

3 Wicked Good Foods To MELT BELLY FAT

-recipe boosters-



Wendy Patrucco



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Love The Foods That Love You.

Never diet again! Diets leave you feeling frustrated and restricted. There's another way to optimum health and weight.

Focus your attention on *adding* healthy foods rather than avoiding unhealthy foods.

Simply, add these nourishing foods to every meal and never diet again.

ENJOY EVERY BITE!

Wendy

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#1



Avocados

FAT BUSTING BENEFITS

- Avocados are packed with monounsaturated fats which increase fat burning and help scorch calories after eating.
- A diet high in monounsaturated fats helps prevent body fat from accumulating, especially around the belly.

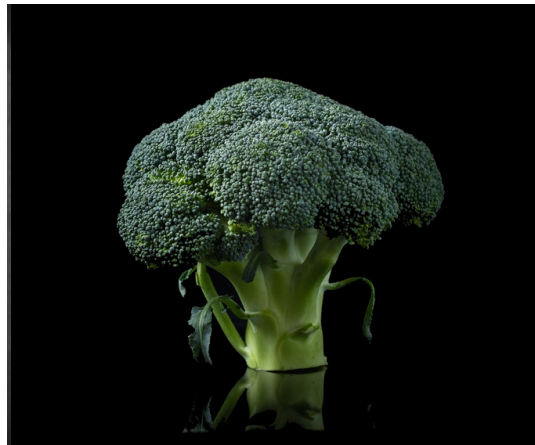
ORGANIC OR NOT

- You do not need to purchase organic avocados.
- The avocado is one of the best types of produce to buy non-organic with pesticides detected in only 1% of samples according to the [EWG website](#).

HOW TO START

- Wash avocado well before slicing to reduce pesticide exposure.
- Slice and twist the avocado open.
- Smear on toast
- Mash up as a dip
- Add to a salad
- Embellish a sandwich

#2



Cruciferous Veggies

FAT BUSTING BENEFITS

- Cruciferous veggies are low in calories and high in fiber, so they'll make you feel fuller longer to reduce overall calorie consumption.
- Cruciferous veggies have effective anti-inflammatory compounds which you will see and feel as reduced belly fat.
- Cruciferous veggies support the liver's role to detoxify harmful toxins out of the body.

ORGANIC OR NOT

- Cabbage, cauliflower, Brussels sprouts and broccoli have little to no pesticide residues, so it's okay to purchase conventionally grown produce.
- Kale, on the other hand, is on the Dirty Dozen list from EWG. Buy organic kale whenever possible.

HOW TO START

- Mix your cruciferous veggies on a cookie sheet with a bit of olive oil and salt. Roast for about 30 minutes. Turning halfway through. So delish!
- Add to a salad
- Add to soup
- Eat hot or cold

#3



Sweet Potatoes

FAT BUSTING BENEFITS

- Sweet potatoes are a great source of complex carbohydrates. You'll digest them slowly for sustained energy without the blood sugar spike.
- Complex carbohydrates make you feel fuller longer which can keep you from consuming too many calories.

ORGANIC OR NOT

- You don't have to buy organic if you don't plan on eating the skin. The skin often contains a fungicide that you do not want to eat.
- Buy organic and eat the skin! The skin is nutrient dense.

HOW TO START

- Baked, steamed or roasted, you'll love adding sweet potatoes to your diet.
- Think of sweet potatoes as a replacement for grain and have a sweet potato for breakfast!
- Prepare several sweet potatoes and have them anytime you feel peckish!

Cheat Sheet - Recipe Boosters

Print this page!

Even when you're eating on the run, find ways to add these foods to your daily diet to find your healthy weight, improve digestion, and look gorgeous!

- Add to a store bought sandwiches
- Add to soup
- Eat veggies for breakfast
- Add to a pre-made salad
- Prepare extra for left-overs

☐

Avocados

☐

Kale, buy organic, if possible

☐

Brussels Sprouts

☐

Broccoli

☐

Cauliflower

☐

Sweet Potatoes, buy organic if you plan on eating the skin

Keep in Touch

Give these recipe boosters a try and let me know how it goes.

If you need more information, tips and tricks to find your healthy weight, improve your digestion, and look your very best at any age, I'm here.

My name is Wendy Patrucco, a Certified Functional Nutrition Health Coach and Essential Oil Educator.

I believe in the innate ability of your body to heal, be happy and stay well. Our contemporary lifestyle works against our body's abilities and I want to help you find simple solutions to get back on track.

Schedule your free 30-minute Happy Body Discovery Session with me.

Click here,

<https://calendly.com/wendypatrucco/freehappybodydiscoverycall>

Or scan this QR code.



It's your time to be well,

Wendy

References

Avocado Consumption and Abdominal Adiposity

<https://academic.oup.com/jn/article/151/9/2513/6311819?login=false>

Adding fiber to your meals can help you lose weight just as effectively as a more complicated diet.

<https://www.acpjournals.org/doi/10.7326/M14-0611?articleid=2118594>

Color-fleshed sweet potatoes aid fight against obesity.

<https://pubmed.ncbi.nlm.nih.gov/32812262/>

Environmental Working Group 2022 Shopper's Guide to the Clean Fifteen and Dirty Dozen.

<https://www.ewg.org/foodnews/>