



**35** FAT  
**BURNING**  
*Ingredients*

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# INTRODUCTION

**Hello Friends,**

Welcome to 35 Fat-Burning Ingredients.

In researching these 35 Fat-Burning Ingredients it struck me how powerful real food ingredients really are. There truly is magic found in the foods that we gather from nature that haven't been tampered with or processed.

As you approach cooking and eating healthy, I encourage you to immerse yourself in real, natural foods. We are only beginning to understand the amazing powers that real foods contain, fat-burning properties being a very nice one!

As always, I'd love to hear your feedback! Reach out to me at [RealHealthyRecipes@gmail.com](mailto:RealHealthyRecipes@gmail.com). Also let's be friends on [Facebook](#).

Happy Cooking :)  
Diana Keuilian

P.S. 'Like' the [Real Healthy Recipes Facebook Fan Page](#) for support, motivation, healthy eating tips and lots of new recipes!



The following real food ingredients have several different fat-burning qualities. You'll notice that these are wholesome, nonprocessed or minimally processed items that fit in perfectly with a whole foods eating plan. Just goes to show you that the most natural things we eat are the things that help us fight weight gain and be fit.

There are 6 main fat-burning elements that I'll point out about the following 35 fat-burning ingredients.



**Diuretic D** : This helps increase the excretion of water from your body, which eliminates excess water weight. Less water weight = less bloating.

**Blood-Sugar Stabilizer BSS** : These ingredients assist in steadying your blood sugar, which in turn helps prevent fat storage and curbs appetite. So you'll store less fat and crave fewer naughty foods.

**Energy Booster E** : These ingredients carry a much needed boost of fatigue- and-stress fighting properties. Eat these when you're looking for a boost of energy!

**Thermogenic TH** : Just like it sounds, these ingredients raise your body temperature and kick things into fat-burning mode.

**Detoxifier DX** : These ingredients are great for pushing toxins out of the body, cleansing your liver and getting your body primed for fat burning.

**Cholesterol Balancer CHB** : These ingredients help swing the balance between good and bad cholesterol in your favor.

# 35 FAT-BURNING INGREDIENTS

## 1. ALMONDS **CHB** **E** **BSS**

Sprinkle sliced almonds over your salad or steamed veggies or eat a handful as a healthy snack.

## 2. APPLE CIDER VINEGAR **TH** **DX** **CHB** **E**

The benefits of apple cider vinegar include detoxification, appetite suppression, increased metabolism, increase in circulation and more. Mix a teaspoon into a large glass of water in the morning and drink on an empty stomach.

## 3. APPLES **CHB** **BSS** **DX**

Sliced apple is one thing that I always pack in our lunches. It's a refreshing snack that sets you up for fat burning, rather than the fat traps that you'll find in a vending machine.



## 4. ASPARAGUS **D** **DX**

If you've ever eaten asparagus then you probably remember its powerful (and rather smelly) diuretic properties! Smelly pee is a small price to pay for the internal detoxification.

## 5. BEEF **E** **TH**

High quality, organic beef is a wonderful protein to build your next meal around. Be sure to add lots of veggies, too!

## 6. BERRIES **DX** **CHB** **E**

Berries are so delightful, I doubt we needed another reason to eat them, but here we have 3 more reasons. The tasty little gems are great for detox, balancing cholesterol and stabilizing blood sugar.

## 7. BROCCOLI **DX** **CHB** **BSS**

My favorite way to enjoy broccoli is to toss it with a little olive oil and minced garlic, spread it over a baking sheet and roast it for about 15 minutes. As soon as it's done cooking sprinkle fresh lemon juice over it. Talk about a fat-burning side!



## 8. CABBAGE **DX**

For a quick cabbage salad, mix thinly shredded cabbage with olive oil, lemon juice, minced garlic and dried mint. Delish!

## 9. CAULIFLOWER **DX**

Yet another reason that cauliflower rice is my all-time favorite side dish!

## 10. CAYENNE POWDER **TH** **E**

Spicy isn't for everyone, but if you can handle it you'll reap the fat-burning benefit and an energy boost.

## 11. CINNAMON **TH** **BSS**

I am obsessed with cinnamon – it sits out on my counter (can't bear to put it away with the other spices) and gets sprinkled on everything from sliced apples to ground beef. It's so delicious!



## 12. CLOVES **TH**

Soak whole cloves in your hot tea for a thermogenic pick-me-up.

## 13. CORIANDER **BSS**

Coriander is another spice that I simply couldn't live without. It's wonderful in many different meat dishes.

## 14. CRANBERRIES **D DX CHB**

Cranberry juice has long been used in the treatment of bladder infections, but its powers extend to more than bacteria elimination. It also helps to detoxify the liver, which allows for more fat burning.

## 15. CUCUMBERS **D**

The cool and refreshing powers of cucumber also work as a diuretic to clean your body of toxins. I love to add sliced cucumber and mint leaves to my water – tastes so good and is so cleansing, too.

## 16. CUMIN **D**

Are you noticing that many spices from your spice rack contain fat-burning properties? Just another great reason to add more flavor to your food.

## 17. DILL **D**

Dill pairs wonderfully with tuna! Fresh is best, but dried works in a pinch.



## 19. EGGS **E BSS**

What would we do without organic, protein-rich eggs? In my household we enjoy eggs nearly every single day.



## 19. FENNEL SEED **D**

Here's another wonderful spice that helps cleanse your body as it adds flavor to your food.

## 20. FLAXSEED MEAL **CHB E BSS DX**

One of the biggest benefits that flaxseed brings is its high omega-3 essential fatty acids levels. Omega-3 deficiencies encourage fat storage, so including flaxseed in your diet is a smart move.

## 21. GARLIC **E DX**

Did we need another reason to love garlic? It adds depth of flavor to so many of our dinner dishes, and now we learn that it also provides us with detoxification and energy. Awesome!

## 22. GINGER **E DX**

I love adding a piece of fresh ginger to my fresh-pressed green juice. It's invigorating, detoxifying and energizing!

## 23. JICAMA **CHB**

There are 3 main things that I like to do with jicama. 1) Slice it and dip in guacamole like you would a tortilla chip. 2) Shred it and use as you would bulgur in tabbouleh. 3) Slice it into sticks and have the kids dip it into crushed, freeze-dried fruit for a healthy Fun Dip :)





#### 24. KALE **CHB** **DX** **BSS** **E**

What a super, fat-burning food! It's safe to say that we all knew that kale was healthy, but to see all of the fat-burning properties that it contains really drives the point home. Kale is great juiced, sautéed, shredded for a salad or even added to homemade soup.

#### 25. LAMB **E** **BSS**

I have an awesome lamb kebab recipe for you to try in my 120 Fat-Burning Meals cookbook. Also try one of my all time favorite recipes for Easy Osso Buco.

#### 26. LEMON **CHB** **DX** **D** **TH**

Here's another fat-burning super food! A splash of lemon in your drinking water and on your dinner not only adds flavor but also really aides your body in flushing out fat.



#### 27. OLIVE OIL **CHB** **DX** **BSS**

The benefits of quality olive oil are plentiful. Now you can add fat burning to the list.

#### 28. PARSLEY **D**

Freshly parsley is always a good add to healthy dinner plates. Be sure to eat your parsley and not just use it for garnish.

### 29. PEACHES **D** **DX**

Add a few slices of ripe peach to your water – this makes for a delicious fat-burning treat. Or you could make the Peach Donut Holes in my 120 Fat-Burning Meal cookbook!



### 30. SALMON **E** **BSS** **CHB**

I grew up in Washington state, so salmon is a big part of my diet. Check out the recipe for Super Salmon in my 21 Super Slim-Down Recipes cookbook – here we wrap salmon fillets in parchment paper and bake in little parcels. Turns out so flaky and delicious!

### 31. SPAGHETTI SQUASH **BSS** **CHB**

How many noodles from a box do you know of that helps stabilize blood sugar and balance cholesterol? The answer is none! Bake a spaghetti squash and use the long, natural noodle strands as the base to your next spaghetti night.

### 32. SWEET POTATO **BSS** **CHB**

Sweet potatoes are one of the most nutritious vegetables, mainly due to the calcium; potassium; vitamins A, C and E; fiber; iron; manganese; and antioxidants. Don't confuse sweet potatoes with white potatoes – they couldn't be more different nutritionally. Feel free to include some sweet potatoes in your diet, but be sure to bake and not fry!

### 33. TOMATO **BSS** **CHB** **E**

Sun-ripened cherry tomatoes picked fresh from the vine are one of my favorite summer treats. Adding cherry tomatoes to your salad, sliced tomato to a lettuce-wrapped burger or stewed tomatoes to your slow-cooker dinner are all wonderful ways to fit tomatoes into your diet.

### 34. WATER **D** **DX** **TH**

It's a great idea to start your day off with a large glass of water, and then to continue to drink water throughout your day. It's the best way to flush toxins out of your body and to keep yourself properly hydrated. Did you know that we often mistake thirst for hunger? So when you're dehydrated it can cause you to eat unnecessary calories.



### 35. ZUCCHINI **DX** **CHB**

Here's another reason to love zucchini noodles – for their detoxifying qualities and cholesterol-balancing powers. I also love sautéing  $\frac{1}{2}$  cup of sliced zucchini and adding to my scrambled eggs.



I hope you've enjoyed learning about Fat-Burning Ingredients! If you'd like more of my recipes, check out my blog. [RealHealthyRecipes.com](http://RealHealthyRecipes.com).

And let's be friends! Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

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