

Self Sculptor – Fat loss:

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Let's not waste any time and get straight into how the *Self Sculptor* guide will empower you to achieve your health and fitness goals.

Many people don't know why their fat percentage is increasing; or why they cannot burn fat or build muscle.

Reasons why you are putting on weight:

- **Vitamin B12 Deficiency:** Vitamin B12 helps to make up your DNA and red blood cells. The amount you need is dependent on your age. You gain vitamin B12 by eating meat (like liver), so many vegan consumers suffer from this condition. Symptoms include feeling weak, tired, lightheaded, having a rapid heartbeat or breathing, pale skin, sore tongue, easy bruising or bleeding, including bleeding gums.
- **Hypothyroidism:** If you have a thyroid disorder, you are likely to experience excessive weight gain. Your thyroid plays an important role in regulating numerous metabolic processes throughout the body. Symptoms include fatigue, dry skin, constipation/fluid retention, feeling cold, muscle and joint aches, and depression. This can easily be treated through medication. Speak to your local GP; have a thyroid test to see if your levels are normal.
- **Candida Overgrowth:** Candida is a fungus, which is a form of yeast, and a very small amount of it lives in your mouth and intestines. Its job is to aid with digestion and nutrient absorption but, when overproduced, candida breaks down the wall of the intestine and penetrates the bloodstream, releasing toxic by-products into your body and causing leaky gut. Symptoms include fatigue, digestive issues, difficulty concentrating/poor memory, allergies/itching, depression, strong sugar and refined carbohydrate cravings. You can test your candida levels by going for a blood test through almost any lab. Check your levels for IgG, IgA, and IgM candida anti-bodies. High levels indicate a candida overgrowth. Cut ALL sugars out of your diet to beat candida.
- **Stress:** This may sound like a no brainer, but here's a quick test for you. Research suggests that if a women gains weight around her stomach; then it is indeed stress related. However, if she gains most weight on her thighs/butt then she is just leading an

unhealthy lifestyle/being lazy. Obviously this test cannot be 100% one sided. Everyone experiences stress in their lives. Whoever said that hard work never killed anybody had better reassess that statement. Stress is a vicious cycle. It causes weight gain and in turn that weight gain can lead to cardiovascular problems (amongst others). Take some time during the week for YOU.

- **Age:** when you get older your metabolism slows down. Also; women may be affected by menopause. Speak to your GP about the possibility of hormone replacement medication. As you age you may also have to cut back on your physical activity due to re-occurring joint problems or other health diagnosis. Rather do mild exercises (swimming) that will not put stress on the injured/affected areas.
- **Medicine:** certain medications can cause you to gain weight. For some people this may be a catch 22 situation; as some medication is chronic and needed. Common medications that cause weight gain are steroids, oral contraceptives, antidepressants, antipsychotics, anti-seizure medication, diabetes medication, high blood pressure medication and heartburn medications. Do not mix and match medication/supplements to avoid weight gain. This is called polypharmacy and can be dangerous. E.g. my mother suffers from epilepsy. The epileptic brain prefers more acidic PH levels. My mother took alkali powder to reduce the pain of her arthritis, and this upset her PH balance and caused her to have a seizure. Rather consult with your GP for the best solution/combination of medication to avoid weight gain creep and other problems.
- **Lack of sleep:** if you don't get enough sleep you experience psychological stress, and biochemically you store fat more efficiently. Also, people who stay up late at night tend to binge eat for comfort. It is proven that regular exercise leads to improved sleeping patterns.
- **Cushing's Syndrome:** relax; this is a VERY rare condition, but you should be aware of it. This is a cortisol-producing tumor on one of your adrenal glands. Your body is therefore not producing

nutrients the way it should. Your cortisol levels can be determined through a blood test.

- **Other more extreme conditions of weight gain include:** kidney failure, polycystic ovarian syndrome, congestive heart failure, postpartum depression, ovarian cancer, and pituitary cancer.

Foods that help you lose weight:

For those of you who want a natural solution to fat loss; the list below has you in mind.

- **Water:** Let's begin with the obvious. Women should drink about 2.2l per day; and men should drink about 3l. Drinking water boots your metabolism. Research suggests that drinking 2 cups of cold water on an empty stomach (upon waking in the morning) can boost your metabolism by 30%!
- **Avoid alcohol:** sorry friends; I know this one is difficult, but all things in moderation ok. Alcohol reduces your body's ability to burn fat by up to 30%. That figure is too significant to be ignored.
- **Tea & coffee:** again, don't hate the messenger, but consider this... The caffeine in tea & coffee increases your cortisol, which produces fat. Make simple smart food changes; like drinking decaf tea & coffee, or having less cups per day.
- **Green Tea:** Green tea is loaded with antioxidants called catechins. The most important of these is EGCG, which is a substance that helps boost your metabolism. Try to aim at having about 5 cups of green tea a day. Added benefit: green tea polyphenols are likely to slow down the development of some signs of aging (skin sag, wrinkles etc.).
- **Almonds:** Almonds do not contribute to belly fat at all. Their high fibre content stops you feeling hungry, so you will stop binge eating if you snack on these. Pistachios are equally as good for you.
- **Leafy Greens:** at every meal you should try to have a helping of spinach, kale or lettuce. They are all low in calories and high in

fibre. They also contain minerals which reduce water retention and bloating.

- **Oats:** oats are filling, and provide a slow release of energy throughout the day, reducing your appetite. It can also help to lower your cholesterol.
- **Olive Oil:** Poly unsaturated fats like those found in olive oil can stave off hunger pains, while olive oil itself contains a naturally-occurring chemical called oleic acid, which aids the breakdown of excess fats in the body.
- **Beans:** Beans are high in protein and fibre and low in calories. They provide slow release energy, and can help to tighten and tone your muscles.
- **Peppermint:** this aids with the digestive system. Put organic mint leaves in your tea; and try to have 3 cups a day.
- **Kelp/Seaweed:** contains iodine which produces thyroid hormones in your body. This helps to regulate your metabolic rate; so it aids in the breakdown of belly fat & reduces water retention.
- **Apple Cider Vinegar:** add a few capfuls of this to your meals, as a salad dressing etc. It flushes out toxins and bacteria in your stomach and reduces water retention. Added benefit: use cotton wool to dab apple cider vinegar or mouthwash on your skin to reduce acne – it dries out your pores.
- **Cranberry Juice:** this is a natural diuretic, so it flushed fluids out of your body by making you use the bathroom regularly.
- **Tomatoes:** tomatoes reverse leptin resistance. Leptin is a protein that regulates our metabolic rate and appetite, so our bodies need it to burn fat.
- **Berries:** berries are high in antioxidants and fibre. Raspberries also contain antibacterial and anticancer properties.
- **Cinnamon:** this spice regulates blood sugar levels by stimulating insulin production. There is some evidence to suggest that cinnamon extract also makes fat cells more responsive to insulin, which means they're much less likely to hold on to excess energy, and far more likely to burn existing fat stores instead.
- **Ginger:** Ginger contains an enzyme called zingibain, which aids digestive proteins.

- **Brown Rice:** Brown rice helps you to burn calories quicker than white rice. It is a complex carbohydrate that is rich in muscle strengthening protein and vitamins.
- **Avocado:** Avocado contains potassium which regulates your fluids, and its magnesium properties prevent constipation. Avocado oils are also beneficial for healthy skin and hair.
- **Quinoa:** Eat this instead of cereal for breakfast. It is a complete grain; combining protein, fibre, B vitamins and complex carbohydrates all in one. This means it boosts your metabolism and burns belly fat fast! Kate Moss uses it to get into shape quickly for her modelling shoots.
- **Sunflower seeds:** Sunflower seeds contain a large supply of dietary fibre, which could fill you up for longer. They also contain vitamin E, which is essential for healthy skin.
- **Mackerel, Salmon and sardines:** Eating oily fish is a good idea if you want to tone up your tummy, because it is high in protein and low in saturated animal fats. It is also a rich source of omega 3 and 6 fatty acids, which are crucial to proper brain function.
- **Papaya:** Papaya contains an enzyme called papain, which assists in protein digestion. It also helps to break food down faster, and eases bloating. Similar to this is pineapple.
- **Lentils:** Eating a couple of portions of lentils a week could help you to flatten your tummy, because they're a cost-effective way to pack in a lot of different stomach-strengthening nutrients at once, including fibre, complex carbohydrates and proteins.
- **Artichokes:** These edible buds are particularly high in a natural compound called cynarin, which helps the body's natural detoxification process by encouraging the regeneration and stimulation of bile in the liver.
- **Steak:** Steak contains iron, zinc and B vitamins. Try to keep your serving to 3 ounces per meal.
- **Chicken, eggs, and Turkey:** These proteins prevent bone density loss as they are rich in phosphorus. They suppress and control homocysteine levels – which could lead to cardiovascular disease. These proteins also contain selenium, an essential mineral involved in metabolic performance. Their vitamin B6 encourages

Methylation; keeping your blood vessels healthy, energy levels high and metabolism burning calories.

- **Goji Berries:** This is a wonder food. These berries contain 18 amino acids, making them an excellent source of protein. It is low GI. High in fibre. These berries are considered as an adaptogen. Adaptogens are natural ingredients that are capable of improving your body's resistance levels in undesirable conditions. When exercising, consuming goji berries can improve your endurance, circulation and oxygen utilization; meaning you can exercise longer and burn more fat! One tablespoon of these is only equivalent to 35 calories.
- **Pomegranate:** pomegranate blocks triglycerides; the fat that's bad for your blood. This means the fruit attacks the fat before it can even be stored in your body.

Supplements that help you lose weight:

The supplement isles at pharmacy's & other shops are like a wonderland for all of us looking for a boost to achieve our health and fitness goals quicker. This is a tried and tested list of supplements that work.

- **Green Tea Extract:** The EGCG compound found in green tea can increase your fat oxidation by 33%! It also inhibits fat cell development and increases fat excretion.
- **Thermogenic supplementemnts:** increases your heart rate, and a resultant rise in systolic blood pressure occurs, among a variety of other physiological effects that result in a rise in core body temperature. This occurs as the body works harder to keep up with the increased workload created by a higher volume of blood moving through the circulatory system. This increased workload causes more calories to be burned than the body would burn at rest. Please avoid these supplements if you have a heart problem.
- **Raspberry Ketones:** Raspberry ketone is the primary aroma compound of red raspberries. This compound regulates adiponectin, a protein used by the body to regulate metabolism.

Raspberry ketone causes the fat within your cells to get broken up more effectively, helping your body burn fat faster. The recommended dose is 100mg per day.

- **CLA:** Conjugated linoleic acid (CLA) is an omega-6 polyunsaturated essential fatty acid (EFA) which is formed from linoleic acid in bacterium via a specific isomerase (a type of enzyme). This EFA is a mixture of positional and geometric isomers of linoleic acid. It is naturally occurring in meat and dairy products. In addition to reducing fat in the body, CLA has also been studied for its anticarcinogenic (anti-cancer) properties. Approximately 3.4 grams of CLA per day is the level needed to obtain the beneficial effects of CLA on body fat.
- **Garcinia Cambogia:** Garcinia cambogia is a plant, also known as Garcinia gummi-gutta. The fruit of the plant looks like a small, green pumpkin and is used in many traditional Asian dishes for its sour flavor. In the skin of the fruit, there is a large amount of a natural substance called Hydroxycitric Acid (HCA). This is the active ingredient in Garcinia Cambogia extract... that is, the substance that produces the weight loss effects.
- **Supplements that mimic Insulin effects:** supplements that mimic the effects of insulin at the muscle cells include: alpha lipoic acid and cinnulin-PF.
- **Green coffee bean extract:** Green Coffee Bean Extract is a concentrated source of dietary Chlorogenic Acid. Chlorogenic acid has been found to inhibit the release of glucose into the blood, which may motivate the body to obtain its energy from fat cells.
- **L-Carnitine:** L-carnitine transfers long-chain fatty acids, such as triglycerides into mitochondria, where they may be oxidized to produce energy. Carnitine has also been shown to reduce fatigue and serve as an appetite suppressant as well.
- **Chromium Picolinate:** Chromium picolinate is a nutritional supplement that works to increase the efficiency of insulin to optimal levels, thus significantly aiding the body's glucose and fat metabolism, managing the breakdown of glucose and fat. 130mcg should be consumed daily.

Easy to make Smoothies that help you lose weight:

Smoothies that aid in weight loss offer a delicious, nutritious way to lose weight. All of the foods listed above are great, but most of us fall short because of our sweet tooth. Smoothies are a great way to satisfy your sweet cravings and still lose weight. Here's the list:

- **Peanut Butter & Banana Smoothie:** This smoothie is ideal as a replacement meal. Thanks to the peanut butter, you get plenty of protein. Recipe:

Half of one banana

1/2 cup smooth or crunchy low-fat peanut butter

1/2 cup of non-fat milk

6 ice cubes

1 tablespoon of chocolate whey protein powder

Place all of the ingredients into the blender and blend until smooth.

- **Mocha Smoothie:** This is a healthier alternative than pursuing your sweet cravings in other forms. Recipe:

4 small ice cubes

1/2 cup of low-fat vanilla frozen yogurt

1 shot of espresso

2 teaspoons of cocoa powder

Add ingredients to blender in this order, then blend at a high speed until smooth.

- **Watermelon Smoothie:** Watermelon is so low in both calories and fat that you can't go wrong with this one. Its also great for those hot summer days. Recipe:

6 cups of seedless watermelon, chopped
1 cup of lemon sherbet, non-fat milk, or low-fat vanilla yogurt
12 ice cubes

Put half the watermelon in the blender and blend until smooth, then add half of the ice and sherbet; blend until smooth. Repeat the process with the rest of the ingredients.

- **Blueberry Smoothie:** Many smoothies that aid in weight loss are comprised of blueberries, because they're so high in antioxidants. This one is particularly great as a breakfast smoothie, and it only comes out to about 136 calories. Recipe:

1/2 of a large banana
1/3 cup of soy protein
1/2 tablespoon of flaxseed oil
1/4 cup of frozen blueberries
1/2 tablespoon of apple juice concentrate or honey
1 teaspoon of psyllium seed husks
8 ounces of water

Break the banana into pieces, place all the ingredients into your blender, and blend until mostly smooth.

- **Strawberry & Banana Smoothie:** Strawberries are packed with antioxidants and anti-inflammatory enzymes, and have enough fibre to boost your digestion. The potassium content in bananas is beneficial too. Recipe:

1 cup of strawberries
1 banana
1/2 cup of low-fat yogurt or milk
5 ice cubes
1/2 of a sliced orange

Place all the ingredients in the blender and blend until smooth.

- **Mixed Berry Smoothie:** There are several powerful antioxidants that appear in berries, including anthocyanins, quercetin, and vitamin C. Anthocyanins give berries their vibrant color, reduce inflammation, and may help prevent and manage arthritis. Anthocyanins work together with quercetin to help slow age-related memory-loss. Quercetin can also decrease the inflammatory effects of chemicals in the synovial fluid of the joints for people with inflammatory conditions like rheumatoid arthritis.

Recipe:

1 cup of frozen berries

1/2 cup of non-fat vanilla or plain yogurt or 1/2 cup of low-fat milk

Ice (optional)

Blend until smooth.

- **Kiwi & Honeydew Smoothie:** Kiwi fruit provide fibre and vitamins C and K. They're also low in calories and energy density, making them a nutritious fruit choice for people trying to lose weight. Recipe:

2 cups of honeydew, cubed

1 Granny Smith apple, chopped

1 kiwi fruit, peeled and chopped

2 tablespoons of sugar

1 tablespoon of lemon juice

1 cup of ice cubes

Place the honeydew, kiwi, apple, sugar, and lemon juice into the blender and blend until it's smooth, then add the ice cubes and blend until the mixture is slushy.

- **Vanilla Yogurt & Blueberry Smoothie:** Again, the importance of berries cannot be ignored. Recipe:

1 cup of skim milk or soy milk

6 ounces of low-fat or non-fat vanilla yogurt

1 cup of fresh blueberries

1 tablespoon of flaxseed oil

1 cup of frozen blueberries or ice

Place milk, yogurt, and the fresh blueberries into the blender with the ice or frozen blueberries, blend until mostly smooth for 1 minute or so, then add flaxseed oil.

- **Mango Smoothie:** Mangos are packed with nutrients. Mangoes are also famous for their fleshy, stringy fruit, which is full of fibre and is a snack guaranteed to keep your raging appetite satiated until dinnertime. Recipe:

1/4 cup of cubed mangoes

1/4 cup of ripe avocado, mashed

1/2 cup of mango juice

1/4 cup of fat-free vanilla yogurt

1 tablespoon of lime juice

1 tablespoon of sugar

6 ice cubes

Add all the ingredients into the blender and blend until smooth.

- **Chocolate Raspberry Smoothie:** Above we have mentioned all the wonderful benefits of raspberries. I bet you're wondering how chocolate can benefit you. Well, chocolate milk is one of the best workout recovery drinks. It has double the carbohydrate and protein content compared to plain milk, perfect for replenishing tired muscles. Recipe:

1/2 cup of skim milk or soy milk

6 ounces of vanilla yogurt

1/4 cup of chocolate chips

1 cup of fresh raspberries

1 cup of frozen raspberries or ice

Combine everything and blend until smooth; best eaten with a spoon, yum!

- **Peach Smoothie:** Peaches are nutritious sources of vitamins A and C. A fresh large 6-ounce peach contains 68 calories; peaches can easily fit into a calorie-controlled diet for weight loss. Recipe:

1 cup of skim milk

1 cup of frozen, unsweetened peaches

2 teaspoons of flaxseed oil

Blend milk and peaches until smooth, then add flaxseed oil.

- **Lemon & Orange Smoothie:** Tangy and sweet, this is a great way to get your vitamin C... from a smoothie that aids in weight loss! Recipe:

1 cup of skim milk or soy milk

6 ounces of lemon yogurt

1 medium-sized orange in sections

1 tablespoon of flaxseed oil

6 ice cubes

Place milk, orange, yogurt, and the ice into the blender and mix for about a minute, then add the flaxseed oil.

- **Apple Smoothie:** Apples are low in calories and fat, low in sodium, and contain vitamins and minerals as well as fibre. These can all help you to lose weight in different ways. The fibre helps you feel full longer because it expands in your stomach so it takes less food to satisfy your hunger. Apples are a low-sodium food that can be a good addition to a healthy diet. Keeping your sodium low will help prevent excess water weight, or retention. Recipe:

1/2 cup of skim milk or soy milk

6 ounces of vanilla yogurt

1 teaspoon of apple pie spice

1 medium-sized, chopped apple

2 tablespoons of cashew butter

6 ice cubes

Place all the ingredients in the blender and then blend until smooth; best eaten with a spoon!

- **Pineapple Smoothie:** Pineapple's fibre will fill you up and might help keep you regular. Pineapple is also a sweet way to get your manganese, which is one of many bone-strengthening minerals and a star player when it comes to protecting you against free radical damages via its role in the antioxidant enzyme superoxide dismutase. Recipe:

1 of cup skim milk

4 ounces canned pineapple chunks, with the juice

1 tablespoon of flaxseed oil

6 ice cubes

Put the milk, pineapple, and ice into the blender and blend until smooth, then add the flaxseed oil.

- **Raspberry & Avocado Smoothie:** Avocados contain monounsaturated fats. Increasing your intake of monounsaturated fats, versus both polyunsaturated fats and carbohydrates, has been shown to provide a marked improvement in insulin sensitivity and glycemic control – a major factor in weight loss. Recipe:

1 peeled and pitted avocado

3/4 cup of orange juice

3/4 cup of raspberry juice

1/2 cup of frozen raspberries

Place everything in the blender and blend until smooth.

- **Banana-cocoa Soy Smoothie:** The benefits of these ingredients have been listed above. Recipe:

1 banana

1/2 cup of silken tofu

1/2 cup of soy milk

2 tablespoons of unsweetened cocoa powder

1 tablespoon of honey

Slice the banana and then stick it in the freezer until it gets firm; begin by blending the tofu, soy milk, honey, and cocoa in the blender, then add the banana pieces through the top, blending everything until the mixture is smooth.

- **Spinach Raspberry Flaxseed oil Smoothie:** Vegetables such as spinach are low in calories and rich in nutrients, making them ideal replacements for high-calorie foods. Spinach is especially low in calories. 1 cup of fresh spinach is only 7 calories. Flaxseed oil contains high levels of the omega-3 fatty acid called alpha-linolenic acid. Omega-3 is a good heart-healthy fat that has the reverse effects of saturated fats, which are known to contribute to obesity, cardiovascular diseases, stroke and other degenerative diseases. This recipe makes 4 servings:

1 banana

1 cup of frozen raspberries

1 cup of orange juice

1 container of non-fat strawberry yogurt

8 baby carrots

Handful fresh spinach

2 teaspoons of flaxseed oil

2 scoops of vanilla protein powder

1/4 cup of dry oatmeal

12 ice cubes

Place everything in the blender and blend until smooth.

- **Banana & Almond Smoothie:** Almonds are low in calories and high in fibre! They also contain the good (monounsaturated) fats. Recipe:

1 banana, sliced and frozen

1 tablespoon of almond butter

2 teaspoons of flaxseed

1/2 cup of almond milk or non-fat yogurt

A drizzle of honey

Half a teaspoon of almond or vanilla extract

Place everything in the blender and blend until smooth.

- **Cantaloupe Smoothie:** Cantaloupes are low in calories. 34% of with are Omega. Cantaloupe is actually high in protein for fruit: 8.3% of calories, 7 grams per cantaloupe, or the equivalent of one egg without the cholesterol. That one melon has double your daily value for Vitamin A, quadruple the required Vitamin C, and over 30% each for Copper, Magnesium, Potassium, B1, B3, B6, and Folate. Not to mention being a good source of Vitamin K and Zinc (23% and 18%). Recipe:

10 large romaine lettuce leaves

2 cups of chopped cantaloupe slices

1 cup of frozen strawberries

6 ice cubes

Place everything in the blender and blend until smooth.

- **Mixed up fruit smoothie:** If you don't have specific ingredients on hand; then chances are you have some fruit lying around. Get creative. Here's a recipe for common fruits on hand:

1/4 cup of apple slices

1/4 cup of banana slices

1 orange, peeled

1 tablespoon of honey

6 ice cubes

Place all the ingredients in the blender and blend until smooth.

- **Tomato Smoothie:** along with vitamin C; tomatoes contain beta-carotene and several other carotenoids that may have their own disease-preventing properties, particularly against heart disease and cancer. One carotenoid, lycopene, may help reduce the risk of prostate cancer. Tomatoes also offer a good dose of that possible stroke preventer, potassium. Recipe:

2 cups of tomatoes, chopped
1/2 cup of tomato juice
1/4 cup of apple juice
1/2 cup of carrots, chopped
1/4 cup of celery, chopped
1/2 a teaspoon to a teaspoon of hot sauce
8-10 ice cubes

Place everything in the blender and mix until smooth.

- **Lime Smoothie:** Limes contain high levels of vitamin C. People who consume appropriate amounts of vitamin C tended to burn 30 percent more fat when doing moderate exercises. Recipe:

1/2 cup of lime, sliced
2/3 cup of skim milk
1 cup of low-fat lime sherbet
1/2 cup of raspberries
8-10 ice cubes

Put everything in the blender and blend until smooth.

Samples of Diet Plans:

Below are three different diet plans based on your activity levels:

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