



THE OVER THE HILL GUIDE TO RAPID **FAT LOSS**

**Weight Loss that Works in
your 40's and Beyond!**



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Introduction

Age may be nothing more than a number, but it's one that comes with some serious baggage. Hit 40 and you're over the hill. Reach 50 and you're out to pasture. By 60, you're ready to join the slippers and scrabble brigade and at 70 you've well and truly outstayed your welcome.

Try to do anything to regain the body you used to have and the younger generation are likely to roll their eyes and advise you to stick with your crossword. Losing weight, they'll say, is hard enough for young people. Once you hit 45, you may as well forget about it.

But you can't forget about it.

You look back at photos of the body you used to live in longingly . . .

and then you look down at what it is now.

You'd like to see your feet, but you can't – there's an overly inflated spare tire obstructing your view. Your once taut



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muscles have become flabby and loose and your hips and thighs have morphed into something unrecognizable.



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As your body has changed, so has your zest for life. You get up and go got up and left about 30 pounds ago. Your blood pressure and heart rate are too high and your cholesterol level is a worry.

You've heard it so often that you've convinced yourself that this is all part of the inevitability of aging . . .

You age . . .

you gain weight . . .

you get sick . . .

you die.

Well, we are here to tell you that that is a crock of lies.

While it's true that the aging process does present certain challenges to getting in shape, the fact of the matter is that you can lose all the body fat you want, shape up, get stronger and enjoy amazing health at any age. You have just got to know the smart way to achieve those goals.

In this book, you will discover what is holding people in their 50's and beyond back from achieving their weight loss goals. Then you will learn how to overcome those barriers as you develop a program that will get back the body that you thought was gone forever.

Chapter One: Fat Loss: Why Your Age Is Not Against You



We have been conditioned to believe that, as we age, we naturally become more and more unhealthy: that it is our destiny to become frail, to put on weight and to suffer from ache and pains.

That is simply not true.

Anyone can be active, fit and healthy well into their 50s, 60s and 70s. So why are so many elderly people frail, fat and full of aches and pains? It is because they are not challenging their bodies the way they did when they were in their 20's and 30's.



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The human body is an amazing machine capable of adapting throughout your lifespan to your changing situation and environment. Many of the 'inevitable' aspects of aging and slowing down are the result of people buying into the societal expectations of their age group. They are a result of sedentary living, not a genetic slowing down.

You are nothing more than a bunch of cells. Those cells are ageless and immortal. They have the ability to divide and replicate themselves. As we get older, however, this regeneration process slows down. Muscle tissue also becomes stiffer and performs less efficiently. Yet, scientists cannot tell us how much of this decline is due to the unavoidable effects of biology and how much is due to inactivity.

Researchers have identified a number of changes that take place between the ages of 35 and 55 in people who follow a sedentary lifestyle:

- They start to lose lean muscle tissue
- Their metabolic rate decreases
- Their testosterone / estrogen levels decrease
- Bone density decreases
- Body fat levels increase
- Body fat distribution shifts from subcutaneous to visceral
- They have difficulty sleeping



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That is the normal aging pattern, yet none of those effects are inevitable. We all have the ability to decide what will happen to our body.

Studies involving senior track athletes have shown that people in their 50's, 60s and 70 are able to maintain much of their youthful athletic performance by maintaining the healthy lifestyle that they enjoyed in their younger years.

But you don't have to be a long distance athlete to get back the body you had in your youth. Your body was designed to move. Regular movement, then, is the key.

When your body senses that you are sitting around all day, it goes into hibernation mode. Your metabolism will slow down, meaning that you will burn fewer calories throughout the day. That will lead to weight gain. Yet, by doing just a few minutes of exercise per day, you are able to awaken your body's fat burning potential, speed up the metabolism and fire the hormones that will trigger a thermogenic response.

Today, we are seeing more and more aging athletes doing amazing things in the sporting arena. Take note of this comment from well known sportswriter Jon Hanc in an article published in *Best Life* magazine:



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“It’s as though 21st-century professional athletes and weekend warriors are living out the Benjamin Button fantasy: Through a combination of scientific training, disciplined diet, and advanced sports medicine, they are overturning immutable laws of biology, and they are reversing, or at least fighting to a draw, the aging process. The new old pros are busy making 40 the new 30.”

In everyday life, we are also seeing the empowerment of the elderly. We’ve all heard the phrase “50 is the new 40.” More and more people are refusing to be defined by their age. Remember that life is an accumulation of habits. Those habits build upon each other, day by day creating the person that we are.

If you are at a point where you’re not happy with the physical results of your lifestyle habits, you have the power to do something about it, regardless of your age. Losing weight, and keeping it off, will require that you ditch some of your old habits and take on entirely new ones.

In this book you will be presented with a number of habits that will put you on the fast track to rapid weight loss. Embrace them one at a time. View them as pillars to a structure that you are building – your new body. Once a pillar is cemented in place it is there for good. Before you know it, you will have an indestructible foundation upon which to build your new body.

Chapter Two: The Hormone Reset for Rapid Fat Loss



Imagine if the conductor of a world-class orchestra didn't show up for an important concert. What's worse, half the players stay away, too. You wouldn't expect too much in terms of quality music, right?

Well, that is a pretty accurate reflection of what is happening in your body when your hormones are out of whack. Hormones, after all, are like the orchestra conductors of the body, regulating the myriad functions that take place every second. When they're out of balance or otherwise messed up, we feel out of sorts, we can't digest our food properly – and we get, and stay, fat.

The Body Regulator

Your body contains more than 100 types of hormones, which are simply chemical messengers which tell the cells what to do. They control everything that you do, from breathing to sleeping. There are a whole host of things that have an effect on how well our hormones are working. The amount of physical activity we engage in, our mood and stress level and the nutrients we supply our body are all key factors.

The Hormone Wrecker

The way we eat has played havoc with our hormones. Toxins are all around us. In fact, we take them into our system with every breath we take. Processed foods contain all manner of toxins that contaminate and clog up the cells inside our bodies. So, day after day, year after year, toxins are building up in our bodies, preventing our cells from utilizing the nutrients that we are providing them with. When we consider that most people are hardly doing a good job of taking in the essential vitamins and nutrients that their body requires, the fact that most of that pitiful amount isn't getting through is truly frightening. In short, the modern Western diet is an extremely hormone unfriendly diet.

You can think of a hormone like a train. It has a destination and knows where it needs to go. But it doesn't know the best route. Think of the food you eat as signals to light the way for the



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hormone. The right foods will lead the hormone to its destination, where it can deliver the right signal at the right time. The wrong food, however, will lead the hormone where it doesn't want to go.

The bottom line here is if you're eating well and you're exercising but you still can't lose weight, there's a high likelihood that it's because of your hormones. Hormones are the barrier that are stopping many people from making traction on their fat loss goals.

The Barrier Breaker

The good news is that it is possible to break through the hormone barrier. Of the many hormones in your body, there are 4 that are vital to your fat loss efforts. Get them under control and you'll be able to shed those unwanted kilos. Leave them as they are and you'll be forever spinning your wheels.

Fat Fighting Hormone #1: Adipopectin

This hormone is essentially the body's fat burning torch. It signals the fat cells to release fat and use it for energy. Yet many people have chronically low adipopectin levels.

Adipopectin has only recently been identified by researchers. It is a protein-based hormone that regulates hormone sensitivity.



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The more fat you are carrying on your body, the lower your levels of adiponectin are likely to be.

Increasing your levels of adiponectin is the first hormonal reset that will help you to flush body fat from your body. It will also dramatically measure your risk of Type 2 diabetes.

Unless you increase the levels of adiponectin in your body, you will never lose body fat.

The good news is that there are ways to naturally increase your body's production of adiponectin. Here are the top 3 ways to boost your adiponectin levels:

- ✓ **Exercise:** A study conducted by Dr. Adamandia D. Kriketos in the Diabetes Research Program Garvan Institute of medical research in Sydney, Australia, has shown that, even after just three bouts of moderate exercise, the amounts of adiponectin circulating in the bloodstream increased by up to 260%.
- ✓ **Diet:** A diet that is rich in fish, fruits and vegetables, along with generous doses of healthy fats, will increase adiponectin levels. One study showed that pumpkin seeds and dark green leafy vegetables were especially potent in boosting adiponectin levels.
- ✓ **Supplementation:** Supplementing with raspberry ketones has been proven to be an effective way to

increase adiponectin levels. Raspberry ketones' ability to regulate adiponectin makes it one of the most useful tools for people trying to lose body fat.

Raspberry ketones are derived from raspberries, so can't you just eat more of them? Well, to get the amount you require you'd need to eat about 90 pounds of raspberries. Doing so would hugely increase your sugar intake, spiking your insulin levels and, ultimately, leading to more fat gain.

By taking your raspberry ketones in supplement form, you are able to get the benefits of raspberry ketones without having to take in all the sugars that are in raspberries.

Fat Fighting Hormone #2: Insulin

When people eat food, that food releases glucose into the blood supply. This glucose in the blood will stimulate a reaction in the pancreas. The pancreas releases a hormone called insulin. Insulin's job is to take the glucose into your muscle cells. This creates ATP for energy, allows you to build muscle and keeps you healthy.

To get the glucose into the muscle cell, it has to first pass through an insulin receptor. The insulin regulator is a bit like a bouncer at a night-club. Insulin is like a VIP guest – it gets an



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automatic pass. The glucose that it carries with it also gets a free pass.

For people who are insulin resistant, however, it's a whole different story. If the cell is already flushed with glucose, the insulin receptors are not going to allow the insulin to bring any new glycogen in. This can result in an insulin resistance, meaning that, even when it does need the glucose, the cell will be unable to accept it. This increases the level of blood glucose. Yet, the pancreas reads this as a sign that insulin needs to be produced and so just goes on producing more.

So, what happens to all of that excess glucose and insulin. The glucose will be converted into visceral fat – that's the most dangerous sort of fat which surrounds your vital organs. The glucose also gets converted to LDL cholesterol, clogging the arteries and leading to a whole host of cardio pulmonary problems.

A lot of people are eating way too much nutritionally devoid junk foods that are causing serious problems for their bodies. At the same time, people aren't sleeping properly. They are also far too sedentary. These factors combine to cause insulin sensitivity.

When people eat foods that are high in fructose corn syrup and processed carbohydrates, they are taking huge amounts of glucose into their blood stream. This causes their pancreas to go into overdrive to produce more insulin. This overload of



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insulin can lead to the insulin receptors that regulate the flow of glucose into the muscle cell shutting down – they no longer do their job. This, in effect, shuts off the muscle cell. It is going to be starved of glucose. It can't make ATP. The muscle cannot get bigger. And the person has no energy.

All of this results from eating the Standard American Diet (SAD).

The super elevated levels of glucose in the blood will lead to . . .

- Inflammation
- Fat Gain
- Memory Loss
- Fatigue
- High Blood Pressure
- Increased Risk of Heart Disease
- Cirrhosis (liver scarring)
- Chronic Muscle and Joint Pain
- Irritable Bowel Syndrome

The key to overcoming insulin resistance is diet. The first thing that needs to happen inside your body is normalize your insulin levels. This can only happen one way . . .

By reducing your consumption of sugary, processed carbohydrate foods.

Refined sugar products such as white sugar, candy, sweets and soft drinks, are the biggest culprit in the obesity epidemic that is plaguing the Western world. Added sugar provides absolutely zero essential nutrient quality. As such they are known as empty calories.

Sugar is high in fructose, which can only be broken down by the liver. Too much of it can put overdue stress on your liver, forcing it to turn the fructose into fat and causing fatty liver. Sugar can also cause insulin resistance, which can in turn open the road to diabetes. There is also considerable evidence that too much sugar can contribute to cancer.

Sugar, because of its ability to release dopamine in the brain, is highly addictive. And to top it off, sugar will make your teeth rotten!



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A Dozen Processed Foods to Ditch Today

- Biscuits
- Crackers
- Pies
- Doughnuts
- Margarine
- Tortilla Chips
- Refined Vegetable Oils
- Soft Drinks
- White Bread
- Pasta
- Bagels

Natural Carbs

Put simply, a natural carb is one that has come out of the ground or off the plant or tree in the form that you are about to eat it. Whole grains come into this category. Even though they are processed to an extent, they retain some of their nutrients and fibers. Processed complex carbs such as pasta, bread and bagels go through an intensive milling, refining and bleaching process that strips away their nutritional value while bulking up the calorie count.

When you reach for carbs, make sure that they are nutrient dense and that they are low on the glycemic index.

Fat Fighting Hormone #3: Cortisol

Cortisol, known as the stress hormone, provides us with energy. But it also has a major part to play in our weight, and, more specifically, the shape of our waistlines. Too much cortisol has been directly linked to abdominal obesity.

The modern diet has screwed up our cortisol levels. And, once again, we can blame it on sugar. High sugar foods quickly release sugar into the bloodstream, having an effect on cortisol production. The rush of sugar will lead to the release of insulin, resulting in plummeting blood sugar levels. When the amount of sugar in the blood gets too low, cortisol is released. That is why people who eat too many refined foods have chronically high levels of cortisol. This, in turn, leads to more insulin secretion. Before long your body will become insulin resistant, and higher and higher amounts will be released to transport the food.

Too much cortisol in the bloodstream will also shut down the production of serotonin, a mood controlling neurotransmitter. Lowered serotonin levels can lead to depression.

Cortisol also lowers the production of melatonin. Melatonin is the sleep hormone produced by the pineal gland. This will stop you from getting a good night's sleep. It will also impair the production of HGH, a hormone that keeps you strong and virile.

Balancing your cortisol levels will not just help you to shed unsightly fat – it will prevent you from anxiety overload.

Here's how to do it.

(1) Eat a Balanced Diet

Foods that are proven aids in helping to balance out your cortisol levels are greenleafy vegetables, fruits, fish, eggs, poultry and the occasional serving of red meat. To lower your cortisol levels eat less sugar, alcohol, sweets, soft drinks, cookies, cereals, fat free products and foods that contain trans fats.

(2) Exercise

The body perceives exercise to be stress. As a result, it increases cortisol production while you're working out. It also brings down your post-workout cortisol levels. This will help you to feel a lot calmer and relaxed after exercise.

Studies indicate that high intensity, short duration aerobic exercise is best for lowering cortisol levels.

(3) Supplement

Here are 5 key supplements that can help you get your cortisol under control:

- (1) Vitamin C
- (2) Phosphatidyl Serine
- (3) Rhodiola Rosea
- (4) Gluatmine
- (5) Ashwagandha

(4) Sleep

Sleep deprivation and the inability to relax the mind and the body tend to keep cortisol production high, which can have negative effects on the body long term. It is, therefore, vital, to maintain a consistent, regular sleep pattern in order to balance out your cortisol levels.

(5) Regular Sunlight

Fifteen to twenty minutes of sun every day will make you feel much calmer as well as providing you with plenty of vitamin D, both which will help to lower your cortisol level.

Fat Fighting Hormone #3: Leptin

Researchers have determined that leptin is the gate-keeper of fat metabolism and the regulator of hunger.

There are three ways that it does this:

- 1. It counteracts the effects of NPY**
- 2. It counteracts the effects of anandamide, which is another hunger stimulator**
- 3. It promotes the production of α -MSH, which is an appetite suppressant.**

If your body's fat cells are producing a healthy amount of leptin, the hormone will signal your body to eat less and you will be more able to control your weight.

Many people who are overweight are producing enough leptin because leptin is produced in fat cells. The problem, however, is that the hypothalamus in the brain is not getting the message from the leptin hormones to burn fat for energy. This will force the body to burn sugar rather than fat for energy. Without this appetite regulator working optimally, we will also be very likely to eat more.

Leptin resistance in the body is taken by our system as a sign of starvation. In turn, certain mechanisms in the body swing into action to increase your fat stores. The upshot of all of this is that a less than optimum level of leptin release will make us eat



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more and, at the same time make our body think that we are starving, thus telling us to eat even more.

Now, there are a number of factors that contribute to leptin resistance. They include such things as eating too many simple carbohydrates, high stress levels, high fructose and grain consumption and – you guessed it – lack of sleep.

When you don't get enough sleep, your leptin levels are negatively affected. The result is that you don't feel as full as you should after you eat, which leads to binge eating and snacking – two major fat gain culprits.

The impact of lack of sleep on leptin and weight gain were clearly shown in a couple of studies, one conducted at the University of Chicago in Illinois and the other at Stanford University in California.

In the first study, 12 men were deprived of sleep for two days, followed by two days of extra sleep. leptin levels were taken before and after each sleep period. During the restricted sleep period, the men's leptin levels dropped significantly. In concert with this, their desire for high carbohydrate, high calories foods increased by a whopping 45% over their desire after the extended sleep period.

The second study involved 1,000 volunteers who recorded their sleeping patterns before having their leptin levels recorded.



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The results showed that respondents who got less than an average of 8 hours of sleep per night had elevated lower of leptin AND higher body fat levels. What's more, the people who slept the least had the highest levels of leptin – and the highest body fat levels.

Leptin resistance – that is your brain's inability to read the messages that leptin is sending it - coupled with diminished levels of leptin in your body, leads to weight loss resistance. That means that you will have an inability to lose weight despite how cleanly you eat and how much you exercise. It is this inability to burn fat that is keeping millions of people fat.

As we can see, then, getting the right leptin balance is critical. Too little and your brain won't receive the message that it's full. Too much and your brain will get the same message, leading to uncontrolled eating.

3 Keys to Control Leptin

(1) Eat natural foods

Cutting processed foods from your diet will prevent you from over producing too much leptin. To get your levels up to where you want them, concentrate on consuming green, leafy vegetables, whole grains, foods containing natural fats and fish. Avoid low fat foods, refined carbs, sugar, sweets and foods that contain trans fats.

(2) Perform short, hard workouts

Studies show that high intensity, short duration bouts of exercise are great for stimulating the release of human growth hormone. This, in turn, kicks the body's fat burning mechanism into high gear, which aids in balancing your levels of leptin. Along with those short, hard workouts, make sure that you get plenty of sleep. Leptin levels are enhanced during your sleep cycles.

(3) Supplement

To prevent leptin resistance, consider supplementing with Taurine and Acetyl L-Carnitine (ALCAR). A multivitamin will also help prevent your body from going into survival mode and, therefore, will assist you to regulate your leptin levels.

Bottom Line on Hormones

Unless and until you balance your internal body regulators, you are never going to be able to affect change on the outside. Taking the time to regulate your hormones will allow you to get your body's orchestra playing in unison. Once you've done that, you'll finally be in a position to reap the rewards of your exercise and nutrition efforts.

Chapter Three: The Ketogenic Way to Rapid Fat Loss

At first, the world was skeptical. Who could blame it? The Ketogenic Diet turned the ingrained wisdom of ‘proper’ nutrition, not to mention the sacred food pyramid, on it’s head. Eat more fat, it proudly proclaimed, and you will lose all the fat you need.

It seemed ridiculous. Unhealthy. Death dealing.

Twenty years down the track, the skeptics are few and far between. A mountain of scientific evidence now supports the ketogenic diet as, not only the most effective fat loss method that exists, but also one of the healthiest. That’s great news for food lovers. After all, fat is what gives food its flavor.

What is the Ketogenic Diet?

The ketogenic diet is a high fat, moderate protein, low carb diet designed to force the body to switch from using glucose from carbohydrates to using ketones from fat as its primary energy source. It does this by restricting the intake of carbohydrates and increasing the amount of fat consumed.



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In the last chapter we discovered that our hormones have been mucked up completely as a result of the modern diet. Did you notice an underlying cause that was common to every single one of those hormone malfunctions?

Yes – too many refined carbohydrates.

Processed carbs are the reason that you are not happy with how your body looks. In this chapter you will learn how to put the in their place, once and for all.

The word ketogenesis means that we burn fat as our energy supply. When fatty acids are broken down they become ketones. The body can either use glucose or ketones to produce adenosine triphosphate (ATP), which is the body's energy source. Without ATP, we would not be alive. Everything we do is dependent on it.

When we take carbohydrates into our body, it ends up as glucose. The body uses glucose to burn energy and become ATP. When we consume protein, it is broken down into amino acids. Amino acids build and maintain the body. When we ingest fats, they become ketones. Ketones can also be used to produce ATP. The goal of the ketogenic diet is to only use fats as the body's energy source.

The ketogenic diet mimics the effects of fasting. In a fasted state the body produces ketones, as a result of the body having



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to burn stored fat rather carbohydrates. The original ketogenic diet had a fat to protein and carbs ratio of 4 to 1.

The meals that you eat on the ketogenic diet are extremely satisfying and nutritious. They will fill you up, meaning that you'll have fewer cravings and experience less time when you are hungry. That's because it is fat that triggers satiation, or the feeling of fullness.

When you are in a state of ketosis, your body will burn the fat that it has already stored as a means of energy. What's more, it will do so without the extra release of insulin that accompanies carbohydrate intake. You thus avoid the blood sugar highs and crashes that come with eating carb foods.

Despite its recent surge in popularity, the ketogenic diet has been around for a long time. It was originally developed in 1924 by Dr. Russell Wilder of the Mayo Clinic. Dr. Wilder was looking for a way to treat epileptic children who weren't responding to normal medication. His ketogenic diet worked wonders.

However, with the advent of new powerful anti-seizure drugs, and the influence of drug companies, the ketogenic diet for treating juvenile epilepsy fell out of favor.

The modern keto revival began in 1994, when Charlie Abrahams, the son of Hollywood director John Abrahams was successfully treated with the diet. There followed a lot of media exposure, including a popular movie called *First Do No Harm*,



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starring Meryl Streep, in which a child's intractable epilepsy is successfully treated with the ketogenic diet.

The publicity revolving around the ketogenic diet's benefits in treating epilepsy led to studies to determine if it could also benefit the general population. There is now a body of research showing that the ketogenic diet is a successful and safe route to rapid fat loss.

Is It Safe?

Yes. The keto diet has been the subject of a large number of studies that have shown that it is a safe way to lose body fat. Many of the concerns over the diet are the result of long-standing misunderstandings about fat and the role it plays in our health. The truth is that fat will not make you fat. Neither will it ruin your cardiovascular health. Too many carbohydrates will both make you fat and unhealthy. That is why the keto diet cuts out carbs.

Why It Is Important to Visit Your Doctor on a Regular Basis?

The ketogenic is a specialized eating lifestyle. It designed to make you healthier, lose body fat and promote general well-being. Visiting with your doctor to inform him of your intention to follow the diet is a smart decision.

There have a been a huge number of studies that have confirmed the powerful effects of the Keto diet in terms of fat



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loss and health enhancement. Most doctors will be aware of them. However, the majority of general practitioners are not trained nutritionists. Some doctors may express concerns between the desired state of ketosis and the condition known as ketoacidosis. Ketoacidosis is a rare life threatening condition that can occur in Type-1 diabetics.

Your doctor will quite properly advise you not to follow a ketogenic diet if you are:

- A Type-1 diabetic
- Primary Carnitine deficient
- Carnitine translocase deficient
- Beta-oxidation defective
- Suffering from impaired liver function
- Suffering from gall bladder disease
- A gastric bypass surgery recipient
- Plagued with abnormal tumors
- Pregnant or breastfeeding

You should have regular check ups and blood tests while you are on the ketogenic diet. These will allow you to monitor your progress in terms of not just fat loss, which you can readily see, but your vital cardio health markers as well. This will provide you with on going motivation and peace of mind as you see the raw data that eating more fat is not increasing your cholesterol and blood pressure levels but is, in fact, bringing them down.

How is the Keto Diet Different than Other Diet Plans

The Keto takes most other diet plans and stands them on their head. The common denominator of the majority of diets is restricted fat intake. With the keto diet, your goal is to eat more saturated fat.



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Traditional diets almost universally encourage increased fruit and vegetable consumption. The keto diet cuts out the majority of vegetables and fruits, but does allow for a generous amount of green, starchy vegetables such as lettuce and spinach.

Traditional diets are built around caloric restriction. On the keto diet, this is not necessary.

Most diets generally follow the Food Guide Pyramid model. The keto diet does the opposite. The foods that form the base of the Food Guide Pyramid, whole grains, are eliminated from the keto diet, while those at the top, saturated fats, are encouraged.

On the majority of other diets, restricted caloric intake leads to cravings, constant hunger and, possibly, binging. On the keto diet, you do not experience any of those effects. Because you are mainly eating saturated fats, you will feel full and satisfied after your meals. There will be no urge to snack between meals and no chances of falling off the diet wagon.

Many diet plans require the user to purchase expensive meal products from the organization behind the diet. There is none of this with the Keto diet.

10 Reasons You Need to be on the Keto Diet

The ketogenic diet is ideal for fat loss, Type 2 diabetes, cancer and neurological diseases. Here are the top 10 benefits of going on the ketogenic diet.

(1) Losing Weight.

When you go on the ketogenic diet you are going to lose weight in the form of body fat. You will starve your body so much of carbs, that it is being forced to burn fat to supply the ATP that your body needs. As a result, you will burn fat 24/7.

When you eat a lot of sugar, your body holds on to sodium. As a result, your kidneys don't work as effectively. You won't urinate enough and your body will store waste products. Switch to a keto diet, and your kidneys will work so much more efficiently. Your body will flush out your system. As a result, you will lose weight. [\(1\)](#)

(2) Treating Type 2 Diabetes: Type 2 diabetics are people who have lost their insulin sensitivity. When you are insulin sensitive, your cells will absorb only the carbs that insulin tells it to. But when you eat so many carbs that you become insulin sensitive, the cells don't react to insulin any more. However, when you go on a ketogenic diet, you starve yourself of sugar. Your body releases more and more ketones as an alternative form



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of fuel. As a result, your insulin sensitivity will go back to normal.

Although we do not recommend the ketogenic diet for people who are diabetic, it is ideal for those who are pre-diabetic. People with full-blown diabetes will produce too many ketones and get into diabetic acidosis, which is very dangerous.

For people who are pre-diabetic, however, the carb restriction will quickly reverse their insulin resistance.

[\(2\)](#)

- (3) The Ketogenic diet has been seen to be extremely beneficial for the treatment of cancer. It is known that cancerous cells feed off sugar. When you deplete sugar from your system, the cancer cells no longer have an energy source. These cells will die and the cancer will decrease. [\(3\)](#)
- (4) The Ketogenic diet is an effective fighter against neurological diseases. Such conditions as depression, anxiety, Alzheimer's disease, Parkinson's disease, dementia, can all be positively treated with this diet. When you produce more ketones and less glucose, our bodies experience less oxidative stress. Oxidative stress is bad for our brain health and produces inflammation. The keto diet is also believed to cause the mitochondria



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- within the cells to work more effectively. In some neurological diseases, the mitochondrial process has been disoriented. The reduced sugar of the keto diet helps to rebalance this mitochondrial activity. [\(4\)](#)
- (5) The keto diet kills your appetite. When you eat very low carb, you don't get hungry because you are supplementing your sugar with fat. Studies show that when lowering carbs to enter ketosis while eating more fat and protein, you eat fewer calories. [\(5\)](#)
 - (6) On a keto diet you will lose more visceral abdominal fat. Visceral fat smothers your vital organs, preventing them from working efficiently. When you are on a high fat / low carb diet plan, your body will shed that visceral fat. [\(6\)](#)
 - (7) The keto diet will reduce the levels of triglycerides in your bloodstream. High triglycerides are a result of eating too much sugar. High fructose corn syrup is the main culprit. On the keto diet you won't be having any of it! [\(7\)](#)
 - (8) The keto diet increases the proportion of HDL cholesterol in the body. There are two types of cholesterol in your system, high density (HDL) and low density (LDL) lipoproteins. They both act like taxi cabs, transporting cholesterol around the body. Whereas LDL



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transports the cholesterol to your organs, HDL takes it away from them and delivers it to the liver for use as energy or excretion. The best way to increase the levels of HDH is to eat high fat. [\(8\)](#)

(9) The keto diet fights metabolic syndrome. Metabolic syndrome is a collective term for the following symptoms:

- Abdominal obesity
- Elevated blood pressure
- Elevated blood sugar levels
- Elevated triglycerides
- Low HDL

All of these areas will be drastically improved on the keto diet. [\(9\)](#)

(10) You will feel full of energy on the keto diet. You will rid yourself of fatigue, you will experience more clarity, feeling more alert and wide awake. You will even sleep better when you follow the keto diet. [\(10\)](#)

Getting Started on the Keto Diet

As with anything, the key to success on the keto diet is to keep your goal at the forefront of your mind at all times:

You are replacing carbohydrates with fat and protein in order to burn body fat for energy.

The macronutrient ratio we will use to achieve this in terms of fat/protein/carbs is 20%:75%:5%

Fats do not affect your levels of blood sugar and insulin. Proteins, however, do. If you take in too much protein, some of it will be stored as body fat. That is why we suggest a daily protein intake of 0.36 grams per pound of your desired (not your current) body weight.

You will also need to track the amount of carbohydrates that you are eating. Your goal will be to limit your daily net carb intake to a maximum of 20 grams per day.

Total and Net Carbs

Fiber is a form of carbohydrate that contains molecules that are much bigger than other carbs. In fact, they are so big that they cannot be digested by the body and pass through your body without being absorbed. As a result, fibrous carbs will not push up your blood sugar levels or lead to the release of insulin.

Fibrous carbs will, in fact, help to slow down the absorption of starches and sugars. They are, therefore, a valuable addition to your diet. That is why we will subtract the number of fibrous carbs when working out your caloric totals. The carb count including fiber will be referred to as the amount of **total carbs**. The total with fiber removed we will call the **net carbs**. It is the net carbs that we need to keep as low as possible.

Keto Diet Example

Let's take a look at an example to see how we can work out the exact macronutrient numbers to follow.

Debbie is 53-year-old married woman. She weights 265 pounds and is a school librarian. She does not exercise. Her goal is get down to 160 pounds.

First we can work out Debbie's protein requirement:

36% of 160 = 57.6 grams per day

We can round this up to 58 grams per day. This will comprise 20% of her daily diet.

Now we can focus on Debbie's carb intake.

Carbs will comprise 5% of Debbie's diet. If 20% is 58 grams, then 5% must a quarter of 58, which is 14.5 grams, which we can round to 15 grams.

So, 15 grams will be Debbie's carb maximum for one day.

To work out the fats, we can multiply the two previous percentages as follows;

$$(20 \times 3) + (5 \times 3) = 75$$

$$(58 \times 3) + (15 \times 3) = 219 \text{ grams}$$

Debbie will take in 219 grams from fat each day.

We don't have to worry about Debbie's total calorie count over the course of the day. As long as she is hitting her macronutrient numbers, the total calorie count will take care of itself. All she has to focus on each day is getting . . .

219 grams of fat

58 grams of protein

15 grams of net carbs

In the next chapter, we will present a sample seven day menu plan, complete with recipes, to show how the Ketogenic Diet works in practice.

Fruits and Vegetable Carbohydrate List

Food	Calories	Total Carbs	Fiber	Net Carbs	Serving Size
Asparagus	20	3.7	1.7	2.0	½ cup
Avocado	167	8.7	7.0	1.7	3.5 oz
Broccoli	27	5.6	2.6	3.0	½ cup
Baby Carrots	32	8.2	2.9	5.3	3.5 oz
Cauliflower	34	7.0	1.8	2.9	1 cup
Celery	9	1.6	0.67	0.39	2 oz
Cucumber	4	1.0	0.9	0.18	1 oz
Garlic	4	1.0	0.9	2.0	1 clove
Green Beans	22	4.9	2.9	1.2	½ cup
Mushrooms	6	0.9	0.61	0.87	1 oz
Onion, white	16	7.5	6.0	0.88	½ cup
Pepper, Sweet	6	1.3	0.8	0.2	1 oz
Pickles, Dill	7	1.5	1.0	0.3	1 oz
Romaine Lettuce	5	0.9	0.3	0.3	1 oz
Butter head Lettuce	4	0.7	0.4	0.4	1 oz
Shallots	20	4.7	4.0	0.7	1 oz
Snow Peas	34	5.6	3.4	2.6	½ cup
Spinach	33	5.0	2.0	4.0	5 oz
Squash, Butternut	82	6.8	15	1.8	1 cup cubes
Tomato	5	1.0	0.7	0.2	1 oz

Chapter Four: 7 Day Meal Plan



The key to a successful ketogenic meal plan is preparation. By pre-cooking your meals, you are giving yourself a huge advantage. The biggest challenge to any new eating regime comes when you're under time pressure, you're fatigued and starving. That usually happens mid-week around dinner time. Being able to simply pull a pre-made keto meal from the freezer and pop it into the microwave could be a life-saver.

We suggest preparing your meals on a Sunday. Purchase individual sized Tupperware containers to allow you to apportion out your food. You'll find all of the recipes used in this meal plan in the Recipes section to follow.

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Your 7 Day Meal Plan

Monday

Breakfast	Lunch	Dinner
<u>Avocado Baked Eggs</u>	<u>Quesadilla with Creamy Mushroom Dip</u>	<u>Pickled Salmon</u>
Calories: 372 Fats: 32g Net Carbs: 6g Protein: 16g	Calories: 404 Fats: 43g Net Carbs: 2.4g Protein: 21g	Calories: 170 Fats: 4g Net Carbs: 7g Protein: 23g

Tuesday

Breakfast	Lunch	Dinner
<u>Maple Flavored Pork Bake</u>	<u>Veal Picata</u>	<u>Bacon Chili Burgers</u>
Calories: 405 Fats: 37g Net Carbs: 17g Protein: 1.9g	Calories: 325 Fats: 20g Net Carbs: 1g Protein: 32g	Calories: 485 Fats: 38g Net Carbs: 2g Protein: 31g

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Wednesday

Breakfast	Lunch	Dinner
<u>Avocado Tuna Melt Bites</u>	<u>Curried Chicken Salad</u>	<u>Orange Tequila Steak</u>
Calories: 352 Fats: 36g Net Carbs: 5.5g Protein: 25g	Calories: 318 Fats: 24g Net Carbs: 3g Protein: 22g	Calories: 560 Fats: 46g Net Carbs: 5g Protein: 26g

Thursday

Breakfast	Lunch	Dinner
<u>Avocado Baked Eggs</u>	<u>Tandoori Chicken</u>	<u>Smoky Marinated Steak</u>
Calories: 372 Fats: 32g Net Carbs: 6g Protein: 16g	Calories: 503 Fats: 30g Net Carbs: 4g Protein: 52g	Calories: 276 Fats: 20g Net Carbs: 1g Protein: 23g

Friday

Breakfast	Lunch	Dinner
<u>Breakfast Casserole</u>	<u>Quesadilla with Creamy Mushroom Dip</u>	<u>Pickled Salmon</u>
Calories: 311 Fats: 32g Net Carbs: 5.8g Protein: 18g	Calories: 404 Fats: 43g Net Carbs: 2.4g Protein: 21g	Calories: 170 Fats: 4g Net Carbs: 7g Protein: 23g

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Saturday

Breakfast	Lunch	Dinner
<u>Maple Flavored Pork Bake</u>	<u>Veal Picata</u>	<u>Bacon Chili Burgers</u>
Calories: 405 Fats: 37g Net Carbs: 17g Protein: 1.9g	Calories: 325 Fats: 20g Net Carbs: 1g Protein: 32g	Calories: 485 Fats: 38g Net Carbs: 2g Protein: 31g

Sunday

Breakfast	Lunch	Dinner
<u>Avocado Tuna Melt Bites</u>	<u>Curried Chicken Salad</u>	<u>Orange Tequila Steak</u>
Calories: 372 Fats: 32g Net Carbs: 6g Protein: 16g	Calories: 318 Fats: 24g Net Carbs: 3g Protein: 22g	Calories: 560 Fats: 46g Net Carbs: 5g Protein: 26g

Chapter Five: The HIIT Way to Rapid Fat Loss



Exercise is the third pillar – after hormone balance and ketogenic nutrition – to losing body fat fast. You see people all around you exercising to lose weight every day. Many of them never achieve their goals, despite all of the effort they expend. They pound away on the treadmill or mindlessly lift weights but their body never changes.

Have you ever wondered why?

It is simply because they are not doing the right exercises the right way.

In this chapter, you will discover the world's most effective fat burning workout. It will transform your body into a fat burning furnace, allowing you to burn calories in your sleep (literally!). And it will reduce your workout time to just twenty minutes per day – and that includes the warm-up!

Most people who exercise to lose weight are operating off the more is better mindset. As a result, the vast majority of them are in an over trained state. Not only will that curtail the body's natural fat burning mechanisms, it will, more than likely, result in burnout, lack of motivation and workouts that become a drudgery rather than a delight.

In order to burn the maximum amount of calories, and therefore burn the maximum amount of fat, during your workouts you need two things:

- Intensity
- Brevity

In fact, these two go hand in hand. Think of running. You can do a slow jog for a long time, but up the intensity to an all out sprint and you'll be lucky to stick it out for more than a minute.



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When it comes to working out to torch body fat the equivalent of an all out sprint is known as High Intensity Interval Training (HIIT). HIIT has hit the headlines over recent years because a whole raft of studies have shown conclusively that it is a far superior form of fat loss exercises than either regular aerobic exercise or resistance training.

HIIT training will allow you to slash your workout time to less than one hour per week, including your warm up and warm down time. That hour will be separated into three 20 minute workouts on alternate days.

That 60 minutes of total exercise time will equate to $\frac{1}{168}$ of your week. Yet, within that tiny fraction of time you will **burn more calories than you would have with between 7-10 hours of either aerobic or resistance training.** And, what's more, HIIT is the only form of exercise to produce the EPOC effect. EPOC stands for excess post oxygen consumption.

This means that your body will continue burning as if you were still exercising long after you've hit the shower room. In fact, HIIT will keep your metabolism revved up for 24-32 hours after your workout has finished.

HIIT training produces more mitochondria in the muscle cell. And mitochondria happen to be very effective burners of fat. An Australian study separated women into two exercise groups: moderate intensity cycling and high intensity HIIT style cycling. The first group performed 20 minutes of steady cycling. The

second alternated between 8 seconds of sprint cycling and 12 seconds of gentle cycling for five minutes.

After fifteen weeks, tests revealed that only the women in the HIIT group lost weight. Average weight loss among the group was 11.3 pounds. As well as losing fat from their thighs, the women lost weight from their stomach area **AND** their average fasting insulin was down by 31%.

5 Reasons Why HIIT MUST Form the Basis of your Exercise Program . . .

- (1) HIIT is fast and effective
- (2) HIIT makes more fat burning mitochondria
- (3) HIIT allows you to burn more calories after exercise
- (4) HIIT leads to fat loss from your belly
- (5) HIIT suppresses the appetite

Your HIIT Action Plan

Your Fat Obliterator Exercise program is based around the principles of HIIT training:

- Hard and Fast
- Brief workouts
- Progressive resistance

You will be exercising three times per week. This should be on alternate days to make sure that your body gets the maximum

amount of rest and recovery possible. Most people find that Monday, Wednesday and Friday works best for them.

Your workouts will last less than 20 minutes each. Within that time you will work every muscles group in your body and you will flick the switch on your body's fat burning mechanism, allowing you to torch body fat for many hours after your workout is in the bag.

The Workout: Day One

In this workout you will be performing sprint sessions followed by rest intervals. You need to choose between one of the following to perform your sprints:

- Cycle
- Rower
- Treadmill
- Running on a field
- Skipping

If you decide to do your sprint work by running on a field, you should chose a location that allows at least 100 yards for you to run in a line.

You will need a timer for this workout. Your phone will do nicely. Set it to beep at 20 second, then 10-second intervals.

Warm Up

Your warm simply involves 5 minutes of slow movement on your chosen exercise type. Your goal here is to get the muscles ready for the challenging work to come so you should perform some exaggerated movements to really feel the muscles getting involved.

The Workout

As soon as five minutes is up on your warm up, it is time to get to work. If you are using a treadmill, dial the speed up to between 8-12 miles per hour, depending on your current fitness level.

Your job now is to begin sprinting as fast and as hard as you possibly can. If you are running, imagine that you are being chased by a very hungry dog! On the cycle, pump your legs like there's no tomorrow. And, if you are rowing, imagine that you're closing in on the Olympic Games finish line.

Continue this all-out sprint for 20 seconds. Then stop. You've got 10 seconds before you do it all again. Take in deep breaths (through your nose) and get psyched for the work ahead . . .

Now go!

Sprint as hard as you did the first time. Try not to let the intensity level drop. Keep pushing harder, harder, harder . . . at 20 seconds stop and breathe again.

You will repeat this cycle until you have completed 8 twenty-second sprints with 10-second rest intervals between them. This will take you just 4 minutes – but it will feel like an hour!

Warm Down

Finish your workout with a 5-minute cool down. Repeat the same process as for your warm up, maintaining a slow, steady pace to allow your body to return to a non-exercise state.

The Workout: Day Two

Today is your body weight circuit training day. That means that you'll be performing exercises that target the individual muscles of your body one after the other with minimal rest between them. You will also alternate between exercises that are primarily aerobic (jumping jacks) and those that are mainly anaerobic (push ups). This approach has been scientifically proven to burn the most amount of calories in the shortest possible time, while also building up muscle strength and mass AND dramatically improving cardiovascular fitness.

The Warm Up

Today's warm up is the same as your Day One workout warm up; that is 5 minutes of slow movement on your chosen exercise type. Your goal here is to get the muscles ready for the

challenging work to come so you should perform some exaggerated movements to really feel the muscles getting involved. If you don't have access to an exercise machine or a skipping rope for your warm up and you are not at a place that you can jog, simply run in place.

The Workout

Today's workout will hit every muscle group as you move through a circuit that tones and shapes while it scorches away body fat.

Here's how to perform the workout:

Push-Ups

Lie on the floor face down, placing your hands a little further than shoulder width apart. Keep your feet together. Lift yourself up to an extended arm position. Maintaining a straight body lower yourself so that your chest comes down to the floor. Using the strength of your chest, shoulders and arms, push back to the start position.

Mountain Climbers

Begin in the top position of a push up. Keeping your butt down, bring you left knee toward your chest, then kick it back. Now do the same with your right knee. Continue this motion, going as quickly as possible.

Body Weight Squats

Stand with feet at shoulder width and pointing slightly outwards. Put your arms out directly in front of you. Keeping your head up, lower yourself until your thighs are parallel with the floor. Your hips should go back and your spine remain neutral as you go down. Now push through your heels to return to the start position.

Power Jumps

Stand with feet at shoulder width and arms at your side. Take a slight bend at the knee and then propel yourself as high into the air as you can, bringing your knees up high to touch your palms. Continue a fluid jumping movement as you go from one rep straight into the next.

Modified Pull Ups

Position a bar between two supports so that it is horizontally about two feet from the ground. Lie under the bar and reach up to grab it with an overhand, shoulder width grip. Keeping a neutral spine, pull yourself up to bring your shin toward the bar. Lower under control and continue for the required number of reps.

Standing Long Jump

Stand with your feet together. Bend at the knees and then explode into a forward jump, reaching your maximum distance. Run back to the start position for your next rep.

Reverse Dips

Set yourself at the end of a bench with your hands resting on the bench behind you, palms forward. Extend your body to form a 30-degree angle. Now dip down by flexing at the elbow. From the bottom position, use your triceps muscles to push you back up.

Burpees

From a standing position, drop down to the floor and kick your legs back. Bring them straight back so that you are in a crouched position. From here explode back up with a jump. Move directly into the next rep.

Wall Sit

Stand against a wall with feet shoulder width apart and pointing slightly outwards. Now slide down the wall until your thighs are parallel to the floor. Put your palms on the wall at your sides. Hold for the required length of time.

Warm Down

Finish your workout with a 5-minute cool down. Repeat the same process as for your warm up, maintaining a slow, steady pace to allow your body to return to a non-exercise state.

The Workout: Day Three

Today you will repeat your Day One workout. Remember to push hard each and every sprint, not allowing fatigue to slow down your intensity level. Your work session is only 4 minutes long, but those four minutes need to be golden in order to produce the fat burning results that you deserve.

If you can, it is a great idea to change up the type of exercise you are doing between Days One and Three. So, if you are using a cycle on Day One, switch to a rowing machine on Day Three.

How To Stay Committed to An Exercise Program

In order to make a success of working out, you must find a way to make exercise rewarding. Of course, we all know of the long-term rewards of working out. For many people, though, those rewards are too far off to motivate us in the present.

Of course, unless you have unlimited financial means, tangible rewards are not the way to go. And dare we say it – DO NOT use food as a reward. That's part of the cycle that got many people into the fat zone when they were kids in the first place! How about if exercise itself were the reward? What does that mean. It means slowing down and enjoying the process of exercising.



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Exercise strengthens the connection between mind, body and spirit. It also sharpens our awareness of the interconnectedness of the aspects that make up our whole being - the mind, body and spirit. For many people there is a spiritual dimension that comes with the endorphin rush that comes with exercise - especially if you're jogging along the beach at sunrise.

When you work out, your body releases endorphins - commonly referred to as 'feel good' chemicals. Endorphins give you a natural high - a sense of euphoria and mood enhancement that just makes you feel good about your life.

Integrate exercise as a special time of your day. Rather than viewing it as a chore that you've got to endure, see it as your personal time - the hour of the day that you are using to sculpt and perfect the package that you present to the world. This is the time where your mind and body are working together to make you better, faster, stronger. There's no one encroaching on your time. This is your daily maintenance - cherish it.

Use exercise to find out who you are in that moment. Expel any negative thoughts from your mind and focus on the positive benefits of what you are doing. Explain to yourself why you are doing what you are doing. Remind yourself of the discipline you are displaying by working out. Visualize yourself having achieved your ultimate goal.

Chapter Six: Fat Loss Life Skills



A key factor in the weight loss equation that is never taught – and that most people have never even considered – is life skills. **Your attempts to eat better, exercise and lose weight are doomed to die an agonizing death until you learn the essential skills to handle life effectively.** Learning to beat stress, set and achieve goals, develop and maintain meaningful relationships, take care of your emotional health and create a passionate, fulfilling life will allow you to enjoy a productive relationship with yourself – and with your food.



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In this chapter we will uncover 5 essential life skills that will allow you to get on top of your relationship with food. No longer will your waistline be at the whim of your taste buds. In the process you'll become a more contented, calmer, energetic, happier and more well balanced person.

Life Skill #1: Taking Care of your Body

How much respect do you have for your body? How much maintenance do you give to it? As much as you give to your car? No – well then it's time for an attitude adjustment.

When did you last have a full medical check up? And do you know what important testing you should be undertaking annually at your age? Do you slap on sunscreen when you're out in the sun? These things reflect the respect that you have for your body?

What about your everyday routine? Do you care for your teeth, skin and hair? Are you one of those people who spends an hour a day of Facebook but can't be bothered investing the ten minutes to brush, floss, and rinse their teeth? If so, then you are far more likely to put crappy food down your throat.

Don't dismiss these things as inconsequential. There is a strong correlation between people's ability to maintain their basic health and their ability to eat well. Same thing with your surroundings. A pleasant, clean environment will make you want to maintain a pleasant, clean body.



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Here are 5 ways to take better care of your physical self:

- Make a folder for your general practitioner in which you keep your health test results along with an appointment schedule.
- Go through your closet at least twice a year and collect up old clothes to donate to charity
- Notice what other people are wearing and make a mental note if you think you'd look good in that style or color.
- Make a chart of everyday tasks and check them off.
- Get a 1-2-3 cookbook and start eating what you enjoy that's easy to make.

Like Skill #2: Handling Emotions

Despite what you may have been led to believe, handling emotions is a skill and one that can be learnt by anybody. Of course, there is a direct correlation between food and feelings – the worse we feel, the more we eat. When you learn to master your mood, you have also learn to master your food.

So, how should we react to emotions. Well, the first step is to acknowledge the emotion. Don't ignore it or try to push it away. Simply experience what is happening inside you without any judgment. When someone stomps on your big toe, you feel pain, right?

It's the same with any emotion.

Experience it for what it is.

Be specific about the emotion you are feeling. Are you feeling anxious, betrayed, rejected, ashamed, lonely?

The next step is to decide what to do with the feeling. The frequency, intensity and length of the feeling will dictate what you should do about it. Emotions act as guides but they are only effective if you pay attention to them the way you pay attention to your senses. Give them a rating between 1 and 5 in terms of intensity. If it is a low intensity, make the mental decision not to waste you time with and dismiss it.

If you have stuck with the emotion, you should attempt to dispassionately analyze it. Where does it come from? How valid is it?

You are now ready to put in place coping mechanisms that will not have you reaching for food. Here are 5 emotional coping habits that you need to take on board:

- Relax physically – take a cup of Oolong Tea, a bubble bath, go for a run, have a workout or take a nap.
- Embrace your non food senses – light a scented candle and inhale the aroma, play music you love, rub cream over your body or pet your cat or dog.



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- Stimulate yourself mentally – browse through a joke book, watch funny YouTube clips or your favorite sitcom.
- Soothe yourself emotionally – read inspirational quotes, re-read a love letter or card from someone, call someone who will help you feel better.
- If you have the urge to eat when you know that you are not hungry, acknowledge that you do not have a desire for food. Search inside until you identify what the real cause of your urge is.

Lifestyle Skill #3: Developing and Maintaining Healthy Relationships

Have you ever felt that food was your best friend? It's always there, it never turns you down and it is completely devoted to making you feel better. What's more it makes absolutely no demands on you, and it never complains.

When you think about it, though, food is far from a friend. It may be a comfort. But it won't protect us from harm or want the best for us. Often, just the opposite.

Yet, sometimes we become so misguided that we actually believe that food is better than people at helping us to cope with our emotion. That is a surefire recipe for disaster. Yet it is often nurtured because people haven't developed the skills to build and maintain effective relationships with others.

Here are 5 things you need to in order to develop positive relationships with others:

- ✓ Look for people you can trust emotionally.
- ✓ Look for people who know how and when to share about their personal lives and are eager to hear about yours.
- ✓ Look for people who feel and express empathy.
- ✓ Reflect on what your own experiences with relationships have taught you, especially the part you played in creating negative experiences.
- ✓ List the qualities you would like in a friend, boss, co-worker, date or mate.

Lifestyle Skill #4: Self Regulation

Self regulation boils down to knowing when enough is enough. Whether it's food, alcohol or exercise, knowing when to stop is a key to your enjoyment, your life balance and your health. Many people would consider that self regulation is either something you have or you don't.

Not true.

Self regulation is a vital life skill that we can all learn. It is about monitoring how your body and your mind are feeling and acting in response to the information.



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As an example ask yourself the following questions:

- Am I tired of reading this chapter or am I eager to learn more?
- Am I hungry, and if so, am I hungry enough to eat?
- How is my body feeling – am I comfortable in this position or do I feel like getting up and moving about?

This self awareness scanning is something that needs to take place semi-consciously on a regular basis. Food is often the area that we have the most problem regulating. Identifying when we are actually hungry and when we have had enough is a vital skill in your fat loss quest. Here are 9 skill boosters to make you a better self regulator:

- ✓ Make a list of the behaviors you wish to regulate – for example, your behaviors around food, at work, while parenting, while doing more for yourself and less for others, and so on.
- ✓ Ask yourself how you're feeling at the moment, to see if you're slowly starting to dysregulate (not act in accordance with your self awareness prompts), and then do something to nip the process in the bud.
- ✓ Rather than hold in your feelings or opinions until you're like a balloon ready to burst, let feelings out little by little until you're fairly well deflated.
- ✓ Examine your beliefs about success, perfection, and failure and change the ones that drive you to extremes.



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- ✓ At least a few times a day, scan your feelings and focus on whether you're approaching satisfaction or adequacy.
- ✓ Practice stopping eating as soon as you're no longer hungry (you'll be surprised at how little food you need to actually quell hunger).
- ✓ If getting to bed on time is a problem, check in with yourself every fifteen minutes and, without judging or fighting it, rate your tiredness level.
- ✓ Stop looking to others to tell you what's enough for you, and look inward instead.
- ✓ Notice when you get bored with, or tired while doing, an activity and how much longer you continue with it beyond what is satisfying or sufficient.

Life-Skill #5: Setting and Reaching Goals

Most people have goals, but for many people those goals are implicit rather than explicit. That means that they are hidden away, hazy and generalized rather than being clearly formulated and out there for all to see.

Along with goals come the motivations to reach those goals. But, along with those motivations, come other motivations NOT to reach them.

Psychologists talk about manifest and latent goals. The manifest goal is the positive part but the latent part is it's

opposite, a bit like the ying and yang principle. Let's take a look at some examples:

- You want to eat normally, but you also want to use food as a comfort.
- You want to go to the gym but you also feel self-conscious about your body in the midst of other buff gym goers.
- You want to lose weight to look good but you're anxious because whenever you've slimmed down before you were constantly being hit on.
- You want to eat more nutritiously, but that means spending time you don't think you have in order to shop for, prepare, and cook foods other than those your family wants to eat.

Often we are not consciously aware of our latent motivations or goals. But they are deeply entrenched in our subconscious. And it is the subconscious that is the controller of our actions. It will work on our latent motivations and work tirelessly to make sure that they become reality.

There's a huge difference between knowing what to do and doing what you know. The bridge between the two is goal setting. Yet the majority of people give only cursory attention to their goals. According to a recent study, only 3% of Americans actually write down their goals.



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Goals, though, are the things that provide us with direction, stimulation and drive. When transferred to the subconscious they become the internal fire that gets us out of bed on a cold frosty morning, the impetus to keep on walking when we smell that delicious aroma wafting from that fast food joint and the reason that we are able to keep going when we feel like throwing in the towel.

That is why the most important element to losing body-fat is not your nutritional program, your cardio workout schedule or even your resistance training scheme – it is the programming of your mind.

Our minds are like very sophisticated computers with two operating systems – the conscious and the subconscious. The conscious part of your brain is the rational , clear thinking, logical system that allows us to carry out our daily activities.

The subconscious mind, however, does not have the ability to think or reason. It is responsible for memory, habitual behaviors and reflexes. When data enters the subconscious system it is acted upon without question and transferred into behavior that reflects that data.

That is why what we feed our conscious mind on is so important. Some of the information that it receives will filter through to the subconscious to be translated into habitual behaviors. If we can control that flow from the conscious to the



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subconscious system then we will be able to unleash the amazing potential of our minds to direct our destiny.

Thoughts that are generated in the conscious mind that are repeated with powerful emotional content and passion will make the passage to the subconscious. So frequent repetition of thought is a key to penetrating the subconscious.

This can work positively and negatively. A constant repetition of the thought “I’ll always be fat,” will be transferred to the subconscious and enacted in actions that counter mine your body transformation efforts. On the other hand, repeating the thought “I’m becoming leaner each day,” will be processed subconsciously and come through in actions that reinforce your efforts.

In order to put the power of the subconscious to work, then, we need to focus our mind on what we want to achieve from our body transformation program. We must banish negative thoughts from our mind as soon as they rear their head. This means that we need to gain mastery over the internal dialog that is constantly taking place in our brains.

Whenever we catch ourselves indulging in negative thinking, we need to slam on the brakes and override the thought immediately. We simply cannot allow the negative idea to take root. At the start this will be challenging. Over time, though, positive thinking will become habitual and negative thoughts will simply not be a part of your brain’s environment.



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Once you have managed to achieve a positive environment in the conscious mind, you will be ready to feed your subconscious with the most powerful formula known to man to allow you to reach your true potential. And once you have done that, you will then be in a position to incorporate the other elements of your body success formula – nutrition, exercise, lifestyle habits– to build the new you.

When setting your weight loss goals follow the SMART formula to success:

Specific – This is the nitty gritty of your goal. Such goals include ‘I will lose 20 pounds this year’ or ‘I will stop drinking coffee by the end of the month’.

Measurable – It’s great to have goals but how will you know if you have reached them or not? Write down small markers that will show you can on your way to reaching it. Markers such as ‘I will cut out milk from my coffee’ and ‘I will limit myself to one coffee per day’ work well on the journey to cut coffee out of your diet.

Attainable – For a goal to be successful it needs to be something you can actually do. There is little point making a goal to work out at a gym for two hours every day if there is not two hours spare to do so. It would be wiser to make a smaller goal, of exercising for 30 minutes per day, in whatever form you



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are able to. When you set goals that you can actually do, you feel better about yourself and this will encourage you to continue on with them.

Realistic – Make sure that your goal isn't unrealistic – if there is only a slim chance of the goal being attainable you are more likely to quit at the first hurdle. To say 'I will lose 20 pounds in a month' is not only unrealistic, it's dangerous. When the month period is up and you have not lost the weight, you will feel like you have failed and most likely give up. By pushing the goal to make it an achievable 'I will lose 20 pounds in 20 weeks' you are far more likely to succeed.

Timely – Ensure you put a deadline on your goals. Saying 'I want to lose 20 pounds' without putting any time on it is not a motivator to get started. It's also a good idea to break the goal into time markers 'I will lose one pound per week' I will have lost 10 pounds by my birthday'.

By being SMART you are putting yourself in the best position to reach your aspirations. So what are you waiting for? Grab a pen and paper and get SMART now

Chapter Seven: Now, It's Up To You!

Congratulations.

You now have at your disposal all of the tools you need to eliminate body-fat from your frame, attain to peak health and enjoy a vital, exciting future.

You have learnt that age is nothing but a number. It doesn't predict your future health, or your future weight.



You now know that is your hormones, not your genetics, that have been holding you back from achieving your weight loss goals. And you know precisely what to do in order to reset your internal chemistry, to reprogram your endocrine system and to transform your body into a fat burning furnace.

No longer need you be confused and bewildered by weight loss nutrition. You now have at your disposal the most effective fat



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loss eating plan ever devised. You are able to eat the most delicious foods, completely satisfying your appetite - and still know that you are losing body-fat at an accelerated rate.

You have discovered the world's most efficient weight loss exercise method. It has allowed you to do a lot less exercise than most people – and enjoy superior results.

And you have found out about 5 critical lifestyle habits that will catapult you to your fat loss goals quicker than you ever imagined.

Yes, you have everything you need to transform your body and your mind. The question is . . .

What will you do with that knowledge?

Will you put it to use, finally allowing yourself to realize your goals . . .

OR

. . . will you be like 78% of people who read fitness and nutrition guides, and then do absolutely nothing? Sure, they find the information interesting, even enlightening. But they are not moved to action. They simply go back to the couch, the fridge and the donut stand and carry on the way they always have.

The challenge is yours.

Make the right one – for your future's sake!

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Appendix One: Meal Plan Recipes



Breakfasts:

[Avocado Baked Eggs](#)

Avocado Baked Eggs

Prep Time: 3 minutes

Cooking Time: 12 minutes

Serves: 1



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Ingredients:

- 1 slice of bacon
- ½ an avocado, not too squishy, pip removed
- ¼ teaspoon Creole seasoning
- 1 large egg
- 1 oz. Monterey Jack cheese, shredded or sliced

Steps:

1. Preheat the oven to 400°F.
2. Fry the bacon until it is crisp.
3. Scoop out a little flesh from the cavity of the avocado to allow it to fit an egg.
4. Take a sharp knife and score the flesh of the avocado in a crisscross pattern so that you create ½ inch squares.
5. Grease a ramekin or coat it with non-stick cooking spray.
6. Place the avocado half in the ramekin.
7. Spoon some bacon grease onto the avocado, allowing it to get into the scoring. Sprinkle on the Creole seasoning.
8. Break the egg into the avocado half.
9. Place the ramekin in the oven and cook for 12 minutes. After 10 minutes, pull out and sprinkle with cheese.
10. Garnish with the bacon and serve.

Nutritional Breakdown: 372 calories, 32 grams fat, 16 grams protein, 9 grams total carbs, 3 grams dietary fiber.

Maple Flavored Pork Bake

Prep Time: 2 minutes

Cooking Time: 16 minutes

Serves: 1

Ingredients:

- 1.5 oz 40% heavy cream, whipped
- 3 drops of vanilla flavoring
- 6 oz ground pork, cooked
- ½ oz macadamia nuts, crushed
- 0.4 oz butter
- 1 oz cheddar cheese
- pinch of calorie free sweetener
- 3 drops maple flavoring

Steps:

1. Mix the whipped cream with the vanilla flavour and half of the sweetener. Freeze for 15 minutes.
2. Pre-heat the oven to 350 degrees F. In an oven safe dish, mix the pork, macadamia nuts, butter, cheese, remaining sweetener, and maple flavor. Bake for 15 minutes.
3. Serve with the frozen whipped cream on top as ice cream.

Nutritional Breakdown: 405 calories, 37 grams fat, 17 grams protein, 6 grams total carbs, 4.1 grams dietary fiber.

Avocado Tuna Melt Bites

Prep Time: 4 minutes

Cooking Time: 7 minutes

Serves: 1

Ingredients:

- 1 can drained tuna
- ¼ cup of mayonnaise
- 1 small avocado, cubed
- ¼ cup Parmesan cheese
- ½ tablespoon garlic powder
- ¼ tablespoon onion powder
- salt and pepper to taste
- ¼ cup coconut oil for frying
- 1 cup almond flour

Steps:

1. Drain the tuna and place it into a large bowl.
2. Add in mayonnaise, Parmesan cheese and spices and mix well.
3. Add the avocado cubes into the mixture, without squashing them.
4. Form the mixture into balls and roll in almond flour until completely covered.
5. Heat the coconut oil in a pan and cook the tuna balls until they are crisp all over. Serve immediately.

Nutritional Breakdown: 352 calories, 36 grams fat, 25 grams protein, 14 grams total carbs, 7.5 grams dietary fiber.

Breakfast Casserole

Prep Time: 6 minutes

Cooking Time: 25 minutes

Serves: 1

Ingredients:

- 2 large eggs
- ¼ lb. sausage
- ½ cup of grated cheddar cheese
- ½ cup heavy cream
- ¼ head cauliflower
- ¼ teaspoon dry mustard
- ¼ teaspoon sea salt

Steps:

1. Preheat the oven to 350°F. Grease a casserole dish or coat it with non-stick cooking spray.
2. Place a non-stick skillet over a medium-high flame and cook the sausage until browned and crumbled.
3. Scrape the sausage into a bowl, then stir in the chopped cauliflower, heavy cream, cheese, salt and mustard. Set aside to cool.
4. Whisk the eggs in a separate bowl, then stir into the sausage mixture.
5. Pour the mixture into the prepared casserole dish. Bake for 25 minutes, or until golden brown.
6. Set on a wire rack to cool slightly, then serve.

Nutritional Breakdown: 311 calories, 32 grams fat, 18 grams protein, 8.6 grams total carbs, 2.8 grams dietary fiber.

Lunch:

Quesadilla with Creamy Mushroom Dip

Prep Time: 3 minutes

Cooking Time: 5 minutes

Serves: 1

Ingredients:

- 1/8 cup heavy duty cream
- 1 Tablespoon mayonnaise
- 1 Teaspoon olive oil
- 1 avocado
- Dollop of butter
- 2 egg whites
- 1/8 cup almond flour
- Grated cheese to garnish



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Steps:

1. Combine the cream, olive oil, avocado and mayonnaise in a mixing bowl. Mash together until smooth.
2. In a separate bowl combine the egg whites and almond flour.
3. Melt the butter in a small non-stick fry-pan on medium heat.
4. Pour the egg whites into the pan in a thin layer.
5. When the egg mixture is opaque, flip and cook the other side.
6. Turn off the heat and sprinkle the cheese on top.
7. Fold in half to melt the cheese.
8. Remove eggs from the pan and slice into wedges. Serve with avocado dip.

Nutritional Breakdown:

404 calories; 43g fat; 21g protein; 7.1g carbohydrate; 4.6g dietary fiber.

Veal Picata

Prep Time: 5 minutes

Cooking Time: 8 minutes

Serves:

1

Ingredients:

- 1/4 tablespoon extra virgin olive oil
- 1 veal scallop (6 oz)
- 1/8 teaspoon coarse salt
- 1/8 teaspoon freshly ground pepper
- 1/8 teaspoon freshly ground coriander
- ¼ garlic clove, minced



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- 1/8 cup chicken broth
- 1/8 cup fresh lemon juice
- ½ tablespoon capers, rinsed and drained
- ½ tablespoon butter
- ½ tablespoon minced fresh parsley
- thinly sliced lemon for garnish

Steps:

1. Heat a large skillet over a medium heat for 1 minute. Add olive oil and swirl the pan to coat the bottom evenly. Season both sides of the veal with salt and pepper. Place the veal in a single layer in the skillet and sauté for 2 minutes on each side. Remove to a plate and cover with foil.
2. Add the garlic to the skillet and sauté for 30 seconds. Add chicken broth and cook on high for 2 minutes. Add lemon juice and capers and cook for 1 minute.
3. Remove the skillet from the heat and add the butter. Once butter has melted add the parsley and blend.
4. Garnish with a lemon slice to serve.

Nutritional Breakdown:

325 calories; 20g fat; 32g protein; 2g carbohydrate; 1g dietary fiber, sodium 595 mg

Curried Chicken Salad

Prep Time: 6 minutes

Cooking Time: 30 minutes

Serves: 1

Ingredients:

- 1/4 clove garlic
- ¼ teaspoon chopped fresh ginger
- ½ teaspoon fresh lemon juice
- 1/4 teaspoon curry powder
- ¼ teaspoon Dijon mustard
- ¼ teaspoon coarse salt
- ¼ teaspoon freshly ground pepper
- ¼ cup canola oil
- 1 cup cooked and cubed chicken
- ½ cup broccoli florets, blanched for 1 minute
- ½ cup sliced celery
- ¼ cup salted cashews
- 1 cup pre-washed spinach
- chives, to garnish

Steps:

1. To make the curry vinaigrette, process the garlic and ginger in a food processor until finely chopped. Add the lemon juice, curry, mustard and salt and pepper and blend. Pour the canola oil and process until smooth. Transfer to a covered container and refrigerate until 1 hour before serving.
2. Combine the chicken, broccoli, celery and cashews in a large bowl. Add the curry vinaigrette and toss until well blended.
3. To serve, make a bed of the spinach on a dinner plate. Spoon the salad in the middle of the spinach. Garnish with long strands of chives.

Nutritional Breakdown:

318 calories; 24g fat; 22g protein; 5g carbohydrate; 2g dietary fiber, sodium 213 mg

Tandoori Chicken

Prep Time: 5 minutes (plus refrigeration overnight)

Cooking Time: 35 minutes

Serves: 1

Ingredients:

- ¼ cup plain yogurt
- ½ tablespoon fresh lime juice
- ¼ piece of fresh ginger, peeled and minced
- ¼ garlic, minced
- ¼ teaspoon chili powder



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- ¼ teaspoon coarse salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground turmeric
- ¼ tablespoon tandoori paste
- ¼ chicken, with all visible fat removed

Steps:

1. To make the marinade combine all the ingredients except the chicken in a large resealable bag. Mix well.
2. Add the chicken and coat liberally. Refrigerate overnight.
3. Remove the chicken from the marinade and place on a grill coated with a non-stick vegetable spray over medium heat. Grill for 35 minutes. Baste a couple of times with the marinade.
4. Serve immediately.

Nutritional Breakdown:

503 calories; 30g fat; 52g protein; 4g carbohydrate; 0g dietary fiber, sodium 164 mg

Dinner

Pickled Salmon

Prep Time: 5 minutes (plus refrigeration overnight)

Cooking Time: 20 minutes

Serves: 1

Ingredients:

- 1/2-pound salmon steaks or skinned fillets
- 1 teaspoon salt
- 1 cup water
- 1/4 cup white vinegar
- 1/4 cup Splenda
- 1/4 bay leaf
- 1-inch piece cinnamon stick
- 1/4 slice fresh ginger crushed
- 1/4 lemon sliced
- 1/2 medium onion, thinly sliced

Steps:

1. Rub the fish with the salt and then refrigerate for one hour.
2. Combine the water, Splenda, vinegar, bay leaf, cinnamon stick, ginger and lemon in a saucepan. Bring to the boil, reduce the heat and simmer for 5 minutes.
3. Add the fish and simmer uncovered for another 7 minutes.
4. Place onion slices on a casserole dish and with the fish on top and cover with the hot vinegar mixture. Cover and refrigerate overnight.

Nutritional Breakdown:

170 calories; 4g fat; 23g protein; 11g carbohydrate; 4g dietary fiber, sodium 267 mg

Bacon Chili Burgers

Prep Time: 5 minutes (plus overnight refrigeration)

Cooking Time: 12 minutes

Serves:

1

Ingredients:

Steps:

1. Place the ground chuck, onion and chili garlic paste in a mixing bowl.
2. Crumble the bacon into the bowl. Mix together with your hands.
3. Form the mixture into a burger.
4. Cook the burgers for six minutes on an electric table-top grill.
5. Serve with lettuce leaves as burger buns.

Nutritional Breakdown:

485 calories; 38g fat; 31g protein; 2g carbohydrate; 0g dietary fiber, sodium 268 mg

Orange Tequila Steak

Prep Time: 5 minutes (plus overnight refrigeration)

Cooking Time: 12 minutes

Serves:

1

Ingredients:

- 1/2-pound beef steak
- 2 cloves garlic
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 1 shot tequila
- 1 teaspoon chili powder
- 1/2 tablespoon Splenda
- 1 teaspoon dried oregano
- 1 1/2 tablespoons olive oil
- 1/4 teaspoon orange extract

Steps:

1. Mix all the ingredients except the steak in a resealable bag and mix together. Add the steak and turn the bag to fully cover it. Place in the refrigerator to marinate overnight.
2. Pour the marinade out into a bowl.
3. Grill the steak for 6 minutes each side on a medium heat.
4. Baste at least 2 times during cooking.

Nutritional Breakdown:

560 calories; 46g fat; 26g protein; 6g carbohydrate; 1g dietary fiber, sodium 576 mg

Smoky Marinated Steak

Prep Time: 5 minutes (plus overnight refrigeration)

Cooking Time: 12 minutes

Serves:

1

Ingredients:

- 1/2-pound T-bone steak
- 1/2 tablespoon liquid smoke flavoring
- 1 teaspoon salt
- 1 clove garlic, crushed
- 1 dash pepper
- 1 teaspoon olive oil
- 1/8 teaspoon onion powder
- 1/4 cup water

Steps:

1. Mix all the ingredients except the steak in a resealable bag and mix together. Add the steak and turn the bag to fully cover it. Place in the refrigerator to marinate overnight.
2. Pour the marinade out in a bowl. Broil the steak for for six minutes on each side. Baste half way through, using the reserved marinade.
3. Top with sautéed mushrooms.

Nutritional Breakdown:

276 calories; 20g fat; 23g protein; 1g carbohydrate; 0g dietary fiber, sodium 398 mg