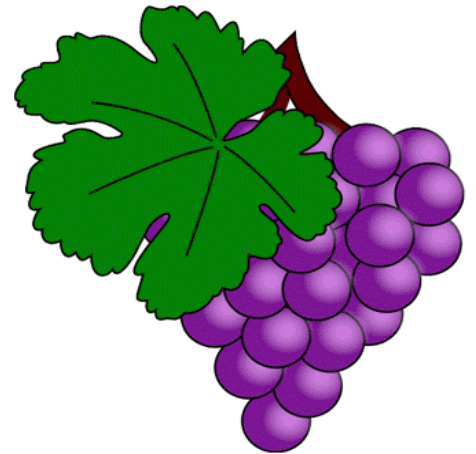


Make This The Year You Finally Lose Weight



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Disclaimer

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Introduction

New Year resolutions are something that many people make and break each year. In fact a staggering [88% fail with their New Year resolutions](#). Since you are currently reading this report I am guessing that you fall into that 88% who do not normally succeed with their New Year resolutions.



The good news for you is that becoming part of the successful 12% is not hard – you just need the right information.

In this report I am going to be giving you all the information you need to make this the year you finally lose weight and keep it off. This report is not a crazy crash diet that promises to help you lose 10lb in a week. Instead it contains real useable information that can help you improve your diet, lose weight gradually and most importantly keep this weight off forever.

In this report you will learn:

- *Why you need to understand your metabolism if you want to lose weight*
- *Why your current diet holds the answers to your weight loss problems*
- *Why you need to look at nutritional value as well as calories*
- *What all the major nutrients do and how this affects your weight loss success*
- *The best food sources for each of the major nutrients*

Chapter 1 - Understand Your Metabolism

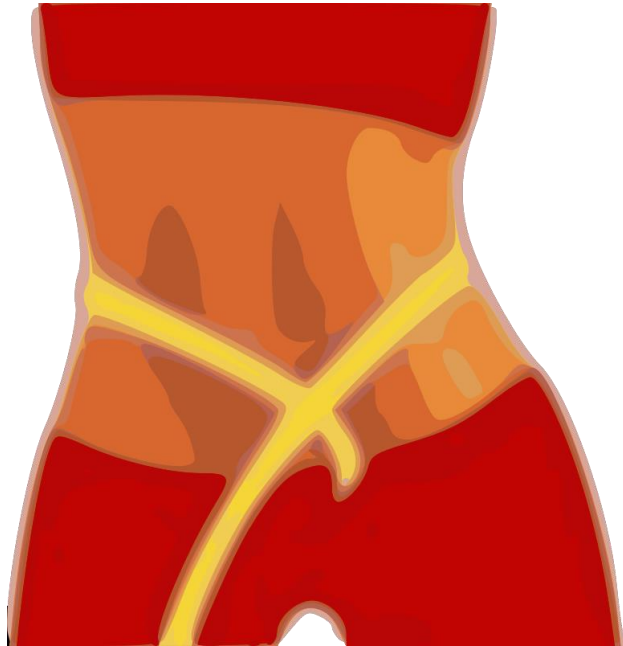


Metabolism Explained

Metabolism is a word that gets thrown around a lot in weight loss circles. People always complain the reason they cannot lose weight is because they have a slow metabolism. Others claim that if you charge up your metabolism then you can melt away all your excess body fat and have the body you have always dreamed of.

Your metabolism sounds like a pretty powerful thing but what is it?

Basically, your metabolism is the number of calories you use each day. There are 3 main areas that determine your metabolism:



1) Basal Metabolic Rate (BMR): This accounts for around 65% of your daily calories and represents all the functions that keep you alive.

2) Physical Activity: This accounts for around 25% of your daily calories and represents any physical activity you do.

3) Thermic Effect Of Food: This accounts for around 10% of your daily calories and represents the calories that are used when you digest food.

Can You Influence Your Metabolism?

The good news is that you can influence your metabolism. The bad news is that you cannot influence it as much as many weight loss programs would have you believe.

As I said above, 65% of your daily calories are used to perform all the basic functions that keep you alive. You cannot influence these calories.

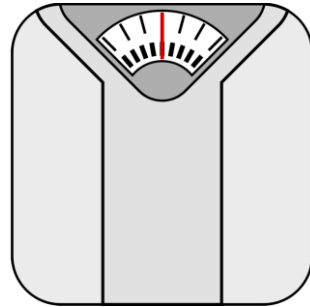


The remaining 35% of your calories are used to perform physical activity and digest your food. By doing regular exercise and eating the right foods (I will show

you how to do this later in the report) you can have a small influence over these calories.

How Does This Fit In With Losing Weight?

Although you cannot have a massive influence over your metabolism, it is still a very important weight loss tool. Once you understand the concept of metabolism you can then use the principles behind it to calculate your target metabolism (the amount of calories you will burn each day at your target weight). This target metabolism can then be compared with your existing diet to show you where changes need to be made.



Calculating Your Target Metabolism

Calculating your metabolism is not difficult. Just follow the simple steps below:

1) Calculate Your Target BMR: You can calculate this manually by multiplying your target body weight by 14 if you are male or 12 if you are female. Alternatively, you can use an online [BMR calculator](#) (just remember to enter your target weight and not your current weight).



2) Adjust Your Target BMR For Physical Activity: Once you have your Target BMR you then need to adjust it based on the following activity levels:

- Sedentary (little or no exercise) = $BMR \times 1.2$.
- Lightly Active (light exercise up to 3 days per week) = $BMR \times 1.375$.
- Moderately Active (medium exercise between 3 and 5 days per week) = $BMR \times 1.55$.
- Extremely Active (heavy exercise between 6 and 7 days per week) = $BMR \times 1.725$.

So if you have a target BMR of 1,500 and rate yourself as extremely active then you need to multiply 1,500 by 1.725 which equates to a target metabolism of 2,588 calories per day.

Chapter 2 - Look At Your Current Diet



Stop Looking For Magic Bullets

Now that you have your target metabolism you need to start looking at your current diet. 1 of the biggest mistakes that people make when trying to lose weight is failing to look at their current diet. They have a target metabolism to work towards but instead of tweaking their existing diet to match this target, they jump head first into a new diet. In most cases, this leads to failure as the new diet is completely different and they cannot sustain it in the long term.



You already have your target metabolism which shows you how many calories you should be consuming. You also have your current diet which shows you how many calories you are actually consuming. Instead of looking for that magic weight loss bullet you just need to compare the 2 and gradually change your existing diet.

Log Your Food

The only way that you can properly look at your current diet is to start logging your food. The good news is that there are a number of free online services that make this process very easy. I have listed 2 of these below:

- [Fit Day](#)
- [My Plate](#)

Once you have logged your food intake for a full week you will then have some solid information on how many calories you are currently consuming and how this stacks up when compared with your target metabolism.



Chapter 3 - Make Nutrition A Factor



The Importance Of Good Nutrition

If you have followed all the instructions up to this point you should have:

- *Your target metabolism (the number of calories you need to be consuming to reach your target weight)*
- *1 weeks' worth of daily food logs (which show how many calories you are actually consuming)*



These 2 pieces of information can help you decide which foods should be removed from your diet. However, it is not quite as simple as removing high calorie foods until you match your target metabolism. You also need to consider whether the foods are high in nutritional value.

The reason for this is that if you eat foods that are low in nutritional value your body will not function effectively. This has an adverse effect on all your body's processes and can ultimately lead to you gaining weight.

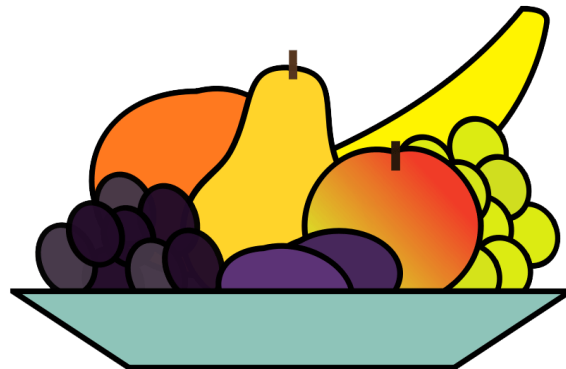
For example, if you become deficient in the nutrients that support healthy digestion your body will not be as efficient at breaking down the foods you eat and as a result you will gain weight.

An Introduction To The Nutrients

The nutrients are quite simply substances that provide nourishment. They can be broken down into 3 main categories:

1) The Macronutrients: These are the 3 main nutrients your body needs to survive. They are the main source of calories in the human diet and are required in relatively large amounts.

2) The Micronutrients: These are the other nutrients that your body needs to survive. They contain no calories and are required in much smaller amounts.



3) The Phytonutrients: These are nutrients that your body can survive without but have a number of health boosting properties. They contain no

calories and if you choose to take them they are required in much smaller amounts.

An Introduction To The Macronutrients

The macronutrients include carbohydrates, dietary fats and protein:

1) Carbohydrates: Carbohydrates are your body's preferred source of energy. Although your body can technically survive without carbohydrates (which is part of the reason for the popularity of low carb and no carb diets) you should not completely cut them out of your diet because they are often an excellent source of dietary fiber (a type of indigestible carbohydrate that promotes healthy digestion), micronutrients and phytonutrients.



2) Dietary Fats: There are 4 main types of dietary fat (monounsaturated fats, polyunsaturated fats, saturated fats and trans fats). Dietary fats are often vilified (which is part of the reason for the popularity of low fat diets) and seen as something to avoid. Saturated fat in particular gets a really bad rap and is often blamed for causing heart disease. However, the truth is that you need monounsaturated fat, polyunsaturated fat and saturated fat to survive. All 3 of these fats fight disease, protect your vital organs, support essential processes in your body and much more. The only fats you should avoid are trans fats (an unnatural, man-made fat which is extremely damaging to your health).

3) Protein: Protein is your body's building block. It builds, maintains and repairs all your body's cells and also regulates certain processes within the human body.

An Introduction To The Micronutrients

The micronutrients include vitamins and minerals:

1) Vitamins: Vitamins are organic compounds (compounds that come from plants and animals) that boost your vital organs, keep you safe from disease and much more.



2) Minerals: Minerals are inorganic compounds (compounds that come from the soil and water) that fight disease, support essential functions within your body and much more.

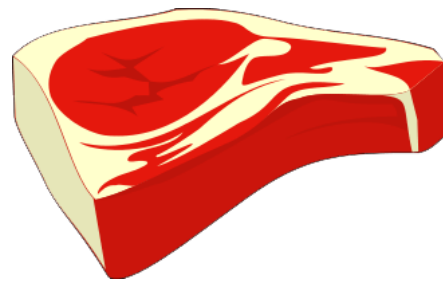
An Introduction To The Phytonutrients

There are hundreds of different phytonutrients. They are not classed as essential nutrients because humans can technically survive without them. However, they boost your health in multiple ways and it is highly recommended that you make them part of your diet.

How Much Of Each Nutrient Do You Need?

There is a lot of debate around what percentage of your calories should come from carbohydrates, dietary fats and proteins. My personal opinion is that you should get an equal amount of calories (33.3%) from each of the 3 macronutrients.

The carbohydrates will give you energy plus a healthy dose of vitamins, minerals and phytonutrients, the dietary fats will support and protect your body internally and the protein will give you the fuel you need to build, maintain and repair your cells.



1 important thing to remember is that equal amounts of calories do not translate into equal amounts of food. Carbohydrates and proteins contain 4 calories per gram whilst dietary fats contain 9 calories per gram. So if you were eating 1,500 calories per day on a 33.3% split that would break down as:

- 125g of carbohydrates
- 55.5g of dietary fats
- 125g of protein

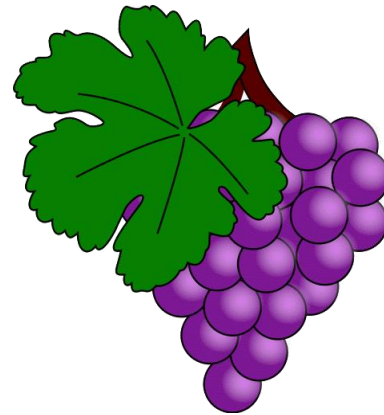
Compare This To Your Existing Diet

In this chapter you have learned:

- *What all the nutrients do*
- *The importance of choosing nutrient rich foods*
- *The percentage of calories and the grams of food you should be getting from carbohydrates, dietary fats and proteins*

This information now needs to be combined with your target metabolism and your food logs from chapters 1 and 2 so you can identify exactly which foods you can cut from your diet.

First, take your food log and calculate on average how many calories you are getting from carbohydrates, dietary fats and proteins each day. Then compare this with your target metabolism. Write your results down in a simple table such as the 1 below:

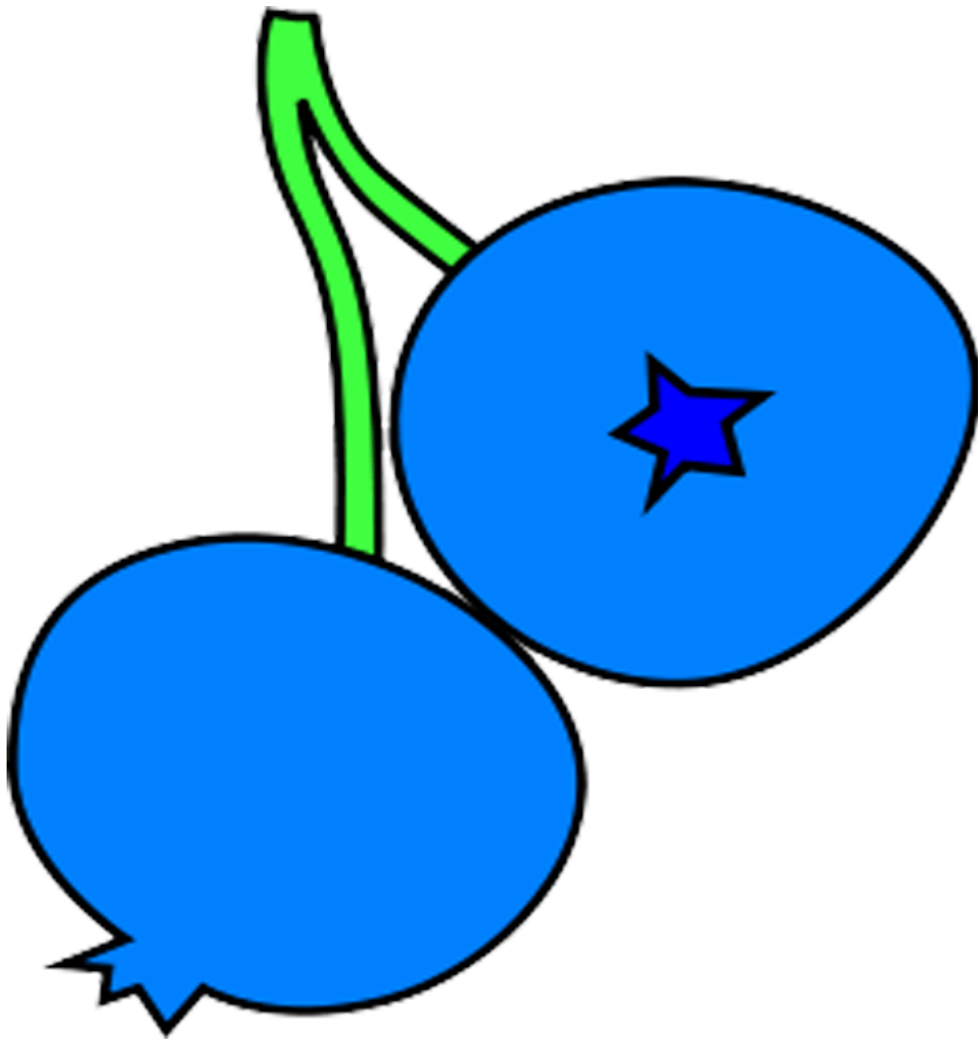


Macronutrient	Current Daily Calories	Target Metabolism	Variance
Carbohydrates	1,000	500	-500
Dietary Fats	600	500	-100
Protein	400	500	+100
Total	2,000	1,000	-500

This will then give you a clear indication of where you need to remove (and in some cases even add) calories.

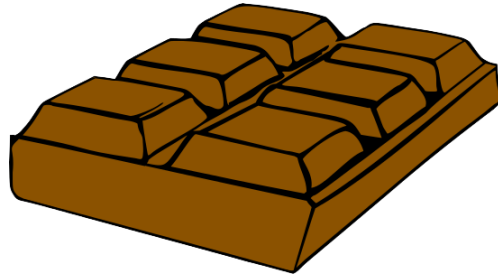
The next stage is to take a deeper look at your existing food log and identify by food group which foods you can remove whilst keeping the diet high in nutritional value.

Chapter 4 - Choose The Right Carbs



Cut Out The Treats

Carbohydrates are normally the area where most calories need to be cut. The reason for this is that a lot of the treats people like to eat are heavy in carbs. Alcoholic drinks, biscuits, cakes, chips, chocolates, crisps, soft drinks are all loaded with carbohydrates.



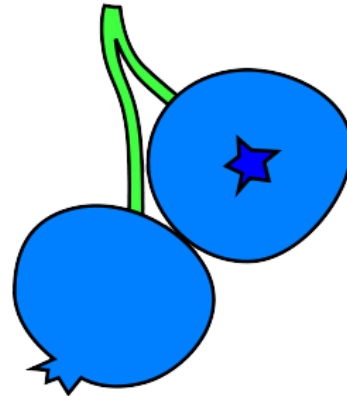
So the first thing you need to do when looking at your food log is to see if there are any carbohydrate rich foods you can either eliminate or substitute for good carbohydrates (I will be explaining what a good carbohydrate is below).

The important thing to remember when doing this is that you need to be realistic with yourself. This is not a crash diet. This is a plan you are going to be sticking with to keep the weight off permanently. You are going to have to make some changes and start eating more good carbohydrates but there is still room for the occasional treat. So if you know you cannot live without cookies then you need to keep them on your list in small amounts.

Good Carbohydrates Vs Bad Carbohydrates

As I discussed earlier in this article, carbohydrates are your body's preferred source of energy. They all ultimately get broken down into sugar (glucose) and then are used by your body's cells as an energy source.

However, good carbohydrates supply your body with more than just sugar. They give you dietary fiber, vitamins, minerals and phytonutrients. Bad carbohydrates give you sugar and not much else.

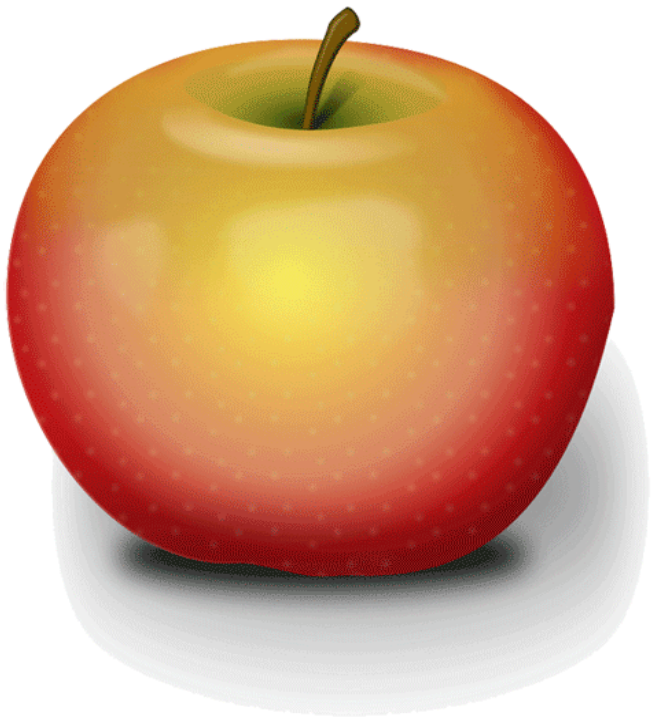


Good Carbohydrates: Good carbohydrates are natural, unprocessed plant based foods such as fruits and vegetables. They are naturally rich in dietary fiber, vitamins, minerals and phytonutrients and relatively low in calories compared to bad carbohydrates. Basically, they provide your body with lots of health boosting nutrients per carbohydrate calorie.

Bad Carbohydrates: Bad carbohydrates are unnatural, highly processed foods such as the treats mentioned above. They contain lots of carbohydrate

calories but very little dietary fiber, vitamins, minerals and phytonutrients. They also often contain lots of additional chemicals that can be damaging to your health.

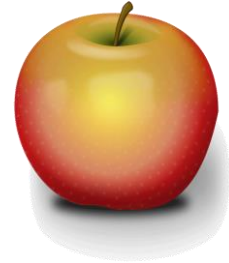
Chapter 5 - Good Carbohydrates List



As discussed above, most fruits and vegetables are good carbohydrates. However, if you are struggling to find some good carb carbohydrates here is a list of 10 natural, nutrient packed carbohydrate foods:

1. Apples

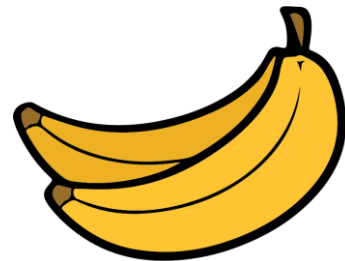
An average apple contains 90 calories of which 84 come from carbohydrates, 5 come from dietary fats and 1 comes from protein. It also contains 4.4g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Potassium	Vitamin C	Caffeic Acid
		Catechin
		Chlorogenic Acid
		Cyanidin
		Kaempferol
		Rutin

2. Bananas

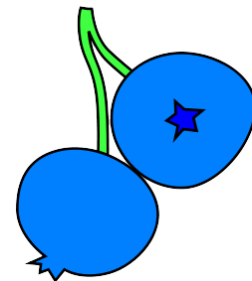
An average banana contains 109 calories of which 99 come from carbohydrates, 5 come from dietary fats and 5 come from protein. It also contains 3.1g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Manganese	Vitamin B6 (Pyridoxine)	Delphinidin
Potassium	Vitamin C	Naringenin
		Rutin

3. Blueberries

A cup of blueberries (145g) contains 84 calories of which 64 come from carbohydrates, 5 come from dietary fats and 4 come from protein. This cup of blueberries also contains 3.6g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Manganese	Vitamin C	Catechin
	Vitamin E	Chlorogenic Acid
		Cyanidin
		Kaempferol
		Myricetin
		Pterostilbene

4. Bell Peppers

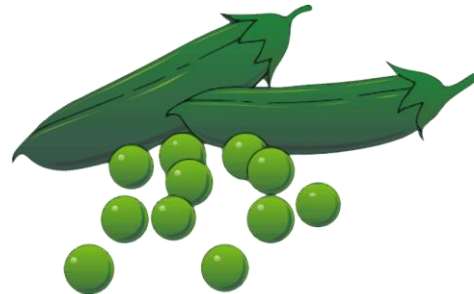
An average bell pepper contains 30 calories of which 24 come from carbohydrates, 2 come from dietary fats and 4 come from protein. It also contains 2g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Vitamin A	Astaxanthin
Manganese	Vitamin B1 (Thiamine)	Beta Carotene
Molybdenum	Vitamin B6 (Pyridoxine)	Lycopene
Potassium	Vitamin B9 (Folic Acid)	Lutein
	Vitamin C	Zeaxanthin
	Vitamin E	
	Vitamin K	

5. Green Peas

A cup of green peas (160g) contains 134 calories of which 95 come from carbohydrates, 3 come from dietary fats and 36 come from protein. This cup of green peas also contains 9g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:

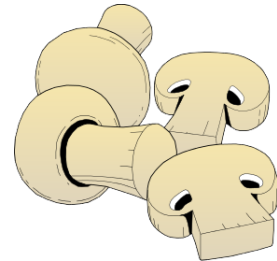


Minerals	Vitamins	Phytonutrients
Copper	Vitamin A	Coumestrol
Iron	Vitamin B1 (Thiamine)	Daidzein
Magnesium	Vitamin B2 (Riboflavin)	
Manganese	Vitamin B3 (Niacin)	
Phosphorus	Vitamin B6 (Pyridoxine)	
Potassium	Vitamin B9 (Folic Acid)	
Zinc	Vitamin C	

	Vitamin K	
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6. Mushrooms

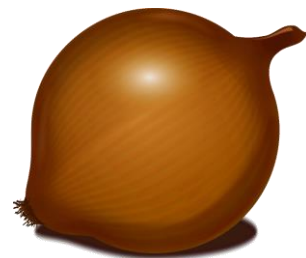
A cup of mushrooms (142g) contains 31 calories of which 16 come from carbohydrates, 1 comes from dietary fats and 14 come from protein. This cup of mushrooms also contains 1g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Calcium	Para Amino Benzoic Acid (Unofficial Vitamin Bx)	Cantaxanthin
Copper	Vitamin B1 (Thiamine)	
Germanium	Vitamin B2 (Riboflavin)	
Iron	Vitamin B3 (Niacin)	
Magnesium	Vitamin B5 (Pantothenic Acid)	
Manganese	Vitamin B6 (Pyridoxine)	
Phosphorus	Vitamin B9 (Folic Acid)	
Potassium		
Selenium		
Vanadium		
Zinc		

7. Onions

A cup of onions (160g) contains 61 calories of which 50 come from carbohydrates, 2 come from dietary fats and 8 come from protein. This cup of onions also contains 2.88g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Chromium	Vitamin B6 (Pyridoxine)	Isorhamnetin
Copper	Vitamin B9 (Folic Acid)	Kaempferol
Manganese	Vitamin C	Myricetin
Molybdenum		Quercetin
Phosphorus		Rutin
Potassium		

8. Oranges

An average orange contains 62 calories of which 56 come from carbohydrates, 1 comes from dietary fats and 5 come from protein. It also contains 3.13g of dietary fiber and is a great source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Calcium	Inositol (Unofficial Vitamin B8)	Beta Carotene
Potassium	Vitamin A	Hesperidin
	Vitamin B1 (Thiamine)	Naringenin
	Vitamin B9 (Folic Acid)	Tangeretin
	Vitamin C	

9. Spinach

A cup of spinach (180g) contains 41 calories of which 17 come from carbohydrates, 4 come from dietary fats and 20 come from protein. This cup of spinach also contains 4.32g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Calcium	Para Amino Benzoic Acid (Unofficial Vitamin Bx)	Apigenin
Copper	Vitamin A	Beta Carotene
Iron	Vitamin B1 (Thiamine)	Epicatechin
Magnesium	Vitamin B2 (Riboflavin)	Epicatechin Gallate
Manganese	Vitamin B3 (Niacin)	Epigallocatechin Gallate
Phosphorus	Vitamin B6 (Pyridoxine)	Gallocatechol
Potassium	Vitamin B9 (Folic Acid)	Kaempferol
Selenium	Vitamin C	Tannic Acid
Sulfur	Vitamin E	
Vanadium	Vitamin K	
Zinc		

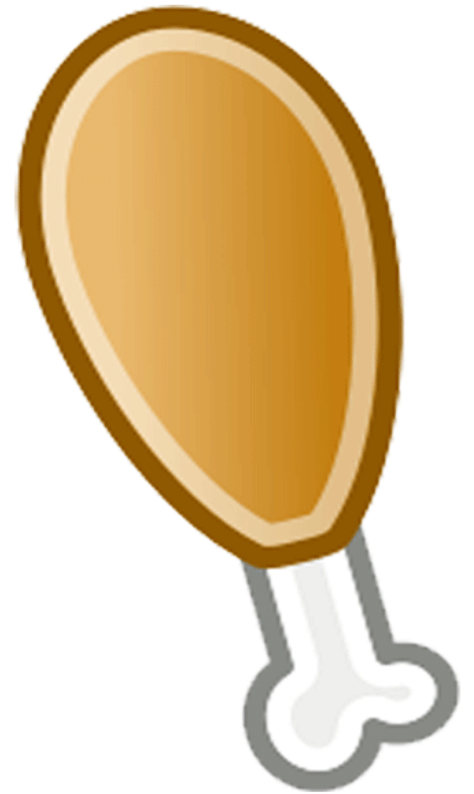
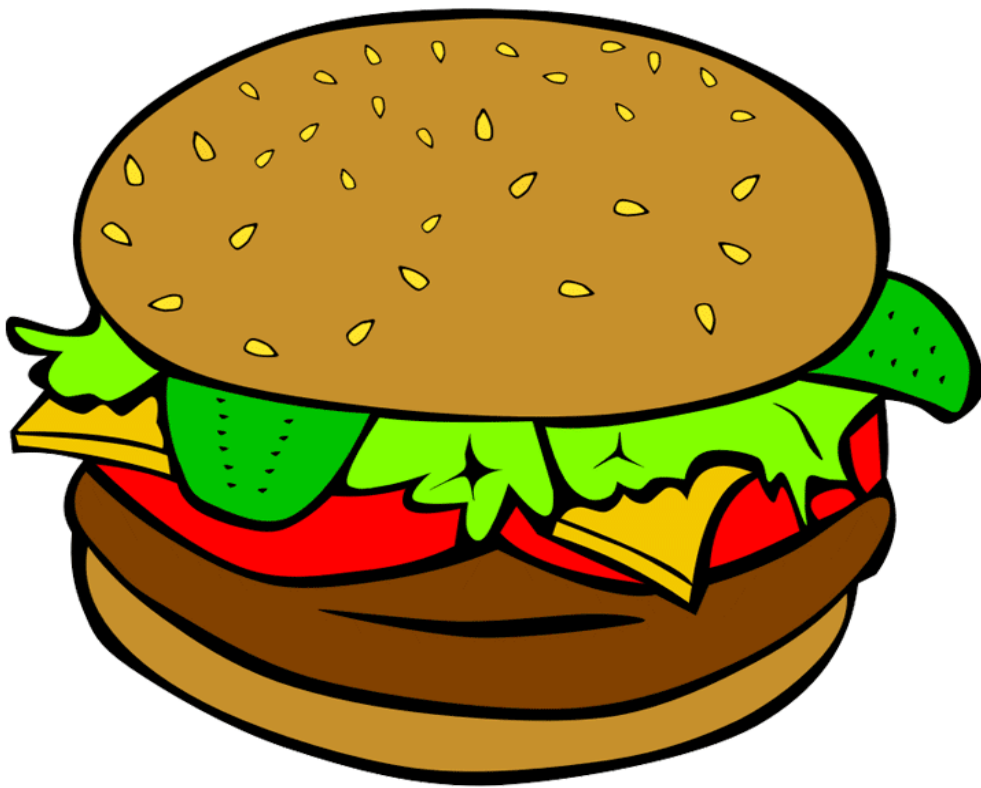
10. Tomatoes

An average tomato contains 22 calories of which 16 come from carbohydrates, 2 come from dietary fats and 4 come from protein. It also contains 1.5g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Chromium	Para Amino Benzoic Acid (Unofficial Vitamin Bx)	Beta Carotene
Copper	Vitamin A	Lycopene
Iron	Vitamin B1 (Thiamine)	Phytofluene
Magnesium	Vitamin B2 (Riboflavin)	
Manganese	Vitamin B3 (Niacin)	
Molybdenum	Vitamin B5 (Pantothenic Acid)	
Phosphorus	Vitamin B6 (Pyridoxine)	
Potassium	Vitamin B9 (Folic Acid)	
Zinc	Vitamin C	
	Vitamin E	
	Vitamin K	

Chapter 6 - Go For High Quality Protein



Avoid Processed Meats

The main thing most people need to cut when it comes to protein is processed meats. This includes things such as bacon, beef jerky, burgers, chicken nuggets and sausages. Not only are these foods lacking in nutrients but in most cases they also contain dangerous chemicals and trans fats.

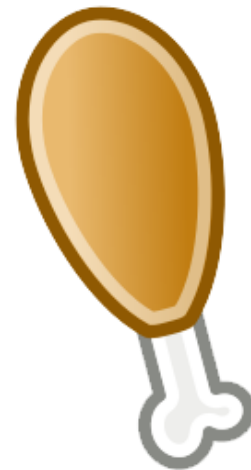


So the next thing you need to do is look at your food log and eliminate or swap these processed foods for some good proteins (I will be explaining what a good protein is below).

Like with carbohydrates, you need to remember that you are making permanent changes. So whilst most of your proteins will have to be good proteins there is still room for a small amount of your favorite processed meats.

Good Proteins Vs Bad Proteins

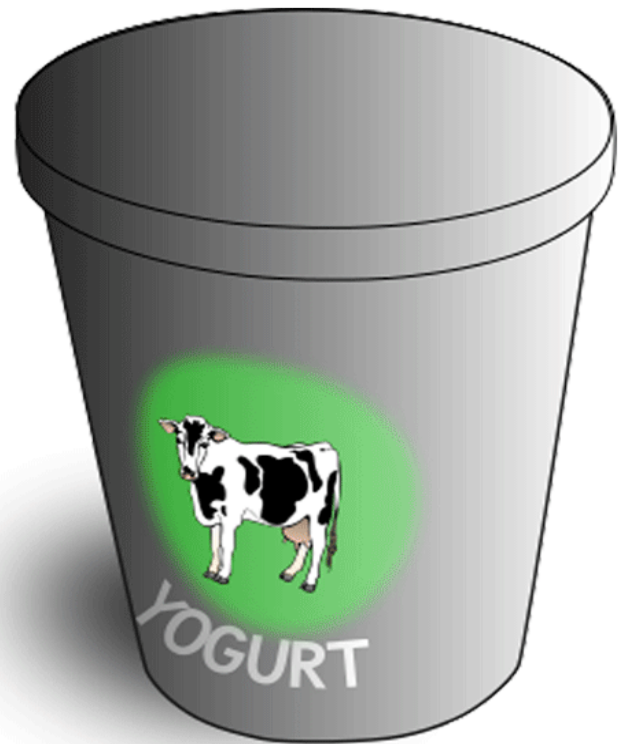
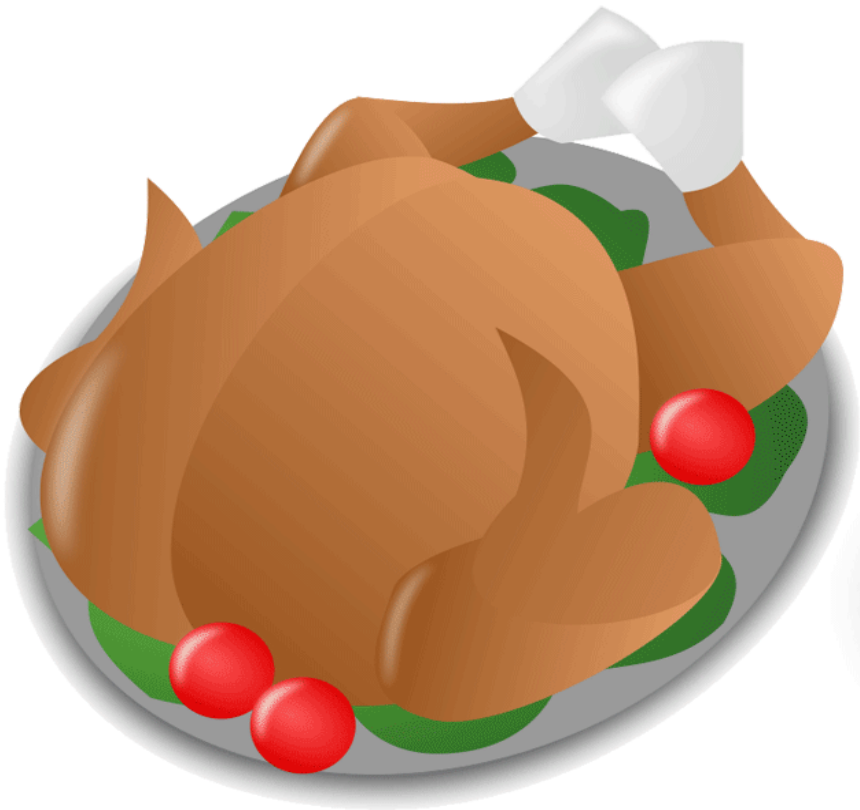
Protein's core function is to build, maintain and repair your body's cells. Good proteins will do that and also whilst also providing you with additional health boosting nutrients. Bad proteins will give you protein but this often comes with no other nutrients and a selection of harmful substances.



Good Proteins: Good proteins are natural, unprocessed animal or plant based products. They give you a lot more nutritional punch with your protein and contain high levels of vitamins, minerals and phytonutrients.

Bad Proteins: Bad proteins are unnatural, highly processed foods such as the processed meats mentioned above. They will provide you with protein but very little else. Bad proteins often contain additional chemicals and trans fats which are very bad for your health.

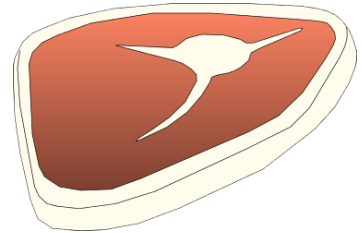
Chapter 7 - Good Protein List



Good proteins can be found in a wide range of natural, unprocessed animal and plant based products such as fish, meat, eggs, nuts and soybeans. The list below provides a full breakdown of 10 nutrient rich, natural proteins:

1. Beef

A 113g serving of beef tenderloin (beef fillet) contains 240 calories of which 103 come from dietary fats and 137 come from proteins. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Iron	Coenzyme Q10 (Unofficial Vitamin)
Phosphorus	Vitamin B2 (Riboflavin)
Selenium	Vitamin B3 (Niacin)
Zinc	Vitamin B6 (Pyridoxine)
	Vitamin B12 (Cobalamin)

2. Chicken

A 113g serving of chicken breast contains 223 calories of which 79 come from dietary fats and 144 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Phosphorus	Choline (Unofficial Vitamin)
Selenium	Coenzyme Q10 (Unofficial Vitamin)
	Vitamin B3 (Niacin)

3. Cottage Cheese

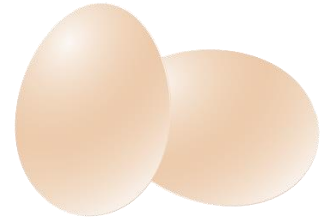
A 113g serving of cottage cheese contains 113 calories of which 12 come from carbohydrates, 45 come from dietary fats and 56 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Calcium	Vitamin A
Phosphorus	
Sodium	
Selenium	

4. Eggs

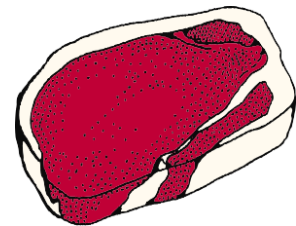
An average egg contains 68 calories of which 2 come from carbohydrates, 42 come from dietary fats and 22 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Iodine	Choline (Unofficial Vitamin)
Molybdenum	Vitamin B2 (Riboflavin)
Phosphorus	Vitamin B5 (Pantothenic Acid)
Selenium	Vitamin B12 (Cobalamin)
	Vitamin D

5. Lamb

A 113g serving of lamb loin contains 229 calories of which 100 come from dietary fats and 129 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Phosphorus	Vitamin B3 (Niacin)
Selenium	Vitamin B12 (Cobalamin)
Zinc	

6. Natural Yogurt

A cup of yogurt (245g) contains 155 calories of which 34 come from dietary fats and 125 come from protein. This cup of yogurt is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Calcium	Vitamin B2 (Riboflavin)
Iodine	Vitamin B5 (Pantothenic Acid)
Molybdenum	Vitamin B12 (Cobalamin)
Phosphorus	
Potassium	
Zinc	

7. Salmon

A 113g serving of salmon contains 262 calories of which 137 come from dietary fats and 125 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Magnesium	Vitamin B3 (Niacin)
Phosphorus	Vitamin B6 (Pyridoxine)
Selenium	Vitamin B12 (Cobalamin)
	Vitamin D

8. Soybeans

A cup of soybeans (172g) contains 298 calories of which 45 come from carbohydrates, 139 come from dietary fats and 114 come from protein. This cup of soybeans also contains 10g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Vitamin B2 (Riboflavin)	Daidzein
Iron	Vitamin K	Genistein
Magnesium		Epicatechin
Manganese		
Molybdenum		
Phosphorus		
Potassium		

9. Tuna

A 113g serving of tuna contains 158 calories of which 12 come from dietary fats and 146 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Magnesium	Vitamin B1 (Thiamine)
Phosphorus	Vitamin B3 (Niacin)
Potassium	Vitamin B6 (Pyridoxine)
Selenium	

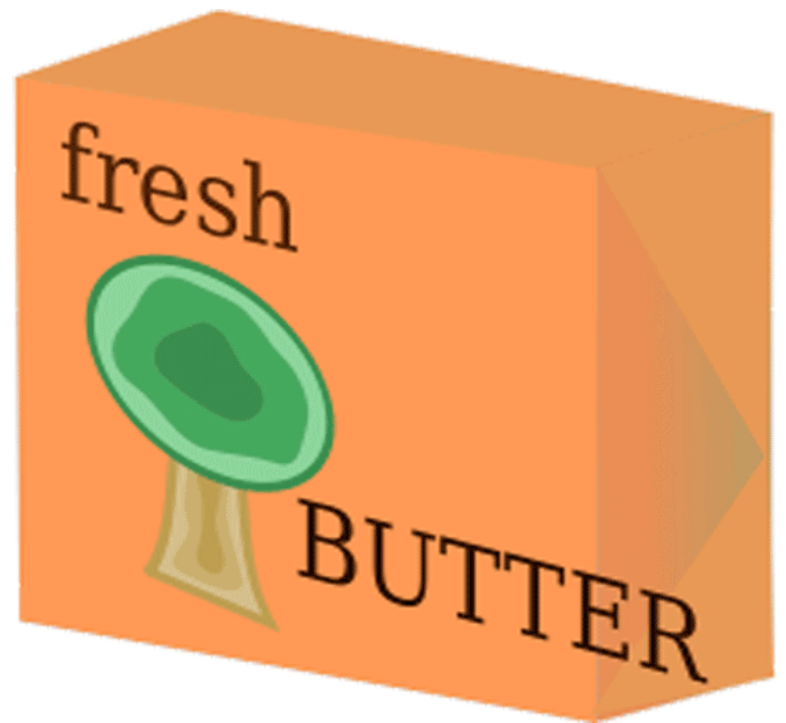
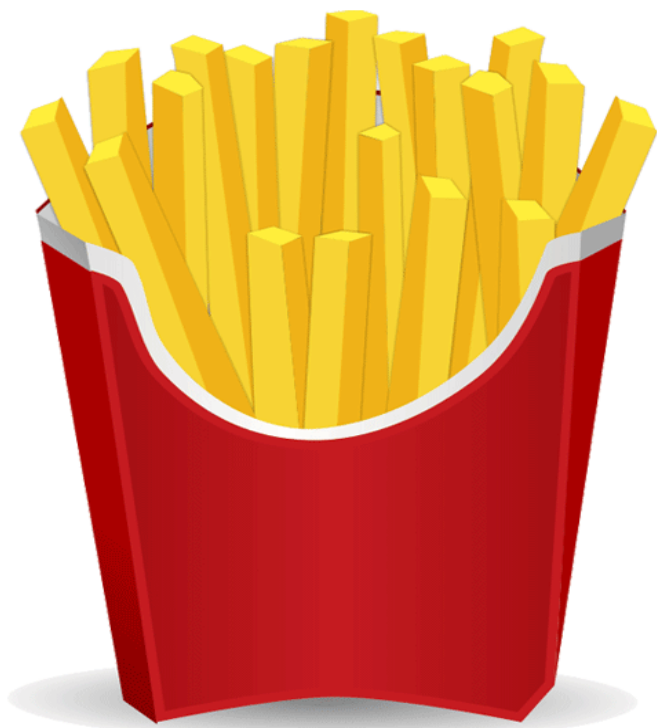
10. Turkey

A 113g serving of turkey contains 153 calories of which 8 come from dietary fats and 145 come from protein. It is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Phosphorus	Vitamin B3 (Niacin)
Selenium	Vitamin B6 (Pyridoxine)
Zinc	

Chapter 8 - Don't Forget About Fats



Fats Are Not The Enemy

Another significant mistake that people make when trying to lose weight is that they see fat as the enemy. Every time you go in a supermarket you are greeted with countless low fat and no fat products. What people do not realize is that whilst these products may be lower in calories than their full fat counterparts, they are actually full of harmful chemicals.



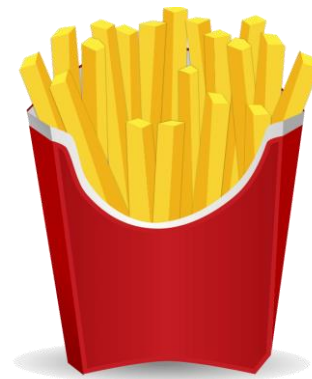
Despite what the marketing companies want you to believe, eating fat does not necessarily mean you will get fat. Dietary fats are essential nutrients and failing to get enough of them can lead to cancer, diabetes, heart disease, growth problems and much more.

So the final thing you need to do is look at your food log and check whether you are getting enough calories from dietary fats and also whether these calories are coming from good fats (I will be explaining what good fats and bad fats are below).

As with all the changes I have suggested in this report, you need to remember these are permanent lifestyle choices. If there is something that you cannot live without then keep it on the list in moderation.

Good Fats Vs Bad Fats

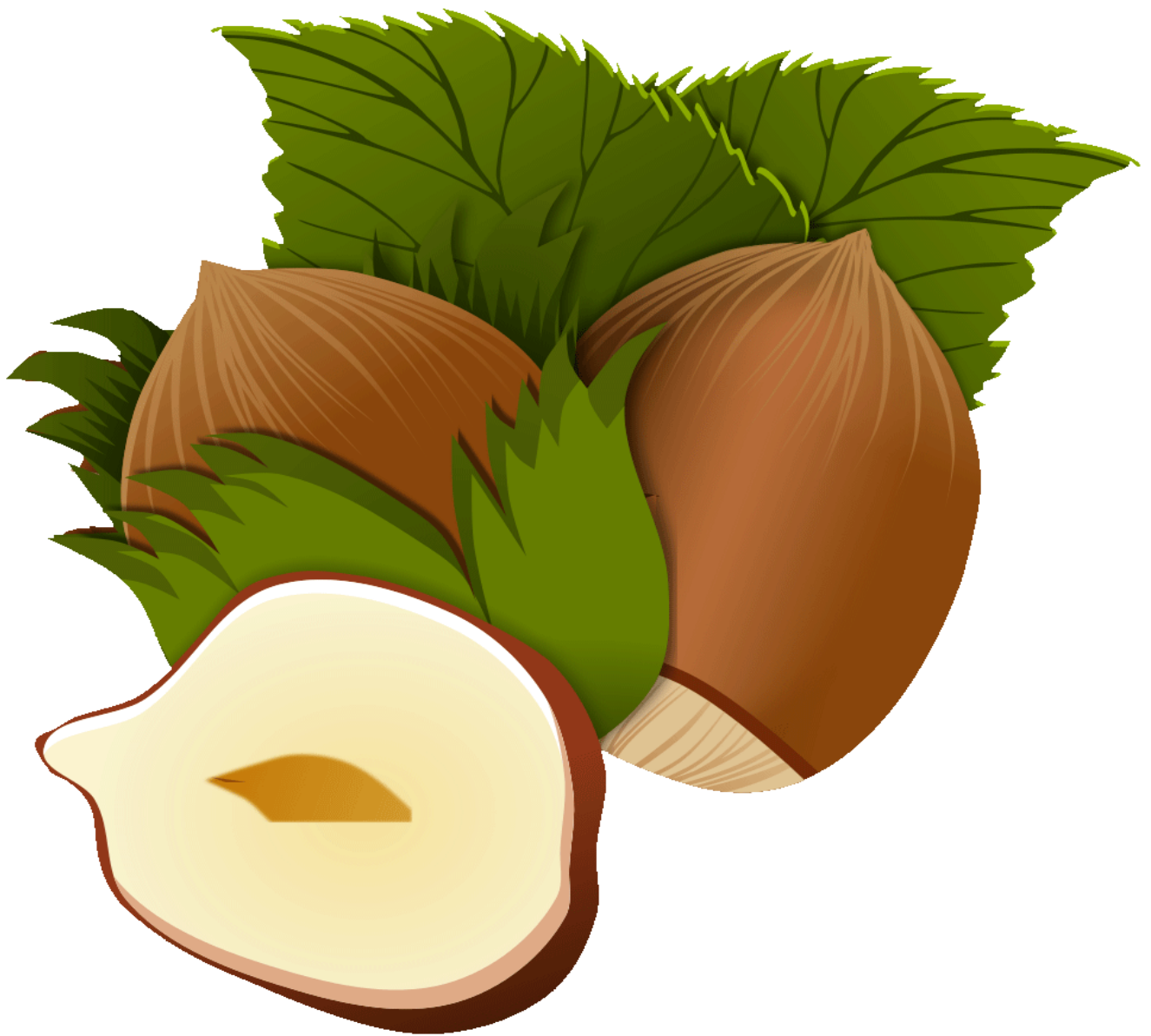
Dietary fats support all round good health in the body. They fight diseases (such as cancer, diabetes and heart disease), ensure that all your vital organs are running properly, strengthen your immune system and much more. Good fats (monounsaturated fat, polyunsaturated fat and saturated fat) are generally found in natural foods whilst bad fats (trans fats) are found in unnatural, highly processed foods such as burgers, chicken nuggets and sausages.



Good Fats: Good fats are natural, unprocessed animal or plant based products. Since they are natural, good fats are often loaded with vitamins, minerals and phytonutrients.

Bad Fats: Bad fats are unnatural, highly processed foods such as the processed meats mentioned above. They often contain very little good fats or other nutrients but are packed with harmful chemicals and trans fats.

Chapter 9 - Good Fats Lists



Good fats can be found in a variety of natural, unprocessed foods. The list below highlights 10 of the best good fats:

1. Almonds

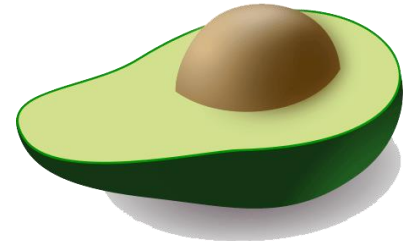
A quarter cup of almonds (35g) contains 205 calories of which 11 come from carbohydrates, 164 come from dietary fats and 30 come from protein. This quarter cup of almonds also contains 4g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Inositol (Unofficially Vitamin B8)	Gallocatechol
Magnesium	Vitamin B2 (Riboflavin)	Isorhamnetin
Manganese	Vitamin E	Salicylic Acid
Phosphorus		

2. Avocado

A cup of sliced avocado (146g) contains 235 calories of which 22 come from carbohydrates, 201 come from dietary fats and 12 come from protein. This cup of sliced avocado also contains 7.3g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Vitamin B6 (Pyridoxine)	Beta Carotene
Potassium	Vitamin B9 (Folic Acid)	Lutein
	Vitamin C	Phytosterols
	Vitamin K	

3. Brazil Nuts

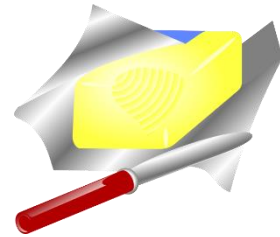
A quarter cup of Brazil nuts (33g) contains 218 calories of which 14 come from carbohydrates, 185 come from dietary fats and 19 come from protein. This quarter cup of Brazil nuts also contains 2.5g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Boron	Vitamin B1 (Thiamine)	Phytosterols
Copper	Vitamin E	Tocopherols
Iron		
Magnesium		
Phosphorus		
Selenium		
Sulfur		

4. Butter

A tablespoon of butter (14g) contains 102 calories of which 101 come from dietary fats and 1 comes from protein. This tablespoon of butter is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Chloride	Vitamin A
Sodium	Vitamin D

5. Cheddar Cheese

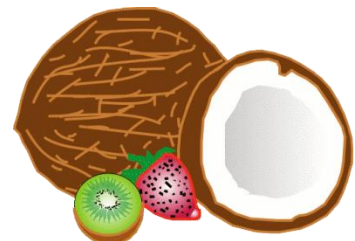
A cup of shredded cheddar cheese (113g) contains 455 calories of which 4 come from carbohydrates, 329 come from dietary fats and 122 come from protein. This cup of shredded cheddar cheese is also an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Calcium	Vitamin A
Phosphorus	Vitamin B2 (Riboflavin)
Vitamin A	Vitamin B12 (Cobalamin)

6. Coconut

A cup of shredded coconut (80g) contains 283 calories of which 31 come from carbohydrates, 241 come from dietary fats and 11 come from protein. This cup of shredded coconut also contains 7g of dietary fiber and is an excellent source of the vitamins and minerals listed below:



Minerals	Vitamins
Copper	Vitamin B9 (Folic Acid)
Iron	
Manganese	
Selenium	

7. Olive Oil

A tablespoon of olive oil (14g) contains 126 calories all of which come from fat. It is also an excellent source of the phytonutrients listed below:



Phytonutrients
Hydroxytyrosol
Oleacanthal
Oleuropein
Tyrosol

8. Hazelnuts

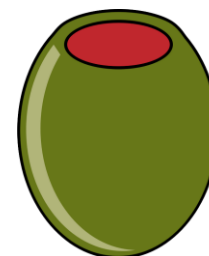
A quarter cup of hazelnuts (34g) contains 212 calories of which 20 are from carbohydrates, 172 are from dietary fats and 20 are from protein. This quarter cup of hazelnuts also contains 3g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Vitamin B1 (Thiamine)	Gallic Acid
Magnesium	Vitamin B6 (Pyridoxine)	Kaempferol
Manganese	Vitamin B9 (Folic Acid)	Myricetin
Phosphorus	Vitamin E	Quercetin

9. Olives

A cup of olives (134g) contains 155 calories of which 22 are from carbohydrates, 129 are from dietary fats and 4 are from protein. This cup of olives also contains 4.3g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Chloride	Vitamin E	Hydroxytyrosol
Copper		Oleuropein
Iron		Salicylic Acid
Sodium		Tyrosol
Vanadium		

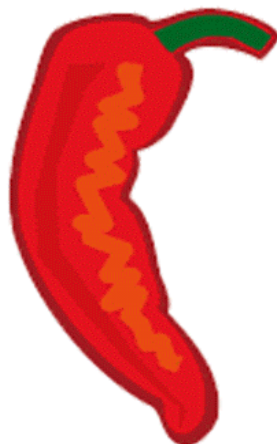
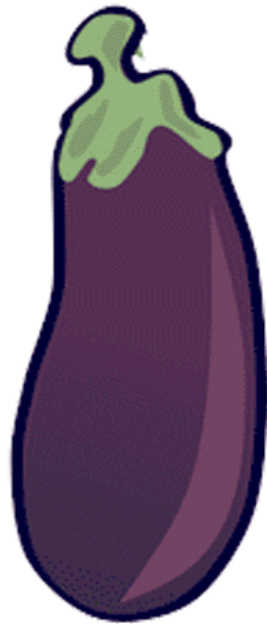
10. Walnuts

A quarter cup of walnuts (28g) contains 183 calories of which 14 come from carbohydrates, 153 come from dietary fats and 16 come from protein. This quarter cup of walnuts also contains 2g of dietary fiber and is an excellent source of the vitamins, minerals and phytonutrients listed below:



Minerals	Vitamins	Phytonutrients
Copper	Vitamin B6 (Pyridoxine)	Ellagic Acid
Manganese		Gallic Acid
Magnesium		

Summary: The 80/20 Rule



To recap this is what you have covered in this report:

- *Your target metabolism (the number of calories you need to be consuming to reach your target weight)*
- *How to get 1 weeks' worth of daily food logs (which show how many calories you are actually consuming)*
- *What all the nutrients do*
- *The importance of choosing nutrient rich foods*
- *The percentage of calories and the grams of food you should be getting from carbohydrates, dietary fats and proteins*
- *How to identify where you need to remove (and in some cases even add) calories*
- *How to adjust your existing diet so that it contains less calories that are mainly sourced from good carbohydrates, good dietary fats and good proteins*

If you follow all these instructions you will lose weight this year and most importantly you will keep it off permanently.

As I stressed throughout this report, your success depends on being realistic. If you do not keep any of the foods that were part of your original diet you will quickly start to resent this new diet and more than likely fail.

But how much bad food can you eat whilst still losing weight and giving your body all the nutrients it needs?

In my opinion I think you should aim for an 80/20 split. 80% of your calories should be from natural, unprocessed foods and 20% can come from less healthy treats. That means 1 in every 5 meals or 4 meals per week can be a cheat meal.

Also make sure you keep your diet varied. The 10 good carbohydrates, good proteins and good fats listed in this report are all excellent choices but they are just meant to be a starting point. There are plenty more natural foods out there which can be used to keep your new diet fresh. [Free Fitness Tips](#) has a number of articles which discuss healthy natural foods whilst [Mark's Daily Apple](#) has some really tasty recipes that use only natural foods (and I mean really tasty – try this recipe for [Savory Roasted Pumpkin with Beef Short Ribs](#) if you don't believe me).

I wish you all the best in your endeavors to lose weight this New Year.