

3 EASY STEPS TO BURN



EMMANUEL
FITNESS

CONGRATULATIONS

You are an action taker

Congratulations on downloading this e-book and taking action. You are amongst a very small percentage of action takers who not only want to change, but, have actually taken a positive step to make a change.

BUT you will not lose fat from just reading this e-book **ALONE!!** You have to actually put into practice the theory, because things start to be difficult, after you have had a bad day, It is all very easy to think screw it; and then go back to your old eating habits....this is where you need to be strong and be committed!!

So, well done again for taking action. Now it is time to really become successful and finally burning that fat once and for all.



5 MEAL A DAY

Think about this. When we were babies how often did we eat? Most babies eat every couple of hours, not big meals, more like snack size meals. Then doesn't it seem reasonable that eating 5 meals a day is natural? We actually had to be trained to go to 3 larger meals a day.

There's this big debate out there as to which is better for you if you're trying to get healthier and burn fat, Just eat 3 meals a day or eat smaller meals 5-6 times a day.

Sometimes when I tell people to eat 5 meals a day many people freak out. They say "I will be as big as a house if I eat that much", We are not talking 5 big meals. I like to say 3 meals and 2-3 healthy snacks. If you are eating first thing in the morning and then every 2-3 hours you will find that this is the most effective way to keep your metabolism going strong and to ensure that your energy levels remain constant throughout the day.

Combined with a good strength training program, eating 5-6 times a day will quickly transform your body into a lean, toned, fat-burning machine.

benefits of eating 5 times a day

- 1e more energy
- 2e less hunger
- 3e reduced food cravings
- 4e control blood sugar levels & insulin production
- 5e reduce body fat storage
- 6e maintain & increase lean muscle mass

Tips for Eating Five Times a Day

Make sure there is protein or fibre in every snack or meal.

Eat a reasonable sized portion, using your scales or hands to measure your portion size.

Plan your meals and snacks for the day by putting them in reusable Tupperware or Ziploc bags.

This is why I have made a conscious decision to recommend that my clients eat every few hours. It will not be easy initially but it will make the difference.

4 THINGS YOU NEED IN EACH MEAL



What you eat is just as important as how often you eat....If you are currently overweight then you need to change your eating habits in order to make a positive change. Every meal needs to contain the following:

1 FAT “eat fat to lose fat”



Fat is one of those essential macronutrients. More specifically, we are talking about essential fatty acids (EFAs). When your body doesn't get in enough of the nutrients it needs, it will send out hunger signals to tell you to eat until it does get them. Essential fatty acids cannot be manufactured by the body, so they need to be consumed through your diet.

Omega-3 and omega-6 are the two essential fatty acids we must ingest because the body cannot synthesize them. Most of us get in enough of the omega-6 fatty acids, but are lacking with the omega-3s. Good sources of EFAs include seeds, nuts, and fish. I like to supplement with fish oil to get my EFAs. Essential fatty acids might be the only essential fats, but saturated, monounsaturated, and polyunsaturated fats play a large role in the body too.

Good fats include avocado, oily fish, coconut oil, olive oil, nuts and seeds

2 clean Carbohydrates



There is such a misconception and so much confusion on carbohydrates that people could be missing out on important nutrients that can aid in health, fitness and weight loss. So to make it really easy, just try to always go for complex carbohydrates. If you want to go one step further and healthier, stick to low glycemic carb foods.

Any kind of fruits and vegetables. Try to vary the fruits and vegetables daily to get a full range of vitamins and minerals and also try to have a good variety of colours on your plate at meal times. Try to cut out, or significantly reduce, all grains and wheat due to the gluten contained within them.

The glycemic index or GI describes the difference by ranking carbohydrates according to their effect on our blood glucose levels. Low GI carbs, the choices that produce small fluctuations in blood glucose and insulin levels is the secret to success in long-term health, fat loss, and reducing various diseases. So what are some low Glycemic index foods? Below find a list and where they rank on the list. The lower the number, the better the carb is for you.

Foods with a GI value of 55 or less is considered low. Below is a chart of low glycemic foods:

Fruits	Veggies	Grains	Breads	Legumes	Cheese
apples	artichokes	buckwheat	100% sprouted whole wheat	baked beans	American
dried apples	asparagus	kasha	Ezekiel bread	black beans	Blue
blueberries	sprouts	bulgur	oat bran bread	garbanzo beans	Brie
oranges	broccoli	quinoa	wholemeal barley bread	peas	Cheddar
limes	celery	rice bran	multigrain bread	navy beans	Colby

3 workout A week

Would you like to:

- . Decrease your risk of disease?
- . Feel better physically and mentally?
- . Look better?

Regular physical activity will help you do these things.

Exercise is key to raising metabolism, building lean muscle and melting away body fat. Perform this workout 3 times a week.

Below is a example of training session full body.

1 BURPEE TABATA

From standing, place hands on the floor and jump both legs backwards so you are in a press up position. From here jump your legs back inwards towards your hand. Push up to standing and jump onwards. Work for 20 seconds at a high intensity then rest for 10 seconds. Repeat 8 times. That's 4 minutes of work but it's a tough 4 minutes.

2 SQUAT & PRESS

From standing, hold a weight in each hand at shoulder level with elbows bent. Bend your legs down into a squat position (sit back onto your heels rather than weight on your toes), as you stand back up lift the weight above your head. That is 1 rep. Complete 3 sets of 12 reps.

3 RENEGADE ROWS

In a press up position but with your legs wide (place knees on the floor if you struggle with this) have the weight under your hands. Grab the weight in your right hand and lift upwards so your elbow touches your side and lifts up as high as possible. Return to the floor and repeat in your left side. This is 1 rep. Complete 3 sets of 12 reps.

So there you have it my 3 step to burn fat. I hope that you have found this e-book to be informative. Remember reading it isn't enough, you need to makes changes to see some changes so take action again to really see some amazing changes and finally burn that weight you have been wanting to for years.

If you have any question, feel free to email me.

Emmanuel-fitness

This is really good breakfast ready only in 10 min, easy to make it if you add some fruit and bowl of green tea on the side, that will be perfect. Enjoy master chef.

Breakfast burrito



3 eggs, yolks and whites separated
5g coconut oil
half a red onion, finely chopped
1 tomato, finely chopped
1 green chili, finely chopped
½ yellow or red pepper, diced
handful fresh coriander,
finely chopped
60g cooked meat e.g chicken
or beef
quarter avocado, cut into
small chunks

SERVES 1



Whisk the egg whites.

Melt half of the coconut oil in a lightly warmed skillet. Pour half the egg whites into the pan, swirling to spread them evenly. After 30 seconds, cover and cook for 1 minute. Use a spatula to loosen and slide onto a plate. Repeat this process with remaining egg whites.

Sauté the onion with the remaining oil for one minute then add tomato, chilis, pepper, coriander and meat. Whisk egg yolks and pour into pan, mixing into the other ingredients.

Add avocado then spoon half of the filling onto each egg white. Roll the egg white up into burritos.



PER SERVING:
541 calories
Carbs 20g
Protein 43g
Fat 32g

IDEAL FOR A TREAT AT THE WEEKEND

LUNCH TIME: luscious lunch ideal straight away after a workout,

Chickpea chicken



1 tbsp olive oil
600g chicken fillets, diced
2 orange peppers, deseeded and chopped
1 onion, peeled and chopped finely
3 cloves garlic, chopped finely
1 tsp ground cumin
1 tsp ground coriander
2 red chilis, deseeded
400g tin chickpeas, drained and rinsed
500ml chicken stock (see recipe on page 24)
60g per person brown or white basmati rice

SERVES 4

Preheat oven to 190°C.

Heat the oil to a medium / low heat in a large saucepan. Fry the chicken until golden. Remove chicken from pan and set aside.

Add the peppers, onion, garlic, spices and chilis and fry gently for 5 minutes.

Return the chicken to the saucepan and add the chickpeas and stock. Transfer the contents of the saucepan to a casserole dish, cover and cook in the oven for 20 minutes. Add the rice and cook for a further 10-15 minutes (if using white rice) or 15-20 minutes (brown rice).



PER SERVING:
559 calories
Carbs 67g
Protein 47g
Fat 13g

DINNER: I would recommend to have a bowl green tea to finish your meal.

Salmon asparagus



4-6 asparagus spears
1 tbsp butter
2 x 150g salmon steaks
½ tsp himalayan or rock salt
pepper to season
15 cherry tomatoes
2 lemon wedges

SERVES 2

Bring a small pan of salted water to the boil. Add the asparagus, reduce heat and simmer for around 3 minutes. Drain the asparagus and cool in cold water.

PER SERVING:
375 calories
Carbs 6g
Protein 30g
Fat 25g

In a heavy skillet, melt the butter over a medium heat. Add the salmon and cook for around 10 minutes (turning halfway). Season with the salt and pepper. Add the cherry tomatoes to the pan, and cook for 1-2 minutes. Check that the salmon is cooked through (the meat should now be a lighter colour all the way through). Remove pan from heat.

Serve the salmon with the asparagus and tomatoes. Garnish with a wedge of lemon.