

Menopause Angel

IT'S CONSISTENCY
THAT GETS RESULTS

CHEAT SHEET TO LOSE BELLY FAT

STEP 1: DRINK

Get a little more familiar with your hormone Leptin. This is the little critter that tells you when you are full. It can stop you over eating but we tend to ignore it. If you find you over eat during meal times then drink a glass of water 20 minutes before your meal and this will allow your Leptin to have a stronger signal to tell you when to stop eating.

STEP 2: DITCH

Ditch all the food that increases your sugar cravings. These are the foods that are generally high in sugar and the more you eat, the more you will crave. If you have a sweet tooth then try making some snacks that give you a little kick but don't have any added sugar and are definitely not processed. Try apple slices or celery sticks, with a little nut butter spread onto them.

STEP 3: BATCH

Batch cook your meals if you are time poor. Make some delicious soups or perhaps some sauces so you can quickly heat them and pour them over roasted veggies or some courgetti-spaghetti. Cut some crudites like carrots or celery in batches and store them in a little water in a jar to take with you. Truly scrumptious when dipped into home-made hummus.

STEP 4: ADD

By adding in extra green veggies, you allow your body to become more alkaline and this helps to detox and give your liver time to deal with metabolising the unwanted fat. Add spinach to your breakfast omelette; an extra portion of raw veggies to your lunchtime salad and try new varieties of steamed veg with your dinner. Variety is key!

STEP 5: FAST

For years it has been proven time and again how great Intermittent Fasting is when it comes to health and weight loss. Giving yourself a time frame for eating your meals will have massive impact. Try eating all your meals within 10 hours or 8 hours if you want quicker results. Do this twice each week and reap the benefits as your body has a chance to metabolise the fat that is already there.