

ULTIMATE

FAT BURNING FOOD LIST

FOR FAST FAT LOSS RESULTS

TSTRANSFORMATIONS.COM

PROTEINS

MEATS: ZERO CARBS

- BEEF- GROUND BEEF, STEAK, RIBS, AND ROASTS
- PORK- CHOPS, RIBS, BACON, LOINS, SAUSAGE
- CHICKEN/ TURKEY- THIGHS W/ SKIN OR WINGS ARE THE BEST BECAUSE BREASTS ARE HIGH IN PROTEIN. HOWEVER, YOU CAN EAT BREASTS, JUST HAVE TO EAT MORE FAT TO COMPENSATE.

FISH: CATFISH

- COD, FLOUNDER, HALIBUT, MACKEREL, MAHI MAHI, SALMON, SNAPPER, TROUT, TUNA, SARDINES (IN OLIVE OIL IS BEST), OYSTERS, CLAMS SEASHELLS, LOBSTER, CRAB MUSSELS, SQUID, PEPPERONI

NUTS

- NUTS (GRAMS OF CARBS PER 100 GRAMS, OR 3.5 OZ)• PECANS/ BRAZIL (4G)• MACADAMIA (5G)• HAZELNUT/ WALNUT/ PEANUT (7G)• PINE (9G)• ALMOND (10G)• PISTACHIO (18G)• CASHEW (27G)

DAIRY

CHEESE: MOST ARE NO CARB, ALMOST ALL ARE LOW CARB• MOZZARELLA & CHEDDAR- BUY IN BULK, THEY FREEZE WELL AND ARE INSANELY VERSATILE!

- COLBY JACK, PEPPER JACK, MONTERREY JACK
- TACO STYLE, MEXICAN STYLE
- PARMESAN, ASIAGO• RICOTTA- FREEZES WELL, VERY VERSATILE
- COTTAGE CHEESE- GOOD TO THROW IN YOUR LUNCH WITH BERRIES, USUALLY AROUND 4-8G OF CARBS PER SERVING
- CREAM CHEESE- FREEZES VERY WELL, THIS IS ONE OF THE THINGS THAT I ALWAYS GLANCE AT WHENEVER I GO TO THE STORE, AND ALWAYS BUY A BUNCH OF IF IT'S UNDER 75 CENTS PER 8OZ.

FRUITS

- FRUITS: MOST ARE A NO-NO, ESPECIALLY BANANAS, ORANGES AND GRAPES. • STRAWBERRIES • BLUEBERRIES • RASPBERRIES • BLACKBERRIES • LEMON/ LIMES- ADDS GREAT FLAVOR!

VEGGIES

- VEGETABLES: NO POTATOES! GET YOUR CARBS FROM VEGGIES!!! • LEAFY GREENS- SPINACH, SPRING MIX, KALE, ROMAINE • ZUCCHINI- GREAT FOR A NOODLE SUBSTITUTE! • AVACADO- AWESOME SOURCE OF NATURAL FAT! • EGGPLANT • BRUSSELS SPROUTS • TOMATO • SPAGHETTI SQUASH- VERSATILE, MAKES A GREAT SPAGHETTI SUBSTITUTE AND IS EVEN GREAT FOR MAKING HASH BROWNS!! • CUCUMBER • PEPPERS- JALEPEÑO, BANANA, GREEN/ RED/ YELLOW/ ORANGE BELL • BROCCOLI- GREAT WITH CHEESE, STEAMED OR JUST RAW! • ASPARAGUS- AWESOME ROASTED OR SAUTÉED WITH BACON AND GARLIC! • CAULIFLOWER- AWESOME POTATO SUBSTITUTE!! • CELERY- GREAT WITH CREAM CHEESE OR ALL NATURAL PEANUT BUTTER! • CABBAGE • PICKLES (READ NUTRITION LABELS, WATCH FOR SUGAR AND CARBS) • OLIVES • GREEN BEANS- AWESOME SAUTÉED IN BACON GREASE WITH GARLIC, (WATCH PORTION SIZE, THOUGH). • ONIONS- RED, YELLOW: USE SOMEWHAT SPARINGLY, TO TASTE

OILS/FATS

OILS/ FATS • COCONUT OIL • BUTTER: KERRY GOLD IS BEST BUT JUST MAKE SURE IT'S REAL BUTTER AND NOT A SPREAD OR MARGARINE • OLIVE OIL • VINAIGRETTE • HOLLANDAISE • BACON/ SAUSAGE GREASE • MCT OIL - EASILY ORDERED ONLINE/ IN SPECIALTY STORES

SNACKS

SNACKS • PEPPERONI • HARD BOILED EGGS • SLIM JIMS/ JERKY (WATCH CARBS) • HOMEMADE CHEESE ITS/ TORTILLA CHIPS • CHEESE • PORK RINDS (0 CARBS, VERY VERSATILE. CAN BE USED AS BREADING, NACHO SUBSTITUTE OR EVEN SPRINKLED WITH CINNAMON & STEVIA AND EATEN LIKE CEREAL WITH ALMOND MILK AND TASTES LIKE CINNAMON TOAST CRUNCH!)

DRESSINGS

DRESSINGS/ CONDIMENTS/ FATS • RANCH, BLUE CHEESE, CESAR, THOUSAND ISLAND, BALSAMIC- WATCH CARBS/ SUGAR, BUT THERE'S TONS OF BRANDS, SO YOU CAN FIND ONE YOU LOVE! • MAYO- NATURAL/ ORGANIC IS BEST, BUT I USE HELLMANN'S ALL THE TIME. • AIOLI • HEINZ "NO SUGAR ADDED" KETCHUP OR SUGAR FREE KETCHUP • G. HUGHES BRAND SUGAR FREE BBQ SAUCE • YELLOW/ SPICY BROWN MUSTARD • SOY SAUCE • HOT SAUCE

DRINKS

DRINKS • WATER- LOTS OF IT! • CRYSTAL LIGHT- TONS OF OPTIONS AND VERY CONVENIENT! • TEA WITH STEVIA • COFFEE- ADD A TABLESPOON OF COCONUT OIL OR MCT OIL, STEVIA, HEAVY WHIPPING CREAM AND IMITATION VANILLA/ HAZELNUT OR COCOA POWDER & PEPPERMINT *BOOM* HOMEMADE CREAMER!

LIQUIDS

LIQUIDS: USE AS BASE FOR SAUCES/ SOUPS • HEAVY WHIPPING CREAM (HWC) • BROTHS/ STOCKS: STAY AWAY FROM REDUCED FAT. BONE BROTH IS AWESOME!

ALCOHOLIC DRINKS

ALCOHOLIC BEVERAGES • BEERS (GRAMS OF CARBS PER 12 OZ SERVING)

- BUD SELECT 55 (1.9)
- MGD 64 (2.4)
- ROLLING ROCK GREEN LIGHT (2.4)
- MICHELOB ULTRA (2.6)
- BUD SELECT (3.1)
- BECK'S PREMIER LIGHT (3.2)
- NATURAL LIGHT (3.2)
- MICHELOB ULTRA AMBER (3.7)
- COORS LIGHT (5)
- AMSTERDAM LIGHT (5)
- BUD LIGHT (6.6)
- MILLER LIGHT (3)
- TRULY SPIKED SELTZER (2)
- WHITE CLAW (2) • VODKA: WHIPPED VODKA & FLAVORED WATER OR PINEAPPLE PINNACLE WITH CRYSTAL LIGHT ARE A COUPLE OF MY FAVORITES!
- WHISKEY SHOT (0G CARBS)
- BRANDY SHOT (0G CARBS)
- DRY MARTINI (0G CARBS)
- TEQUILA SHOT (0G CARBS)
- CHAMPAGNE (~1G PER SERVING)
- DRY WINE (~2G PER SERVING)

SWEETENERS

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- STEVIA DROPS (OG)
- ERYTHRITOL (OG)
 - TRUVÍA (OG)
- MONKFRUIT (OG)
PYURE

OTHER

OTHER COMMON INGREDIENTS I USE •

- ALMOND FLOUR
- SPICES: GARLIC POWDER, ONION POWDER, PARSLEY, CUMIN, CAYENNE, SALT, PEPPER, PAPRIKA, BASIL, THYME, ROSEMARY, RED PEPPER FLAKES,
- COCOA POWDER
- NATURAL PEANUT BUTTER
- SUGAR FREE CHOCOLATE CHIPS •
SUGAR FREE MAPLE SYRUP