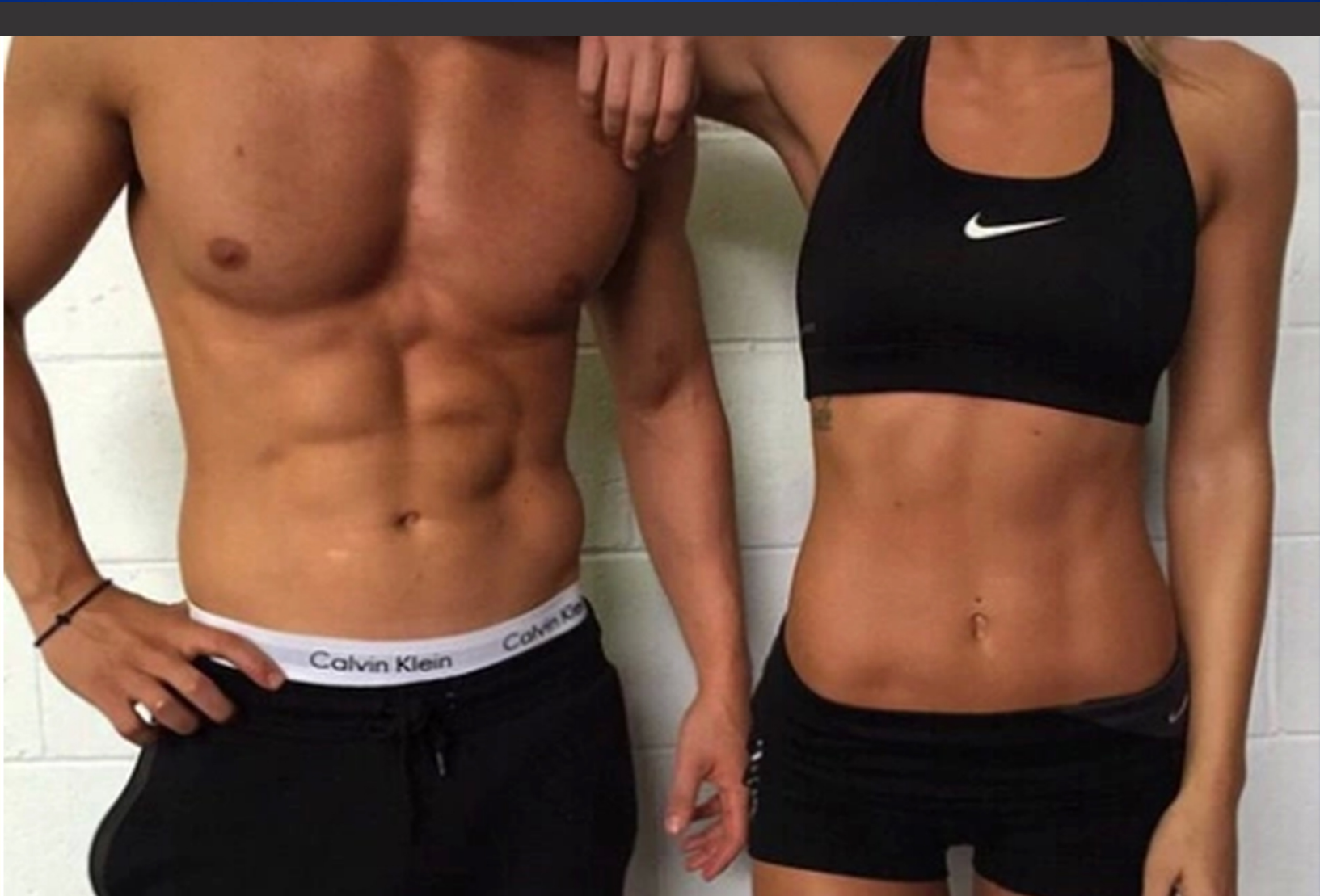


5 FOODS THAT SPEED UP FAT BURN



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5 Foods That Speed Up Fat Burning

When it comes to burning fat, what you eat is FAR more important than your workouts...

Which isn't easy to admit for a guy like me who creates workouts for a living :)

But it's the truth, so if you're struggling to lose weight, a lot of your focus should go into what you're eating on a daily basis...

And to help you along on your weight loss journey, here are 5 foods you should add into your daily diet to SPEED UP fat burning no matter how old you are...

1) Eggs

Eggs have gotten a bad rap for years, until the researchers recently discovered that they do NOT increase your "bad cholesterol"...

In fact, eating at least 2 eggs daily can speed up your weight loss by 25%, according to researchers at Brigham and Women's Hospital...

They're rich in branched-chain amino acids, which are nutrients that increase metabolism in muscles, so they use more of your stored fat for fuel.

2) Grapefruit

Grapefruit are rich in soluble fiber, which helps control your appetite, so you don't overeat at any meal. Even better...

They have a unique blend of plant acids and vitamin C that together boost your calorie burn by 12%!

And according to Italian Scientists, you can shed up to 15 pounds in three months by simply eating one grapefruit per day :)

3) Berries

Blueberries, blackberries, raspberries, and strawberries...

Doesn't matter if they're fresh or frozen, they're all packed with compounds (anthocyanins) that activate the liver enzyme, which converts food into energy...instead of it being stored as fat, and...

North Carolina State University did a study that shows **eating one cup of any berries daily can increase your weight loss 20% in just two weeks** :)

4) Fish

Here's the thing...

Your fat cells don't burn much fat themselves, because their main job is to store fat...imagine that!

However, there is a way to make them more active...

Simply eat 16 oz. of fish weekly and the omega fatty acids in the fish will activate your fat cells to burn more of your stored fat for energy...

5) Water

Yeah, I know...

Water isn't a "food" exactly, however...

According to research from the University of Utah, drinking just 4 glasses of water a day can boost your body's fat-burning metabolism by 3%, so drink up!