

10 Simple Food Changes You Can Make Right Now to Release Weight & Ignite Your Energy!

1. Upgrade from plain yogurt to Greek yogurt - it gives you 50% more protein.
2. Add broccoli and zucchini for glutathione, a powerful cleansing amino acid.
3. Sip 3 cups of green tea per day to burn an extra 106 calories.
4. Carry dried fruit like dried apricots or raisins. They make great pre workout fuel and are loaded with fiber.
5. Add half a small avocado to a sandwich or salad. This healthy fat can help ward off body fat. Instead of a bagel with cream cheese, spread a tbsp. of peanut butter on a small apple - and save 300 calories!
6. Toss a cup of low calorie berries in your protein shake to blunt muscle soreness.
7. Nibble on dark chocolate (65% cocoa or higher) to help lower LDL (bad) cholesterol.
8. Drink ginger tea with lemon to aid digestion.
9. Start logging! Research has shown that logging your food intake for 3 to 5 days a week continually can help keep body fat at bay for the long run. Take your journal with you and write down everything you eat right away. For short term goals, like a contest or race, journal consistently until your weight release goal is met.
10. Limit your use of the microwave. A recent study found that just 6 minutes of microwave cooking destroyed half the vitamin B12 in dairy foods and meat, a much higher rate of destruction than other cooking methods. In another test, microwaved broccoli lost between 87 and 97 percent of several major cancer-protecting antioxidants. A convection or toaster oven is recommended.