grain aromatic rice)
7. 100% whole wheat bread
8. 100% whole wheat pasta
9. Beans (great for healthy chili recipes)
10. Cream of rice hot cereal

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The Top 10 Top Vegetables

1. Cucumbers
2. Asparagus
3. Spinach
4. Salad greens
5. Tomatoes
6. Peppers (green and red)
7. Onions
8. Mushrooms
9. Broccoli
10. Carrots

The Top 10 Lean Proteins

1. Egg whites
   2. Whey protein (protein powder supplement)
3. Chicken Breast
4. Salmon
5. Turkey Breast
6. Top round steak (grass fed beef)

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7. Skim milk, low or non fat cottage cheese, low/non fat yogurt and low/non fat cheese
8. Cod Fish
9. Antelope/Buffalo/Rabbit
10. Rainbow Trout

**The Top 10 Fruits**

1. Grapefruit
2. Apples
3. All types of berries
4. Mangoes
5. Oranges
6. Bananas
7. Peaches
8. Tangerines
9. Strawberries
10. Pineapple

*By the way, remember - fruit is nature’s candy!*  

*Include healthy fats as well*, walnuts, almonds, olive oil, flaxseeds, flaxseed oil (supplement - not to cook with), avocado etc.

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As you can see the foods that burn fat and increase metabolism are healthy, nutrient dense foods. Steering clear of processed foods and refined sugars is the key, not only to increasing metabolism but also to living a healthy fat free life.

Train hard, eat right and expect success.

Your friend and coach,

Maureen Onome