

DREW SGOUTAS, CHC, AADP

Certified Health Coach & Nutrition Expert

The Smoothie DIET

Lose Weight And Feel Amazing!

With The Deceptively Simple And
Incredibly Effective Smoothie Diet.





5-DAY

Green Smoothie

CHALLENGE



5-DAY *Green Smoothie* CHALLENGE

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Also, the recipes in this program contain many different ingredients including nuts and seeds. If you have any food allergies, please carefully read each recipe so you know what you can and cannot have.

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Ready To **Lose Weight And Get Healthy?**

This 5-Day Green Smoothie Challenge is a small “taste” of what you can expect inside the full **Smoothie Diet 21-Day Weight Loss Program**

If you love these recipes and are ready to take your health to the next level and **lose up to 18 lbs in 21 days**, then you’ll love the complete Smoothie Diet Program!



[Click here](#) to get the complete program
(or see the last page of this document for more info)

“Yuck!”

I was recently home visiting my parents and that’s the response I got from my dad as he looked in disgust at the green mixture I was pouring from the blender into a tall glass.

“That looks like swamp water!” He said.

It was hard to argue with him, as I shoved a straw into it. The site of a green smoothie is usually what turns most people off; the people that say “I’d never drink something like that!” The people that miss out on so many great foods because they refuse to try something new in fear that they might not like it.

Now, I’ll be the first to admit that green smoothies will never win any awards for appearance. I don’t care how many beautifully taken rustic mason jar photos you see on-line. I assume it goes back to our ancestors, where drinking something green would probably mean a very certain death.

I shoved the glass in front of my dad...you’d think it was toxic waste the way he edged back from the table.

“Just try it!” I said.

After a few minutes of intense stare down between my dad and the smoothie and some last prayers...he took a sip.

...And then he took another sip.

“This is actually pretty good!” He said as a smile spread across his face.

I was all too used to this response from people that try a green smoothie for the first time. The shock that something this healthy could taste GOOD!

“Aren’t they complicated to make though?” He asked. “I probably couldn’t make them taste this good”.

I explained to him how easy they actually are to make and that’s one of the main reasons why they’re so amazing.

What I realized is that if he just knew the basics, he could make these for himself whenever he wanted.

So I set out to make some super simple tasty recipes to show him (or anyone else) how easy it can be to boost your health by adding this simple green drink to your daily routine.

In this short guide you’ll find 5 days of smoothie recipes, including a shopping list to get everything you need to make all of them.

You can make these smoothies whenever you want. You can replace a meal with them or simply add them to your day as a healthy nutrient packed “boost”. I just wanted to give you a little sample of how amazing these little green drinks can taste :)

When you are ready to take it to the next level, lose a *crazy* amount of weight and transform your life, you’ll want to use my special meal-replacement smoothies, only available in my [21-Day Smoothie Diet Program](#). One of my recent customers **lost 8 lbs. in her very first week!**



Drew Sgoutas, CHC, AADP

Certified Health Coach & Nutrition Expert
Member Of The American Association Of Drugless Practitioners
Creator of The Smoothie Diet Weight Loss Program

Shopping List*

Veggies

- Spinach (3 cups)
- Kale (2 cups)
- Parsley (1 small bunch)
- Mint (1 small bunch)
- Frozen Cauliflower (1/2 cup)

Boosters

- Fresh Ginger (1 small piece)
- Vanilla Extract (2 tsp)
- Unsweetened Cocoa Powder
- Unsweetened Coconut Flakes

Fruits

- Bananas (3 medium)
- Pear (2)
- Green Apple (1)
- Orange (1)
- Frozen Pineapple (1 cup)
- Frozen Raspberries (1 cup)

Liquid

- Almond Milk (4 cups)

* All smoothie recipes are for 1 serving. If making for 2, simply double the ingredients. 1 bunch kale, parsley, mint, and 1 bag of spinach should be enough for 2 people.

Can't Find It? Use This Instead:

BANANAS: Avocados will give you the same creamy texture

KALE: Spinach, Swiss chard, collard greens, beet greens, romaine

SPINACH: Kale, Swiss chard, collard greens, beet greens, romaine

ORANGES: Clementines, tangerines, mangoes, papaya

PINEAPPLE: Oranges, mangoes, peaches

PEAR: Peaches, Apples, Plums



The Power of Prep!

Good prep is the key to super simple smoothie making. Having all your ingredients ready to throw in the blender makes this a breeze.

Wash, Cut, and Store Greens

You need two large zip lock bags with a paper-towel in each to absorb moisture. Excess moisture is the #1 reason greens go bad fast. Remove the kale leaves from the stems, chop, wash and spin dry in a salad spinner. Spinach usually comes pre-washed in bags and doesn't require any chopping. Remove the spinach from the bag it came in and transfer it to the ziploc. Do the same with the kale into the other bag. Store these in the fridge. When it comes time to make the smoothie you will just grab a small handful from the bag which is about 1 cup.

Fresh Vs Frozen

Frozen fruit can actually be a better bargain than fresh depending on the time of year. Also, if the fruit is flash frozen it may actually be fresher than the "fresh" fruit. The general smoothie recipe rule I follow is fresh greens plus 1 fresh fruit plus 1 frozen. If not using anything frozen I add a half cup of ice. *I don't recommend freezing everything before, this will turn your smoothie to ice cream and make it impossible to blend without adding more liquid which will water it down.*

Chop And Portion Fruit If Needed

Most of these recipes use 1 fresh fruit and 1 frozen portion. If using fresh fruit you can portion into small bags but honestly it's not hard to peel a fresh banana. Core an apple or pear the day you make the smoothie. If you buy a whole pineapple though you may want to pre-cut it so you have it ready in the fridge.



DAY 1

Blueberry Vanilla

Blueberries and vanilla make an amazing combination. Banana help thicken this smoothie up nicely, for a creamy, irresistible treat. Did you say this was green!? Serves 1

Ingredients

- 1 Cup Spinach
- 1 Banana
- 1 Cup Frozen Blueberries*
- 1 tsp Vanilla Extract
- 1 Cup Almond Milk

Directions

1. Add liquid, banana, spinach, vanilla extract and blend until smooth.
2. Add frozen blueberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for the blue color. Blueberries may help protect vision, lower blood sugar levels and keep the mind sharp by improving memory and cognition.



DAY 2

Pineapple Coconut

You may think that herbs are only a flavor enhancer when cooking, and while that is true, they are also an excellent source of nutrients. This creamy mango smoothie is a delicious example of that. Serves 1

Ingredients

- 1/2 Cup Almond Milk
- 1 Cup Kale, stems removed
- 1 Orange, Peeled & Seeds Removed
- 1 Cup Frozen Pineapple*
- 5-7 Fresh Mint Leaves
- 2 tbsp Coconut Flakes

Directions

1. Add liquid, kale, orange, mint and coconut and blend until smooth.
2. Add frozen pineapple and blend again until smooth.

** If using fresh, add 1/2 cup ice. Add more liquid if needed.*

Did You Know?

Pineapple is an antioxidant powerhouse that helps fight aging and keeps your cells healthy. It also contains an enzyme called bromelain that not only helps improve your body's digestive process but also helps fight inflammation.



DAY 3

Ginger Raspberry

Ginger is great for detoxing — it will help soothe any upset stomachs you get from adjusting your diet. When paired with raspberries and banana, it's delicious. Serves 1

Ingredients

- 1 Cup Almond Milk
- 1 Cup Spinach
- 1 Cup Frozen Raspberries*
- 1 Banana
- 1 tsp Grated Ginger

Directions

1. Add liquid, banana, spinach, and ginger and blend until smooth.
2. Add frozen raspberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

The natural chemical responsible for raspberries' mouthwatering aroma is similar to capsaicin, the substance that puts the heat in hot peppers and has been shown to fire up metabolism.



DAY 4

Chocolate Chip

Frozen cauliflower offers creaminess and nutrients without adding unpleasant flavor. Unsweetened Cocoa powder give this smoothie a chocolate flavor without adding sugar. Serves 1

Ingredients

- 1 Cup Almond Milk
- 1 Cup Kale, Stems Removed
- 1/2 Cup Frozen Cauliflower*
- 1 Pear, core removed
- 1 tbsp Cocoa Powder
- 1 tsp Vanilla Extract

** If using fresh, add 1/2 cup ice*

Directions

1. Add liquid, cocoa powder, kale, vanilla extract, pear and blend until smooth.
2. Add frozen cauliflower and blend again until smooth.

Did You Know?

Cocoa contains the substance phenethylamine, which is a neurotransmitter found in the brain that acts as a mood elevator and natural antidepressant. It's also one of the highest polyphenol-containing foods which are powerful antioxidants.



DAY 5

Apple Pear

Apple and Pear add a crisp refreshing taste to this amazing green smoothie. Parsley is a great herb for detoxing the body as well. Serves 1

Ingredients

1/2 Cup Almond Milk*
1 Cup Spinach
1 Banana
1 Green Apple
1/2 Pear
1/4 Cup Parsley Leaves
1/2 Cup Ice

** Add more liquid if needed.*

Directions

1. Add liquid, spinach, apple, pear, and parsley and blend until smooth.
2. Add 1/2 cup ice and blend again until smooth.

Did You Know?

Apples and pears are a rich source of a powerful kind of fiber called pectin. It's what's used as a gelling agent to make jams and jellies, and in our stomach it can delay stomach emptying through a similar mechanism keeping you full longer.

Ready To Lose Weight Fast... *and Keep It Off Forever?*



People all over the world are losing **MORE** weight
in **LESS** time following the deliciously simple
Smoothie Diet 21-Day Weight Loss Program

Watch this short presentation below to see how you can use
smoothies to **Lose Up to 18 lbs In 21 days...and keep it off!**



[Click here](#) to watch the presentation



10

Quick & Easy

FAT

TORCHING

RECIPES



Dave Ruel & Karine Losier



METABOLIC COOKING

INTRODUCTION

10 Quick And Easy Fat Torching Recipes

Compliments of: Dave Ruel & Karine Losier



Metabolic Cooking Cookbooks & Fat Loss System



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INGREDIENTS

**RECIPE MAKES 1 SERVING
(4 TO 6 PANCAKES)**

- 6 egg whites
- ½ cup oatmeal (dry)
- 1 tablespoon unsweetened apple sauce
- Pinch of cinnamon powder
- Pinch of stevia
- 1 apple, diced finely
- ¼ teaspoon baking soda
- Cooking spray

DIRECTIONS

1. First heat a frying pan until hot and then reduce to medium temperature. After mixing together all the ingredients in a blender (except for the diced apple), spray some Pam (or other cooking spray), drop by spoonful onto the pan.
2. When bubbles start to form, place evenly on pancake some of the diced apple.
3. Let them set in before flipping the pancake.
4. Makes about 4-6 pancakes depending on the size.

- Per Serving -

CALORIES: 240

PROTEIN : 28g

CARBS : 32g

FAT : 0g



INGREDIENTS

**RECIPE MAKES 2 SERVINGS
(2 STEAKS)**

- 2 sirloin steaks (4oz each), cut in strips
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 diced tomatoes
- 1 teaspoon ground ginger
- 4 tablespoons apple cider vinegar
- Salt and pepper

DIRECTIONS

1. Place the oil in a large skillet and brown the steaks in it over medium-high heat.
2. When both sides are well-seared, add the onion, garlic, and tomatoes.
3. In a bowl, stir the ginger, salt and pepper into the vinegar and add that mixture to the skillet, stirring to combine.
4. Cover the skillet, turn the heat to low, and let the whole thing simmer until liquids evaporates completely.

- Per Serving -

CALORIES: 208

PROTEIN : 31g

CARBS : 3g

FAT : 8g



INGREDIENTS

RECIPE MAKES 3 SERVINGS
(3 BURGERS)

- 1 pound ground turkey
- ¼ cup minced onion
- 3 tablespoons chopped fresh parsley
- 2 tablespoons Worcestershire sauce
- 2 tablespoons minced green bell pepper
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 tablespoon grated fresh ginger
- Salt and pepper
- 2 cloves garlic, crushed

DIRECTIONS

1. Combine all the ingredients in a big bowl. With clean hands, squeeze it together until it's very well combined. Divide into three equal portions and form into burgers about ¾ inch (2 cm) thick.
2. Spray a skillet with non-stick cooking spray. Place over medium-high heat. Cook the burgers for about 5 minutes per side until cooked through.



- Per Serving -

CALORIES: 184

PROTEIN : 33g

CARBS : 4g

FAT : 4g



HOT PAPRIKA SHRIMP



INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 8oz shrimps, shelled and deveined
- 1 tablespoon macadamia oil
- ½ teaspoon paprika
- Pinch of cayenne pepper
- 2 cloves garlic, crushed

DIRECTIONS

1. In a skillet over medium-high heat. Sauté the shrimp and garlic in the oil for about 5 minutes until it's pink.
2. Sprinkle the paprika and cayenne over it.
3. Cook for about another minute and serve.



- Per Serving -

CALORIES: 159

PROTEIN : 23g

CARBS : 1g

FAT : 7g



INGREDIENTS

RECIPE MAKES 4 SERVINGS

- 1 pound pork tenderloin
- ¼ cup apple cider vinegar
- 2 tablespoons unsweetened apple sauce
- 1 clove garlic
- 2 teaspoons soy sauce
- ½ teaspoon grated ginger
- 2 teaspoons Dijon mustard

DIRECTIONS

1. Place the pork in a slow cooker (or in a baking dish).
2. Combine all remaining ingredients in a bowl and mix together.
3. Pour mixture over pork, coating the pork generously.
4. Cover and cook on low for 6 hours (or 45 minutes at 350°F if cooking in oven).

- Per Serving -

CALORIES: 182

PROTEIN : 30g

CARBS : 2g

FAT : 6g



QUINOA BURRITOS



INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 small whole wheat tortillas
- ½ cup quinoa, cooked
- 4 egg whites
- ½ avocado, cubed
- 1 cup lettuce, shredded
- ½ cup salsa
- ¼ cup red onion, diced
- ½ cup black beans
- ¼ cup fresh cilantro

DIRECTIONS

1. Cook quinoa and egg whites separately. Then mix with black beans, cilantro and onion.
2. Spread half mixture equally on whole wheat tortillas.
3. Top with salsa, avocado and lettuce.
4. Wrap and enjoy!

- Per Serving -

CALORIES: 272

PROTEIN : 17g

CARBS : 33g

FAT : 8g



KALE CHIPS



INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 handfuls kale leaves
- 1 teaspoon cayenne pepper
- Cooking spray
- Sea salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Arrange kale on a non stick baking sheet.
3. Very lightly coat kale with cooking spray and a bit of sea salt.
4. Sprinkle cayenne pepper on top of the kale and bake for 10 minutes or until crispy.





INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 medium (5oz) sweet potatoes
- 1 teaspoon paprika
- ¼ teaspoon onion powder
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- ¼ teaspoon garlic powder
- Pinch of cayenne pepper
- 1 teaspoon olive oil

DIRECTIONS

1. Preheat oven to 375°F. In a small bowl, stir together paprika, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.
2. Slice the sweet potatoes in half lengthwise.
3. Brush each half with olive oil.
4. Rub the seasoning mix over the cut surface of each half.
5. Place sweet potatoes on a baking sheet or in a shallow pan.
6. Bake until tender or about 45 minutes.

- Per Serving -

CALORIES: 124

PROTEIN : 2g

CARBS : 27g

FAT : 2g



INGREDIENTS

RECIPE MAKES 1 SERVING

- 1 whole hard-boiled egg
- 3 hard boiled eggs, whites only
- 1 tablespoon Greek yogurt
- Pinch of chilli powder
- Pinch of garlic powder
- Pinch of onion powder
- 1 teaspoon apple cider vinegar

DIRECTIONS

1. Peel the eggs and slice the eggs in half.
2. Carefully remove 3 yolks (leaving 1 yolk) into a mixing bowl.
3. Mash the eggs with a fork. Stir in yogurt, chilli powder, garlic powder, onion powder, apple cider vinegar, and mix until creamy.

- Per Serving -

CALORIES: 129

PROTEIN : 20g

CARBS : 1g

FAT : 5g



INGREDIENTS

RECIPE MAKES 1 SERVING

- 1 scoop Vanilla Iso-Smooth Isolate Protein
- 1 shot of espresso
- ¼ cup of greek yogurt
- Pinch of stevia
- Pinch of cinnamon
- 5 ice cubes

DIRECTIONS

1. Blend and Enjoy!

- Per Serving -

CALORIES: 169

PROTEIN : 35g

CARBS : 3g

FAT : 1g



METABOLIC COOKING

ABOUT THE AUTHORS

Meet Dave Ruel and Karine Losier

Metabolic Cooking has been created and prepared by Dave Ruel and Karine Losier (Dave's better half).



Dave is the most respected and trusted fitness cook in North America and is a firm believer that eating healthy to support your body goals **does not** have to be plain and boring.

He's seen fitness enthusiasts go the usual route of steamed chicken, baked potatoes, and broccoli for every meal and has had the opportunity to teach them that there is a 'better way'. With Dave's approach, you're never dieting – you're just eating healthy because you love it.

Dave has a large background in helping others achieve their goals, be it fat loss or muscle building and is always learning new and innovative techniques to use in the kitchen.



Karine, co-author of the book is also known as the 'Lean Kitchen Queen' and has a strong passion for food, fitness, and culinary adventures. She gets excited about challenging the commonly used techniques that most chefs turn to while seeking out healthier alternatives. Simply put, she's a real kitchen glamour renegade.



METABOLIC COOKING

ABOUT THE AUTHORS

The two in combination are simply unbeatable and are able to come up with creative dishes that work well for both males looking to get in great shape as well as females who are after that lean, toned physique.

Karine isn't just a bubbly little chef either. She's holds a master's degree in psychology so she is fully aware of all the psychological struggles that people face with regards to their eating habits and diets, thus why she knows the importance of good nutrition that tastes great and serves to motivate people to stick with their diet by challenging their commonly held psychological beliefs.



All in all, the duo of Dave and Karine are simply unstoppable in the kitchen and are taking the world by storm, proving that eating healthy can be the most nutritious, enjoyable, and fun experience. Looking great just got a whole lot easier when you turn to them for help with your fat loss goals.



**METABOLIC
COOKING**

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Quick & Easy

COOKING TRICKS

To Banish Your Boring Diet
And Burn Fat Faster!



Dave Ruel & Karine Losier

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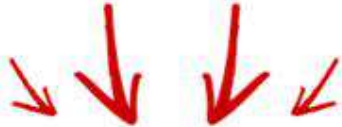
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Thanks for being an action taker and downloading this report

You're about to discover how you can optimize your fat loss results by making the best use of your kitchen and your food simply by unleashing the "hidden metabolic power" of the food that's lying dormant inside your kitchen cupboards or your fridge!

So make sure to read every word of this information packed report! And get ready to say goodbye to your boring diet and watch your body burn more fat!



Dave Ruel
&
Karine Losier

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Intro

A few words from our kitchen...

If you're reading this right now, that means one thing: you're on a mission to accelerate fat loss and get rid of your boring diet. You've been there and done that. You've tried other diets in the past and have come to see less than stellar results, likely despite some of your best efforts.

Now you're looking for something else – something new, something fresh, and something that will actually work for a change.

The good news is that by reading this report, you're going to arm yourself with some of the most useful information you could have as far as fat loss goes.

You see, whether or not you are successful with the mission of losing body fat will come down to about 80% of your dietary effort. You can workout for hours as hard as you like in the gym (which isn't recommended by the way – you should be training *smarter*, not *harder*) but despite all this effort, if you haven't dialled in your diet and found a proper nutrition set-up that fosters fat burning in the body, you're never going to see the results that you're looking for.

Why?

Let's give you a quick example.

As the calorie stats rank up, if you were to go into the gym and workout for 45 minutes doing the following activities, this is how many calories you would burn:

Weight lifting: 321 calories

Jogging: 458 calories

Cycling: 375 calories

Using the elliptical: 420 calories

Circuit Training: 429 calories

Yoga: 235 calories

You can see there is some variety there. Now, let's look at the calories contained in some of your favorite foods:

Pizza: 250-400 calories/slice

1 cup ice cream: 250-500 calories (depending on variety)

Bagel with peanut butter and jelly: 400 calories

Plate of Spaghetti: 627 calories

Slice of cheesecake: 300-800 (depending on variety and size)

Chocolate Chip Cookie: 100-250

See how quickly those calories add up? This is precisely why you must make sure you're eating correctly. As far as weight loss is concerned, it very much is a process of maintaining the correct energy balance and if you're consuming too much 'junk' food then it's going to be very difficult to do this despite hard workouts. You can quickly take in the calories that you burned off in any given workout session, if not more, in just two to three minutes of high calorie eating.

If you want success, diet needs to be a priority.

Now, the big problem with many people is they will start up on a diet and see great results initially, but after a few weeks have passed by, things take a turn for the worse. Either they maintain the diet but it just doesn't produce the same rate of weight loss that it did before because their **metabolism has crashed** and you're burning off calories at a snail's pace or they **fall off the diet due to boredom**.

Let's face it, most diets are B-O-R-I-N-G. They have you eating the same five to six foods over and over and over again, never offering any variety. Basically, you have to go about the diet in one particular way or you might as well forget it.

Then, who can really blame you for cheating on a diet such as that with a slice of pizza or burger from your favorite fast food joint? You're sick and tired of chicken breasts and broccoli and any sane human would need a change of pace.

We all crave variety in our lives and our diet is no different. Force yourself to eat the same meals over and over again and you're going to run into problems – there's really no way around that. It really isn't your fault that you've failed on diet attempts such as this.

And most diets use the same food and more often the **WRONG** food to burn fat!

That's right, most diets don't consider using the right food! How can it be? Well it's very simple, they just use ingredients that:

- Don't boost metabolism
- Don't have any ***Metabolic Thermo-Charge***
- Don't fight the ***Metabolic Adaptation Phenomenon***

So, if you want to see success with your fat loss program, you need three things.

- A. You need a diet that is properly designed with **food choices that will continually torch that ugly body fat**. You don't want a diet that starts off strong only to take a severe nosedive after two weeks and have you suffering from a huge diet plateau.

- B. **You need a diet that offers enough variety and great tasting *Metabolic Thermo-Charged* foods** that you never get bored, are never tempted to come off the diet altogether, and get the fat loss results you deserve!
- C. **You need a diet that is healthy!** Most diets are actually incredibly unhealthy as they severely restrict your food intake and choices, setting you up for a number of nutrient deficiencies that will only set you up for long-term health problems. Instead, you want a diet that maximizes health so you can not only look great, but feel great as well.

Optimized health = optimized metabolism = optimized fat loss!



When you get all of these requirements in line, it seems like magic is happening right before your eyes. Fat loss becomes easier than ever and you actually *enjoy* the process of losing weight.

No longer do you dread going on your diet because you've realized that you've just found a lifestyle approach that will not only achieve the weight loss you're looking for but then also continue to help you maintain a lean body over time.

And the best news? If you follow the right diet approach, you won't have to do hours and hours of exercise either. Diet will take care of the fat loss results so that you can focus on short, intense workouts that firm the body and get you looking great while promoting maximum health. Exercise is still important to maintain a healthy body but it's no longer going to be the driving force behind your weight loss mission.

Over the years we have worked with a very wide number of people.

We have helped thousands 'fix' their boring, tasteless, and ineffective diets and now we're going to help you too

We're going to show you that dieting can be enjoyable again and with the right combination of foods, you'll enhance your metabolic rate so that the fat melts right off your body. That is, after all, what [Metabolic Cooking](#) is all about. Maximizing your metabolism for faster, better results.

So let's get to it and show you seven quick and easy cooking tricks that you can use to banish diet boredom and burn fat at twice the speed you normally would.



Trick #1

Cook with the RIGHT sources of protein

The very first thing that you absolutely must do if you're going to realize true dietary success is to make sure that you're cooking with nothing but high quality protein sources.

For most people on fat loss diets, they actually believe that their protein intake should come down due to the fact that these foods are often very high in overall calories.

Unfortunately, nothing is further from the truth. The fact of the matter is when on a fat loss diet, your protein needs to actually increase because of the fact that there is a higher chance that your body will start turning to incoming protein as a fuel source.

What's more is that if you aren't taking in sufficient protein that your body needs to cover all its daily maintenance functions then it may start to rob protein from the muscles, bringing those amino acids into the blood.

All in all, falling short in protein is a very bad move.

Protein also has special fat burning powers. In our words it has a high *Metabolic Thermo-Charge!*

In fact, it's the one macronutrient that will serve to increase the metabolic rate so that you burn more calories in the hours after consuming it.

This is because **the body will actually expend a large number of calories just breaking that protein down, therefore increasing your total daily calorie burn.**

Finally, protein ranks very high on the satiety factor. If you don't want to deal with hunger while on your fat loss diet program, protein is the type of food that you must be eating. There's no way around this one – protein is top notch for hunger control.

So as you can see, protein is a must-have. And the best sources of protein?



Eggs, chicken and poultry, lean red meat (lean beef or game meat which is a fantastic source of protein), **fish**, as well as **pork** are the main ones to turn to.

If you're like most people, you likely avoided pork on your diet entirely and there's really no reason whatsoever to do this. Pork is actually an incredibly lean and an incredibly delicious source of high quality protein, so starting today I want you to *add* it back into your diet plan.

A quality source of whey protein powder is also a great way to get in more protein throughout the day and you'll notice that some of the recipes I'll provide you utilize this powerful supplement to not only enhance the flavor, but give more well-rounded nutrition. Make the most of it – it's highly convenient, completely safe (unlike what you might have heard), and will be used by your muscles very well.

So trick number one is to get more of the right sources of protein in your diet! **Do this and you're off to a great start and will instantly be burning up fat faster.**

Let's look at trick two.

Trick #2

Cook with the BEST fat burning oils

The next great trick that you should be using to transform your diet from one that leaves you frustrated to one that gets you great results is to start cooking with the right oils.

Many people avoid oils entirely because they believe they are too high in calories to include as part of their plan but the point to remember here is that while oils are definitely higher in calories than carbohydrate and protein rich foods (at nine calories per gram compared to four respectively), if you make sure to use them properly, they will help to boost your fat loss progress and make your diet taste great.

Not only do oils help to add flavor to the foods you're eating but they supply vital nutrients.

The best oils will keep your body working properly and help to maximize your metabolic rate.

Healthy fats are also great for helping to kill your hunger levels as well since they won't influence blood sugar levels or increase the insulin in the body, therefore by adding small amounts to your meals you can prevent hunger from creeping on at a later time.

So which oils should you use?

My top three favorite ones to add to your recipes include:

- Olive oil
- Macadamia nut oil
- Coconut oil



One big reason why these stand out on my list of top oils to utilize is because they have a very high smoking point, therefore you can easily cook any recipe with them without worry.

In addition to that, olive oil is well known to be one of the most 'heart-friendly' oils around, coconut oil contains medium chain triglycerides which can actually be utilized by the muscles for energy instantly (whereas all other fats can't), and macadamia nut oil has high levels of oleic acid, which is very important to provide

health benefits of lowering the level of inflammation in the body, and helping to promote healthy cholesterol levels, so your body can work with optimum metabolic capacities.

So if I had to choose just three oils to be including in your diet regularly, these would definitely top the list of the best ones to choose both for their health benefits and their fat loss superpowers.

Trick #3

Spice it up!

One thing that so many people entirely overlook as they go about their diet is the power of spices.

Spices will not only boost the taste of your foods but also enhance your metabolic rate so that you burn fat *all day long*.

Making proper use of spices will be a must.

Spices are quick and easy to add into your dishes and one of the best ways to make sure that you don't experience that dietary boredom that we talked about earlier.

So which spices should you be focused on?

Here are some of the top spices that are going to help you take your fat loss into high gear.



Black Pepper

Sounds simple enough but this spice can offer up to 8% increase in your metabolic rate and will also help to reduce symptoms of constipation and gas from your meals. This one is ultra easy to add to any meal, so start making the most out of it.

Turmeric

A very often forgotten spice, this one will help to lower your blood sugar so you don't get strong food cravings and help to reduce body fat. This spice can actually help to block fat gain so it's one that you definitely want to be making good use of.



Cinnamon

A sweet spice that many people enjoy, this one helps to control your blood sugar levels and will also give your immune system a strong boost. It's going to promote a healthy digestive system as well, ensuring that you're able to remove all the toxins from the body on a regular basis.

If these build up, they can influence your metabolic rate and how well your body is able to rid itself of its body fat.

Ginger

This spice is often used to combat nausea, but it too has metabolic boosting powers. It works great in many recipes and will add an oriental flare to the dish.

Garlic

One of the most commonly used spices, this one will help to detoxify the body so that you're burning off fat as effectively as possible. This spice also helps to loosen up fat to get it ready for fat burning.

When you combine this spice with a proper calorie intake and regular workout sessions, you have a strong fat loss combination.

Cayenne Pepper

This spice has reportedly given some individuals up to a 25% boost to their metabolism so if there's one that you definitely want to be making good use of, this is it. Adding this to a meal can increase the number of calories you burn over the next few hours, ensuring fat loss progresses along maximally.



Chili Powder

Finally, last but not least we have chili powder. This one acts very similar to cayenne pepper in the body due to its capsaicin content and will provide you with a nice metabolic boost so you burn more calories all day long.

As far as fat loss goes, it can't be beat.

So make sure you are not overlooking the power of spices. Far too many people focus on what they can do to cut out foods from their diet but instead of taking that route, how about looking at what you can *add in* so that you see a faster overall rate of fat loss.

Trick #4

STOP cooking with these UN-metabolic ingredients

Another big problem that some people are making with their diet program is they're cooking with foods that will only encourage fat accumulation, rather than support healthy fat burning.

During a recent trip to my local book store, **I was stunned when I opened some of the best-selling cookbooks on the market now!**

These so-called “fat loss cookbooks” are jam-packed with unhealthy ingredients that are slowing down your metabolism!

Let's have a quick peak at the most un-metabolic ingredients that I've found in these "fat loss cookbooks" so that you can give these the boot on your diet plan.

Margarine

Not only is this an incredibly unhealthy source of fat, but it's going to slow down your metabolism so you burn fewer calories throughout the day. It's like the double whammy – your body burns less and you take in more. Not a good combo for fat loss.



Vegetable Oil

Just like margarine, the same story holds for vegetable oil. Vegetable oil contains unhealthy fats that will not support a healthy metabolism and will actually just further damage your health. Avoid this at all costs and use the oils we've mentioned above.

'Calorie Wise' Salad Dressing

Think drizzling some calorie wise salad dressing is a smart move for faster fat loss? *Think again!* These salad dressings may be low in overall calories but they're filled with harmful ingredients that will just slow your fat loss down.

Choose healthier salad dressings and you'll be that much better off. **Making your own fat burning salad dressing is by far the best option! (See trick #5)**



Processed Protein

Any type of processed protein such as deli meat will be filled with preservatives that only add toxic waste to your body and prevent the natural process of fat loss from occurring.

Choose natural, lean sources of protein as we mentioned in trick one instead. That is the protein that gets you results.

High Sodium Seasonings

We've already listed the spices that will serve to boost your metabolism so start swapping out those high-sodium spices that you're currently using instead.

Such a high intake of sodium is only going to set you up for health problems down the road, not to mention adding pounds of unwanted water weight in the form of nasty stomach bloat.

We recommend that you start creating your own healthy and sodium free spice mixes! (See Trick #6)

Cream

Cream is another cooking ingredient that you must give the boot. Not only is cream high in calories and fat, but it's the ugly saturated fat variety.

While low-fat dairy products can be healthy on a diet plan, cream is not one of them.

White Flour

If there's one whole category of foods that you should eliminate from your diet entirely and make sure you aren't cooking or baking with, it's white flour. While flour is robbed of its natural nutrients and is only going to spike insulin levels, promoting high rates of fat gain.

Shun this ingredient immediately!

Brown Sugar

I was speechless to see healthy cookbooks use brown sugar in their recipes! The brown sugar sold at grocery stores is actually white granulated sugar with added molasses. Yes, brown sugar contains minute amounts of minerals. But unless you eat a gigantic portion of brown sugar every day, the mineral content difference between brown sugar and white sugar is absolutely insignificant. The idea that brown and white sugar have big differences is another common nutrition myth. Sugar is a big enemy on your hit-list of ingredients to eliminate. Sugar causes high's and low's, promotes strong food cravings, and will quickly cause the accumulation of body fat.

Enough said. Get this one out of your diet – pronto.



If you can take a good look at your diet and make sure that these are out of the picture, you're going to be a hundred times better off.

Trick #5

Start creating your own Metabolic salad dressings

One of the biggest problems that you'll come across with your diet right now is the sauces and dressings that you're adding to your food. Even if you are taking the steps to choose healthier by eating salads more often, if you're dousing these with high calorie dressings, you're hardly doing your health a favour.

Not only are these going to be loaded in saturated fat, but they're also often filled with chemicals and sugar as well, forming a double whammy as far as your nutritious diet is concerned.

They are going to do nothing to boost your rate of fat loss or stoke your metabolism, which is why you need to come up with an alternative.

My metabolic dressing recipes cure this problem instantly. When you choose the right ingredients to include in these dressings, not only will you see enhanced metabolic effects, but you're also going to be getting great nutrition as well.

Let's take a look at a few of the key ingredients that you should consider adding.

Mustard

One very little known fact is that mustard can actually help to boost the metabolism, allowing you to burn more calories each and every day even at rest. Mustard is also great for helping improve the overall digestive system, so your body will be much better able to extract the nutrients from the foods you eat and put them to good use, helping improve your overall functioning.

Some of the other benefits that mustard will provide you with is a reduction in the rate of migraines and headaches you experience, a decreasing of the severity of asthma, and it can help to lower the risk of developing rheumatoid arthritis.

Apple Cider Vinegar

Apple cider vinegar is our next ingredient that you should be including in your salad dressings. Apple cider vinegar serves to help out with weight loss by detoxifying the liver and by increasing the metabolism. Many people also find that using apple cider vinegar serves to suppress their hunger level as well, so that's yet another great benefit that you might notice as well.



Apple cider vinegar is also a rich source of vitamin C, vitamin E, vitamin A, vitamin B1, B2, and B6, making it great for overall health sake as well.

White And Red Wine Vinegar

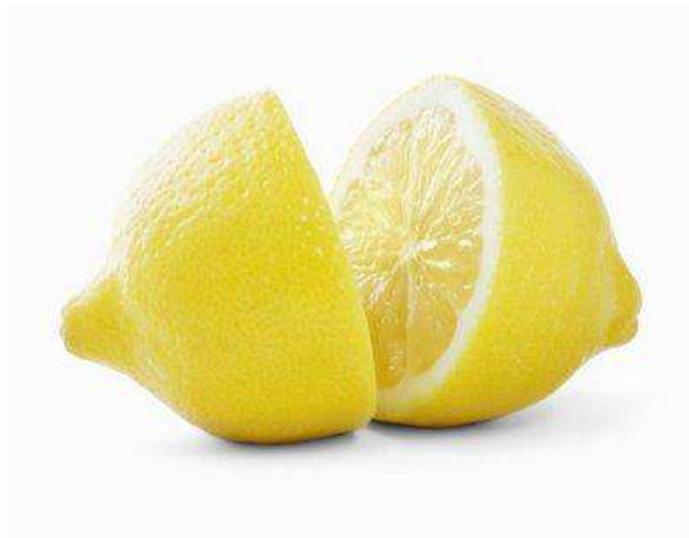
White and red wine vinegars are also a powerful component for helping to enhance the rate of weight loss as well. These are going to help to improve the body's response to glucose when consumed and help to reduce the spike in blood glucose levels while slowing gastric emptying.

This means that by including this in your salad dressings, you'll feel more satisfied after eating your meal and won't have the urge to continue eating after you're finished. In addition to this, vinegar is completely calorie free and has often been used for treating metabolic disorders as it will serve to speed up the metabolism.

Lemons

Finally, there's nothing as easy as adding some lemon juice to your salad dressing and this can help to ward off further food cravings while also keeping blood glucose levels more stable.

Lemons will add a very strong touch of flavor to your salads so your taste buds will feel fully stimulated by eating it and will not seek out additional food afterwards.



Let's give you one great salad dressing recipe to get you started.

CREAMY DIJON HERB DRESSING

Ingredients:

4 tablespoons Greek yogurt
1/4 cup white wine vinegar
1/4 cup water
2 tablespoons minced fresh parsley
2 tablespoons Dijon mustard
1 tablespoon fresh lemon juice
1 garlic clove, minced
1 teaspoon dried thyme
Pinch black pepper

Directions:

Place of the all ingredients in a blender; process until smooth

Trick #6

Prepare your own fat torching seasonings

Another smart move to help you move forward with your fat burning progress is to add in plenty of fat burning herbs and spices.

Most of the store bought spices mix are full of sodium and added ingredients that will only build up in the body and not so anything good to improve fat loss.

Instead, if you create your own tasty seasonings from all the herbs that can offer you metabolic increases, you'll feel good that you're doing something positive for your health while helping to boost the rate of fat loss.

Not only that, but by creating your own seasonings you'll also significantly cut down on your costs as some of those pre-made spices can get pretty pricey and you'll have the peace of mind in knowing that you know exactly what is in the blend you've created.

Let's have a look at some of the top herbs to consider.

Parsley

This great herb will work great in a variety of dishes and help to improve the process of both digestion and elimination, making it ideal for fat loss purposes. In addition to this, parsley will help to regulate your blood sugar levels better, stopping food cravings before they start.

Basil

Basil is the next herb to add to your spice mixture and can also help to aid with weight loss by dulling the appetite level. If you're someone who finds that you are constantly hungry while on a fat loss diet plan, basil will quickly help you combat this.

Oregano

Oregano is a good herb to add to your spice mixture for helping to reduce the effects of bloating, which is something that keeps many dieters down.

If you often feel as though you're moving further away from six pack abs than closer due to problems with bloating, this herb will help you remedy this quickly.

Rosemary

One of the primary benefits of rosemary is the fact that it will have a very calming effect of the body, helping reduce the levels of stress present. Since stress can rapidly cause levels of cortisol in the body to increase and this cortisol can encourage stomach fat accumulation, by adding rosemary to your herb mixture you'll indirectly help prevent fat gain from occurring.

Plus, it tastes great and will add a very nice flavor to many dishes that you're creating.

And the really great thing about each of these spices is that they'll easily integrate right in with the metabolic boosting spices that we discussed in Trick #3. Pair these together and you'll have the ideal fat burning environment.



Let's give you a sample seasoning to use.

CLASSIC METABOLIC HERB SEASONING

Great with most meats

Ingredients:

- 3 tablespoons dried parsley
- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried rosemary
- 1/2 teaspoon black pepper

Trick #7

Prepare recipes with plenty of Metabolic Thermo-Charged Free Vegetables

One of the most effective tricks that you can use to jump-start your progress is to make sure that you make good use of Metabolic Thermo-Charged 'free' vegetables.

What's a Metabolic Thermo-Charged Free Vegetable'?

These are essentially vegetables that will cause the body to move into a negative calorie state simply by eating them. Or, another way to put it is that eating these vegetables will cause you to burn more calories than they provide you.

They could be considered a negative calorie food! Eat and lose weight? If you're like most people, you like the sound of that.

These vegetables either contain so few calories in them that the body expends more calories just to break them down as it digests the food, or the vegetables have certain properties about them that will stimulate your metabolism so that you burn more calories at rest as your body burns off more heat after eating them.

Either way you want to look at it, as far as weight loss is concerned, it's a win-win scenario.

You can literally eat as many of these as you want, so don't feel at all limited to add them to your meals and snacks.



Here are the ones that you need to know about.

Cruciferous Vegetables

These are low in calories and taste great steamed, stir-fried, or eaten raw. They include **broccoli, Brussels sprouts, cabbage, cauliflower.**

Gourds

This category of vegetables, with the most common being the **cucumber**, are also ultra low in calories but pack in a ton of fiber, making them excellent for fat burning.

Green Leafy Vegetables

Green leafy vegetables work great in salads and pack in less than ten calories per cup. They're also loaded with various nutrients so will keep you in very healthy condition. Stock up on **kale, lettuce, and spinach** and add them to your diet on a regular basis.

Nightshade Vegetables

These vegetables are also ultra low in calories and some actually offer added metabolic effects. The ones to focus on here include **eggplant, peppers, and tomatoes.**

Root Vegetables

Finally, the last of our Metabolic Thermo-Charged 'free' vegetables are root vegetables. These are perfect for providing a nice thermogenic boost to the body,

allowing you to burn fat all day long. The top choices here include **carrots, celery, onions, radishes, and turnips**. These are also going to help to flush the fats out of your system, so are especially important when on a fat loss diet.

So have a good look over your current meal plan and make sure that you are eating these as often as possible.

In Closing

Before we leave...



So there you have it! - The top secrets to dietary success. There's absolutely no question about it, diet is ultra important if you want to see top-notch fat loss results and with the help of *Metabolic Cooking*, you will see the results you're looking for.

You'll learn precisely how to cure boredom with food, making sure you stick with the diet plan, and you'll learn all the special cooking tricks that will actually work to increase your total daily calorie burn.

If you have a higher total calorie burn, this means you can actually eat *more* food throughout the day and still lose weight, therefore really upping the pleasure-factor you get from this approach.

So do away with starvation, boring, nutrient-devoid diets. They are bad-news as far as your fat loss progress goes.

Get with the program and create the change that you're looking for. The change that [*Metabolic Cooking*](#) will provide.

I promise you, this will be the last diet you go on as it's not a 'diet', it's a smart and healthy approach to eat lots of tasty food while torching that ugly body fat.

About the authors

Meet Dave Ruel and Karine Losier

[Metabolic Cooking](#) has been created and prepared by **Dave Ruel** and **Karine Losier** (Dave's better half).



Dave is the most respected and trusted fitness cook in North America and is a firm believer that eating healthy to support your body goals DOES NOT have to be plain and boring.

He's seen fitness enthusiasts go the usual route of steamed chicken, baked potatoes, and broccoli for every meal and has had the opportunity to teach them that there is a 'better way'. With Dave's approach, you're never dieting – you're just eating healthy because you love it.

Dave has a large background in helping others achieve their goals, be it fat loss or muscle building and is always learning new and innovative techniques to use in the kitchen.



Karine, co-author of the book is also known as the '**Lean Kitchen Queen**' and has a strong passion for food, fitness, and culinary adventures. She gets excited about challenging the commonly used techniques that most chefs turn to while seeking out healthier alternatives. Simply put, she's a real **kitchen glamour renegade**.





The two in combination are simply unbeatable and are able to come up with creative dishes that work well for both males looking to get in great shape as well as females who are after that lean, toned physique.

Karine isn't just a bubbly little chef either. She's holds a master's degree in psychology so she is fully aware of all the psychological struggles that people face with regards to their eating habits and diets, thus why she knows the importance of good nutrition that tastes great and serves to motivate people to stick with their diet by challenging their commonly held psychological beliefs.



All in all, the duo of Dave and Karine are simply unstoppable in the kitchen and are taking the world by storm, proving that eating healthy can be the most nutritious, enjoyable, and fun experience. Looking great just got a whole lot easier when you turn to them for help with your fat loss goals.





METABOLIC COOKING'S THERMO-CHARGED RECIPES



[CLICK HERE FOR 250 FAT TORCHING RECIPES](#)