

# Lose That Belly Fat Before the Holidays!

from Jolene Deras  
Helping Women Thrive



I know for myself, that losing some unwanted belly fat before the holidays, especially Christmas. I want to be able to enjoy the holidays without worrying about what I can and cannot eat. That just adds more stress to the season. This guide will give you the information you need to know to help you achieve your goal! LET'S GET STARTED!



## Foods To Get Rid of Belly Fat Fast

### Fruits and Vegetables



**Bananas:** These have potassium which reduces the amount of belly swelling sodium in your body. They have prebiotics which feed your good bacteria.

**Berries:** They help blood flow so cardio is easier. Eat before a workout to get the max effect.

**Oranges:** They help burn more fat during exercise.

**Citrus Fruit:** They reduce bloating and reduce inflammation which can aid in belly fat storage.

**Avocados:** These have healthy monounsaturated fatty acids to stop blood sugar spikes and communicate with your body to not store fat in your belly.

**Asparagus:** This reduces bloating.

**Red pepper (cayenne):** This helps you burn more fat during exercise.

**Peas:** They have protein and nutrients that reduce bloating. They also contain Vitamin C, magnesium, potassium and iron, which aid your sodium levels and give your blood cells more oxygen.

**Leafy Greens & Cauliflower:** These have potassium which helps with bloating and maintaining your sodium levels.

**Garlic, onion, leeks, scallions, & shallots:** These give you prebiotic fiber which feed the good bacteria in your stomach.

**Sweet Potatoes & Butternut Squash:** They are low in calories and have potassium and fiber. Eat these to help reduce bloating.

**Potatoes (not fried):** They contain potassium which helps eliminate bloating and maintain your sodium level. The fiber helps you stay fuller longer.



## Dairy



**Greek Yogurt:** This has carbs and protein. These tell your body to not store calories as fat when your insulin (a hormone that regulates the amount of sugar in your blood) levels get too high.

**Low Fat Milk, Low Sodium Cottage Cheese, & Mozzarella sticks:** These have calcium which help people who may be more likely to carry weight in their midsection because of genetics.

## Grains



**Whole Grains- Oatmeal, brown rice, quinoa, wheat, barley, millet, farro, and bulgur:** These keep your insulin (a hormone that regulates the amount of sugar in your blood) levels low. It give you longer-lasting energy because it absorbs and burns more slowly. These also reduce bloating.

## Other Foods



**Green Tea:** Drinking three cups daily helps increase metabolism and it's easier to burn fat.

**Peanut Butter:** It has protein and fiber to keep you feeling full. It also has an amino acid that helps blood flow and reduces fluid retention.

**Chickpeas:** They have fiber, protein, and antioxidants.

**Pumpkin Puree:** It has lots of fiber and potassium.

**Tuna & Sardines:** They have healthy protein and omega-3s. These will help you feel full.

**Salmon:** It has a healthy protein and omega-3s. This will help you feel full. The Vitamin D in it helps lower risk of chronic disease. Along with Vitamin B6 which helps you regulate your mood and stress.

**Seeds- Sunflower and Pumpkin:** These have zinc which is immune boosting and makes you feel full.

**Miso, Tempeh, and Sauerkraut:** These contain probiotics to increase immunity and help with gut function. These help reduce bloating.

**Nuts - Almonds, peanuts, walnuts, and pistachios:** These have monounsaturated fats.

**Olive oil (extra virgin):** It's the best to use for preparing food.

**Eggs:** Excellent source for protein.


**Beans & Lentils:** They reduce bloating and build lean body mass.

**Coffee & Tea:** The caffeine helps you go more regularly if you drink it the same time each day.



## Best Foods To Avoid To Reduce Belly Fat

1. **Processed foods** includes foods that have been cooked, canned, frozen, packaged, or changed nutritionally to preserve it or prepare it in a different way. Eat in moderation but look for hidden fat, sodium, and sugar. Processed foods can also effect fertility because they contain phthalates which is a chemical that can change how your hormones act in your body. This chemical is also responsible for some birth defects.
2. **Bubbly drinks and Soft Drinks** slow down your metabolism and increase belly fat. Even sugar free sparkling water slows down your metabolism.
3. **Alcohol** increases your appetite so you eat more. When paired with food, you're going to want to eat more. Think again when you grab a beer or glass of wine after dinner, you'll want to pair it with another snack and therefore overeating.
4. **Chewing gum** increases your stomach acid and makes you feel hungry.
5. **Sugar** should be limited to 6-9 teaspoons per day.
6. **Sugary beverages** like soda have 9 teaspoons in an 8 ounce can. It would be hard to eliminate all other sugar for that whole day or if you had sugar already before the can of pop, then you'd be over the daily suggestion.
7. **Carbohydrates** if consumed in a large amount, can spike your blood sugar which can eventually lead to type 2 diabetes
8. **Dairy products** don't have to be totally avoided. You need to cut out calories so switching to skim milk or almond milk is a better choice. You may have an allergy to cow's milk so switching will help with digestion and get rid of bloating, gas, and cramps.



9. **Fast food** is high in calories, fat, sodium, and cholesterol. These can lead to health issues like heart disease, obesity, and high blood pressure. Eating fast food has been shown to increase headaches, cause acne breakouts, and increase your risk for depression. The acids found in this food can destroy tooth enamel and so you're at risk for more cavities. The calories increase obesity which can cause shortness of breath and wheezing, especially when your physical activity is zero. This type of food can also cause your insulin to spike which can eventually lead to type 2 diabetes.

10. **White bread** often has lots of added sugar and can spike your sugar levels.

11. **Fruit juice** contains more sugar than you're daily allowance so it should be avoided.

12. **Gluten** has an effect on weight gain. Wheat has been changed agriculturally so it's not as healthy for you. You may have to try cutting out bread and see if it helps with the weight loss. Some gluten free products have high glycemin substitutes which should be avoided to lose weight or belly fat.

13. **Snack foods** should be reduced like chips or pretzels. These also fall under processed foods.

14. **High-Salt Foods** retain fluids that prevent you from losing belly fat. Sodium can elevate your blood pressure. It also leaves you feeling bloated or puffy.

15. **Trans and Saturated Fats:** Trans fats are created through the processing of food. They increase your bad cholesterol and decrease your good cholesterol. This puts you at risk for diabetes or heart disease. Fried pies, pastries, pizza dough, crackers, and cookies are common foods to have these kinds of fats. Saturated fats include foods like butter, coconut oil, cheese, and red meat. These increase your cholesterol and make you more at risk for heart disease.

16. **High Fructose Corn Syrup** can lead to heart disease, obesity, and high blood pressure. You will want to avoid this at all costs!

17. **Mayonnaise** contains a little bit of saturated fat, so it should be only used minimally.

18. **Ice cream** has calories which will hinder you from losing weight and belly fat. Just watch your intake so not to go over your calories for the day.

19. **Artificial Sweeteners** don't help you feel full so you end up wanting to eat more.

20. **Sugar free products** have artificial sweeteners in them which cause you to want to eat something else later.

# Weight Loss Drinks

## 1. Water

Water gets rid of toxins. Water keeps you full between meals and helps you burn more calories. If you drink cold water, it helps increase the number of calories you burn while resting. So while you're sleeping, your body is working for you.



## 2. Apple cider vinegar

This type of vinegar helps the pH levels in your stomach to maintain the correct level. It also gets your insulin levels to decrease. To help you lose the weight and burn fat, this helps your metabolism improve. You also don't feel as hungry.

## 3. Acai Berries

Acai Berries have lots of minerals to keep you healthy. It makes you feel energized to get out and exercise more therefore burning calories and eliminating fat.

## 4. Cinnamon

Cinnamon makes your blood sugar levels balanced. This spice gets rid of bad cholesterol. Do you struggle with pain and inflammation? That will be reduced when taking cinnamon. One way to incorporate it into your diet is to add to your oatmeal or coffee.

## 5. BCAAs

What are these? They are essential amino acids leucine which is found in your body's muscle protein. These help with muscle growth and help get rid of soreness after workouts. It gives your body extra fuel to burn fat. Your body doesn't produce this, so you get it from foods and supplements. Also, these can help you feel more full and allow your body to be more responsive to leptin, your hunger hormone. The supplement can be used to replace sports drinks. You can buy this as a powder and add it to water and drink during your workout. There are some side effects if taken long term and may need to be approved by your doctor. The foods that contain these BCAAs include beef, chicken, fish, soy proteins, whey, milk, soy proteins, eggs, chickpeas, lentils, baked beans, lima beans, brown rice, whole wheat, almonds, cashews, brazil nuts, and pumpkin seeds. So including these in your diet and taken before exercise, will help muscle growth, soreness, and regulate that leptin hormone.



## 6. Green coffee

Green coffee helps with the weight loss by converting fat into energy. You can use it in replace of your normal coffee.

## 7. Green tea (caffeinated)

Green Tea can help increase your metabolism of fat. It contains antioxidants. The recommended amount is 3-5 cups per day.

## 8. Parsley

Parsley helps with digestion and increases the frequency of urination which helps the body get rid of more calories. The parsley juice has a faster rate of detoxification than other drinks. It makes you feel fuller than you really are so you'll eat less.

## 9. Celery

Celery helps your body's excess water to be reduced. It also prevents you from belly bloat.

## 10. Spirulina

Spirulina has protein and calcium and is very high in antioxidants. It increases your energy. This can be bought as a powder and added to your food or drink. [Click here for more information.](#)

## 11. Wheatgrass

Wheatgrass has lots of vitamins and minerals. It cleans the body of toxins and eliminates harmful bacteria in the digestive system which includes cleaning out your colon. This also helps with joint pain, skin infections, and ulcerative colitis. It can help reduce the number of people with diabetes.

## 12. Dandelion tea

Dandelion tea aids in the reduction of water retention. It gets rid of toxins. You could replace your coffee with this to help you be more healthier and reduce weight.

## 13. Matcha Tea

Matcha tea gives you three times the EGCG, epigallocatechin gallate, than in regular green tea. EGCG helps the liver remove fats.

## 14. Mint Tea

Mint Tea is anti-tumor, anti-viral, and anit-microbial. It helps eliminate your craving for food. This also helps your GI tract to relax and absorbs more nutrients in your food.





### 15. Oolong tea

Oolong tea comes from the same plant as green or black tea. It's just made through a different process. It keeps your blood sugar stable. This tea can help eliminate diabetes. The caffeine and polyphenols in this tea aid in losing body weight by reducing the intake of calories. It helps with fat burning and increases metabolism.

### 16. Aloe vera

Aloe vera juice lowers blood sugar. Be sure to find a product that doesn't contain sugar or additives. It's a natural laxative so don't drink too much. There are some possible interactions with other medications you might be taking, so check online for those or consult a doctor. If pregnant or breastfeeding, it's suggested to avoid this product.

### 17. Grapefruit juice

A cup of grapefruit juice with your breakfast is a great idea. Just be sure it's safe to drink with any medications you're taking.

### 18. Coffee (caffeinated)

The caffeine in coffee stimulates the body and aids in weight loss. It promotes fat burning and boosts your metabolism.

### 19. Black Tea

Black tea contains polyphenols, which aid in losing body weight, by reducing the intake of calories. It helps the breakdown of fats and help your gut bacteria grow.

### 20. Ginger Tea (ginger powder can also be used)

Ginger tea helps lose weight by making you feel full. It also improves your good cholesterol.

### 21. Vegetable juice (Low-sodium and low calorie)

Vegetable juice helps people get more vegetables in their diet. This reduces your carbohydrate intake which will help you lose weight and belly fat.



# Tips and Thoughts



To help you stay on track and reach your goal, figure out what triggers your eating. Besides just hunger or wanting energy, do you eat when you're depressed, stressed, worried, angry? Do you reward yourself with food? Do you eat poorly when out with friends and family or special gatherings? If you figure this out, you'll know when to try and stop yourself. Make a plan to have a distraction during those times. Have a healthy snack on hand to enjoy while others are having two pieces of cake at a coworker's party. Avoid the plate of donuts at work by avoiding the break room. If you feel like caving in, grab a protein or Fiber One bar.

When I was working and dieting, I asked coworkers to keep the sweets in another room or in a cabinet, so I wouldn't be tempted. Hopefully you work in an environment where you can make that kind of request. I found it very helpful. I find that telling people you're trying to lose some weight or that you're on a special diet, helps get people to support you and help. If you eat poorly at work, a close coworker may be able to encourage you and help eliminate temptations. If you eat poorly when out with friends and family, they might choose a healthier restaurant the next time you have a gathering, or make healthier options for the next party.

What I've noticed is when you show determination and stand behind your goals like changing your eating lifestyle to a healthy lifestyle, family, friends, and coworkers will see what choices you're making and be influenced by them. I've seen this in my family. Several years ago, my brother and sister-in-law became very healthy eaters. It was very difficult to adjust to their way of cooking because my sister-in-law became the main cook for family gatherings and prepare everything. There would be pretty much soup, bread, salad, veggies, and cheese, for every meal! And NO DESSERT!! It was tough to get used to. We could have started a protest to win back our meats and desserts, but we respected their choice and their eating habits grew on all of us. Slowly I noticed myself loving those simple healthy meals. It was quite a shock to show up for Thanksgiving one year to find only salmon! My jaw dropped but in the end it was delicious and I didn't miss the effects of a big turkey meal along with all the leftovers to eat!



# What Did and Did not Work for Me: Foods to Get Rid of Belly Fat



I personally have tried the Keto Diet. I just recently found out why the Keto diet didn't work. It's a diet where you eliminate all carbs. This diet only works if you're very strict on yourself because your metabolism needs to switch into ketosis and if you eat any carbs, it throws that off. If you throw it off, you won't lose any weight. I found it extremely difficult to eat absolutely no carbs. I used a carb tracker app and I always went over the daily allowance for carbs even when I was starving and not eating much, because there are at least a few carbs in most things. It was eventually too hard and after about 3 weeks I had to stop. I didn't lose much belly fat and wasn't feeling good because I wasn't getting the nutrition I needed.

Several years ago, I had to lose weight fast to fit into my wedding dress. I learned about the foods to lose weight and made my own special diet of having green tea, grapefruit, chicken, vegetables, other fruits, and some dairy. It worked really well for me. I also did some moderate exercise while dieting. I was younger and my metabolism was better, but I was able to lose 10 lbs. in one week. I know the foods listed above will benefit everyone and help you on your way to lose that belly fat.

## Extra Tips and Tricks

- Try to eat between 11 am and 6 pm. This gives your body the time it needs to get fat burning foods or natural supplements to work.
- Make a bone broth for you to drink for breakfast. This gives you lots of nutrients and make you feel full. Remember that once your body gets what it needs your body won't be looking for more. You can add some espresso powder to the bone broth to make it more like coffee. (Not sure about the taste, but it sounds good.) [Click here to get a bone broth recipe.](#)
- Another idea is to add an egg to your oatmeal in the morning. Like actually cook the egg combined with the oatmeal. It will be packed with protein so you feel very full.
- Be sure to drink lots of water. Most of us don't drink enough, so really focus on that. If you add one of the natural supplements to water and drink 1/2 hour before eating, that will increase your body's ability to burn the fat and give you the water you need. This may control your eating also, since you feel full from the water you just drank.
- Find ways to relieve stress. Stress doesn't allow the body to relax and burn the fat that you want to get rid of. Make time to do things you enjoy or that distract you from the things that are stressful. I love going for walks with the kids, playing music, and watching my favorite TV shows.

# Summary About What Bad Food Does To Your Body



Bad food, or processed foods, increases your appetite and causes you to over eat. Your blood sugar can spike which can eventually lead to type 2 diabetes. Bubbly drinks and soft drinks slow down your metabolism and increase belly fat. Calories, fat, sodium, and cholesterol can lead to health issues like heart disease, obesity, and high blood pressure. Bad food has been shown to increase headaches, cause acne breakouts, and increase your risk for depression. The acids found in this food can destroy tooth enamel and so you're at risk for more cavities. The calories increase obesity which can cause shortness of breath and wheezing, especially when your physical activity is zero. Wheat has been changed agriculturally so many breads are not as healthy for you. Sodium can elevate your blood pressure. It also leaves you feeling bloated or puffy. Trans fats increase your bad cholesterol and decrease your good cholesterol. This puts you at risk for diabetes or heart disease. Saturated fats increase your cholesterol and make you more at risk for heart disease. Processed foods can also effect fertility because they contain phthalates which is a chemical that can change how your hormones act in your body. This chemical is also responsible for some birth defects.

So as you've read, there are so many reasons to stay away from these foods. Not just to lose the belly fat, but to keep you healthy and decrease the chance of having health problems.

Personally, I feel so much more educated as to WHY these foods are bad for you. I've always known (in the back of my head) they were bad, but I was uneducated and kept eating fast food and processed foods. I want everyone to know the risks of eating these foods. Now that I know this, I'll think twice about going through the drive through and decide to make healthy food at home for me and my family.

I hope this information was helpful. Now that you understand all this, make a meal plan or a list of meals you can eat while trying to lose your belly fat. I wish you all the best in reaching your fat loss goal!

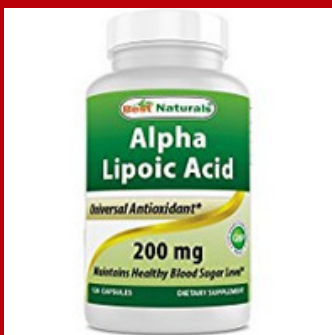
# What Worked For Me: Weight Loss Drinks



When I have dieted in the past, I tried green tea and grapefruit and they worked great! I had a green tea capsule with lunch and dinner and ate a lot of grapefruit. The fat seemed to just melt away. That was 7 years ago, so it won't be that easy now. I tried recently drinking a recipe of water, apple cider vinegar, cinnamon, and honey, every morning for a few weeks, but never saw any weight loss. I realize now that it's not a miracle drink, but exercise and eating other foods that help melt the fat will make one fat burning combination. Try the drinks I listed and see what helps you get rid of those extra pounds.

## Natural Supplements to Aid in Losing Fat

Click the graphic or text below the supplement for more information.



At lunch, add 200 mg of Alpha Lipoic Acid. Sprinkle on food or add to water.

To find out more about this product like uses, side effects, and interactions, visit WebMD by clicking [here](#).



When having a snack in the afternoon, add Maitake Mushroom Extract to water or drop on your food.

To find out more about this product like uses, side effects, and interactions, visit WebMD by clicking [here](#).

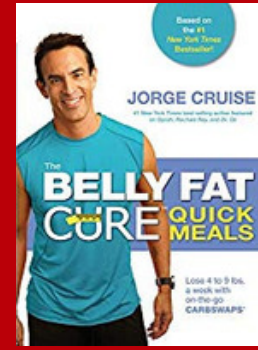
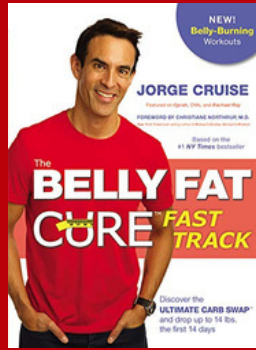


Before dinner, one half hour, take 2 grams Glucomannan from Konjac root by adding it to water. Capsule form is not recommended.

To find out more about this product like uses, side effects, and interactions, visit WebMD by clicking [here](#).

# More Recommendations

Click on these books if you'd like more ideas and information



I was looking for a neat tea pot to make my tea, and I found these products to have the best reviews. *Click on the graphic or text to view more information.*



Teapot Kettle with Warmer



Hiware Good Glass Teapot with Stainless Steel Infuser & Lid

These are the best BCAAs I could find. Some have other ingredients like sodium or carbs. These also these claimed to be free of sugar and other additives. *Click on the graphic or text to view more information.*



Sheer Strength Labs BCAA Capsules - Extra Strength 1,950mg



BCAA 3:1:2 (Branched Chain Amino Acids)



Natural Raw Green Coffee Bean Extract



I hope this information helps you reach your goal of losing that belly fat and weight before the holidays. This report about foods to help get rid of that belly fat, foods to avoid, and drinks that aid in losing weight, will hopefully guide you on your way to healthy eating.

Thank you for requesting this report.

Best wishes!

*Jolene*

