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Eat These Carbs Before Bed to Burn More Fat

Carbs have gotten a bad rap over the years, and the main reason is most people group ALL carbs together, when the truth is...

There are some GOOD carbs that help you burn more fat, replenish your energy levels, and boost your metabolism...

And there are some BAD carbs that make you feel sluggish, lethargic, tired, and add more fat around your waistline and belly...

So there's a big difference between the two, and it all comes down to the source of the carbs...

Bad carb sources that you want to AVOID at all costs are bread (white and wheat), pasta, bagels, cereal, chips, crackers, etc.

Anything that's processed and comes to you in a wrapper or package, you'll want to avoid because they cause an almost instant blood sugar spike in your body, which means...

You'll be storing fat instead of burning it off.

The good news is, there are plenty of carbs you can eat (even right before bed) that'll help you burn more fat.

1. Sweet Potato

Sweet potatoes are an excellent source of Vitamin A, Vitamin C and B12, along with being extremely high in antioxidants.

And these nutritional powerhouses are full of carotenoids, which are plant compounds that help repair and rejuvenate cell damage caused by everyday living.

And they also protect against heart diseases and can help lower your blood pressure.

2. Blueberries

Blueberries are one of the most nutritious foods available because they help ward off heart disease, diabetes, and lower your cholesterol.

Plus, they're filled with fiber, which is one of the BEST belly slimming nutrients you can eat to help you lose weight and kill your cravings.

And they have one of the highest antioxidant properties, which help flush out the toxins and free radicals in your body while making you look and feel up to 10 years younger and they also help revitalize your skin.

3. Beans

Beans are high in protein and full of fiber, which makes them one of the best belly slimming carbs around.

And because they contain a lot of soluble fiber, they can improve your heart health and lower your cholesterol.

Plus, they have a low glycemic index, which means you won't get a big blood sugar spike when eating them, thanks to the mix of protein and carbs in most beans.

Some great options are black, pinto, chickpeas, white, and chili.

4. Carrots and Hummus

This snack is a staple in my life that I have about 3-4 times per week. If you're buying store-brand hummus, look for the kinds with the least amount of ingredients possible. Some overdo it with the added chemicals/sweeteners, so try your best to avoid those.

As for carrots, most of their health benefits are linked to their high beta carotene and fiber content. This helps slow down aging because carrots act as an antioxidant to cell damage that happens as you get older.

5. Cherries

Cherries are a nutritional force that are extremely high in anti-aging antioxidants that help keep you looking and feeling young while enjoying the sweet taste that curbs your cravings.

And not only do they help you burn more fat, they also help fight against cancer, ease arthritis pain, and boost your energy.

One cup of cherries is less than 100 calories and contain many B-vitamins like thiamin, riboflavin, and vitamin B6, which help convert nutrients into energy.