



Nutrition rules for fat loss

- Check resources in this document for lists and examples
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1. Eat lean protein with non-starchy carbohydrate with each meal.
 2. Eat ½ cup of vegetables x2 a day
 3. Eat healthy fat serving x2 a day
 4. Avoid processed foods and saturated fats
 5. Avoid processed carbohydrates
 6. Drink more water
 7. Increase the good bacteria in your gut
 8. Avoid caloric beverages
 9. Take Omega-3 oil daily

Eat lean protein with each feeding

Protein has the highest thermic effect of any food. (Meaning it burns more calories to digest)

Examples:

- Eggs (whites and whole)
- Casein and whey protein powders
- Lean beef
- Bison, venison
- Turkey breast
- Lean pork
- Fish
- Shellfish

Eat protein with a NON starchy vegetable carbohydrate

If you only eat one type of food it throws off your nutrient balance and can leave you hungry

Examples: of NON- Starchy carbohydrates (AKA: Fibrous) *

- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onion

- Spinach, Zucchini

Eat healthy fat serving x2 a day

Eating the wrong types of fat can give you a heart attack and clog you up. Eating the good fats can supercharge your health and fat burning.

Examples: of GOOD and healthy fat*

- Avocado
- Brazil nuts
- Cashews
- Fish oil
- Hazelnuts
- Walnuts

Avoid processed foods and saturated fat foods *

- Cream cheese
- Meat fat
- Any fat that is solid at room temperature
- Fried food
- Cookies
- Crackers
- Chips
- Most snacks in a wrapper
- Margarine
- Pastries

Increase the good bacteria in your gut

“Ninety- five (95) percent of the body’s **serotonin (happy chemical)** is produced by the gut nerve cells. “ - Dr. Michael Gershon

If eating healthy for fat loss was not a great enough motivation to eat healthy then what about your happiness? Whatever you choose to believe in, I think we can all agree the meaning of life is to be HAPPY!

When your stomach is upset or out of balance so goes your head and happy serotonin levels.
After reading this article ask yourself two questions before you eat something.

Will this food dim the light on my best self or make my best self-shine brighter?

What are some things that decrease your Serotonin levels and bang your Second Brain against a stress wall?



- Inflammation triggering foods like gluten (white bread)
- Processed foods , (anything in food wrapper)
- Tran’s fat (chips, donuts, fast food etc.)
- High sugar diet
- GMO foods (genetically modified foods)
- Bad bacteria in your gut (from Splenda , artificial sweeteners)

- Excessive Alcohol consumption

Sounds like a SAD diet (standard American diet)

How do I increase my “Second Brain's” Serotonin levels?



- Eat slowly released carbohydrates from whole, unprocessed plant foods
- Nuts, seeds
- Lean protein
- Salmon (omega- 3)
- Increase good bacteria in your gut (Unsweetened plain yogurt.)

When you eat things that may immediately spike your Dopamine Short-term (pleasure) levels you are dimming the light on your best self-long-term (Serotonin).

It's time to protect and add armor to your second brain.

This empowers you to more readily **SELF GENERATE HAPPY EMOTIONS**. Depending on immediate external stimulus (junk food) to temporary generate dopamine is NOT SUSTAINABLE. You can build a nice Serotonin reservoir to access your best happy self.

This can be you too. This is one of the paths to sustainable happiness and weight loss. I hope you take the steps towards building your Serotonin reservoir.

Take omega- 3 fish oil serving daily

Omega is a great anti-inflammatory (which helps promote fat burning and good bacterial in your gut).

Examples:

- Salmon
- Sardines
- Walnuts



- **What 3 new nutrition rules are you absolutely committed to following?**
