

# Ultimate 10-Day Plan to Trim Fat for Good

Fitness trainer and top-selling author Kim Lyons' 10-day plan will get you on the fast track to fat loss – no gym membership required!

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Kim Lyons made a name for herself by sharing her weight-loss wisdom on the hit TV show *The Biggest Loser*. Her 10-day plan is designed to melt fat and transform bodies. It worked for her and for hundreds of her clients, and it can work for you as well.

She advises those who are struggling with their weight and can't seem to get started on a diet plan to let go of the fear of failure and throw away excuses. Focus instead on small daily changes. Kim Lyons' 10-day plan consists of 4 easy steps that anyone can follow.

## Kim Lyon's Ultimate 10-Day Plan to Trim Fat

### Step 1: Flush Fat

To cleanse your system, Kim Lyons' special 5-ingredient Fat Flush Water is simple to make and tastes great. Besides its main ingredient of water, the Fat Flush contains grapefruit that's loaded with vitamin C to help your body turn fat into fuel. The tangerine increases your sensitivity to insulin, stabilizes blood sugar, and stimulates genes to burn fat. Cucumber helps you feel full and acts as a natural diuretic, which means less bloating and water retention. And lastly, it has peppermint, which is not only refreshing but also promotes better digestion and stomach calm. Make a big pitcher of Fat Flush Water every morning. The longer it sits, the better it will taste. Drink at least one 8 ounce glass three times a day before each meal for 10 days straight.

### Fat Flush Water

Ingredients, per 8-ounce serving

Water

1 slice grapefruit

1 tangerine

½ cucumber, sliced

2 peppermint leaves

Ice

Directions

Combine ingredients in a large pitcher.

## **Step 2: Choose Green Carbs Over Brown**

It's healthy to eat whole grain "brown" carbs, but to lose fat fast, get your carbs from green vegetables for 10 days. Verdant veggies such as spinach, broccoli, green beans, lettuce and zucchini are loaded with fiber, minerals and vitamins. Plus, they are very low on the glycemic index to help prevent mid-afternoon energy crashes. The options listed below mimic the grain dishes you crave most, such as rice, pasta and bread, so you stay full and satisfied longer.

**Zucchini pasta:** Using a vegetable peeler, cut the zucchini into lengthwise ribbons. Heat 1 tbsp of olive oil in pan, add zucchini ribbons and stir for 3 minutes until the zucchini turns translucent. Top with a healthy tomato sauce and enjoy.

**Lettuce wraps:** Swap your sandwich bread for lettuce leaves. Wrap around turkey slices, colorful cut-up veggies, etc.

**Freekeh:** This roasted green grain made from immature durum wheat is packed with protein, vitamins and minerals. Not only does freekeh contain 6 grams of fiber per serving, but it's also low in carbs, high in fiber, has a low glycemic index and is rich in probiotic properties. Enjoy as a side dish instead of rice. Available at health food stores.

## **Step 3: Super Spice Your Protein**

Mix up a delicious fat-burning rub containing three super spices that also add great flavor to your favorite protein dishes. This tasty mixture combines chili powder which fights fat with capsaicin, the substance that gives chili peppers their spicy kick. The turmeric contains curcumin to suppress the growth of fat tissue, and mustard seed is shown to speed up metabolism.

### **Spice Rub**

Ingredients

Chili powder

Turmeric

Mustard Seeds

Directions

Mix up 2 tablespoons worth (equal parts of each spice) and rub all over lean protein, such as fish, chicken, tofu or bison. This spice rub will add lots of flavor and set your metabolism on fire.

Enjoy for 10 days.

#### **Step 4: Snack Skinny**

Snack yourself skinny with Kim Lyons' Cauliflower Popcorn. This tasty nosh is actually roasted cauliflower fashioned into "popcorn" bites. Cauliflower supports your liver's cleansing abilities to help you lose weight faster. This snack also contains hemp seeds, which have protein. Eat twice a day to satisfy midmorning and late afternoon cravings.

#### **Cauliflower Popcorn**

##### Ingredients

2 heads of cauliflower

1 tbsp olive oil

1 tbsp hemp seeds

Pepper to taste

##### Directions

Cut up cauliflower into popcorn-size florets. Mix with some pepper, olive oil and hemp seeds. Bake in the oven for 15-20 minutes at 420 °F.

[Kim Lyon's Fat-Fighting Grocery List](#) (Plus Dr. Oz suggestions too)

#### **Proteins**

- Greek Yogurt
- Salmon
- Shrimp
- Chicken
- Ground Turkey
- Eggs
- Tofu
- Lentils

- Black beans
- (Papaya and Hardboiled Eggs for Breakfast)

**Green/Fibrous Carbs (Fresh or Frozen)**

- Freekeh
- Cauliflower
- Zucchini
- Broccoli
- Red/Yellow/Green Pepper
- Tomatoes
- Asparagus
- Peas
- Edamame (in the shell)
- Carrots
- Spinach
- Cucumbers
- Romaine
- Celery
- Onion
- Eggplant
- Portobello mushrooms
- Artichokes
- Spaghetti Squash
- All other veggies

**Brown/Starchy Carbs (Can be added after 10 days)**

- Oatmeal
- Quinoa
- Brown rice
- 100% whole grain sprouted breads
- Low Carb/high fiber tortillas

**Fruit: Fresh or Frozen**

- Apples
- Tangerines
- Watermelon
- Blueberries
- Strawberries
- Melons
- Raspberries
- Bananas
- Citrus fruits (grapefruit, lemons, oranges)
- (Papaya and Hardboiled Eggs for Breakfast)

**Fats**

- Coconut oil
- Nuts (slivered or sliced)
- Seeds
- Olive oil
- Avocado
- Olives

**Miscellaneous**

- Almond milk
- Coconut milk
- Herbs and spices (fresh and dried)
- Turmeric
- Mustard seeds (whole and ground)
- Chili Powder
- Curry Powder (which contains Turmeric)
- Ginger
- Cinnamon
- Natural sweetener
- (Korean Hot Sauce)
- (Matcha Green Tea)

## **2 Minutes to a Better Metabolism**

You can make a long-term commitment to an enhanced metabolism in just a few minutes every day. Learn how small steps can amount to big changes in your body.

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Dieting doesn't have to be all about heavy lifting. There are small steps that only require minutes of your time that you can take to boost your metabolism all day long. Brew a cup of tea, make a smarter breakfast, add some spice to your meals and bust out a few reps in just moments. Before you know it, these easy steps will be off your to-do list and become part of your everyday routine.

### **Matcha Green Tea**

Matcha green tea contains the polyphenol EGCG, a thermogenic component believed to boost metabolism. Unlike other varieties of green tea, where you steep and discard the leaves, matcha tea is ground into a powder that completely dissolves in water. When you drink it, you ingest the tea leaves and all of their healthful nutrients. It has great antioxidant and anti-inflammatory properties. Enjoy matcha green tea cold – cold beverages require your body to work harder, burning more calories. For a metabolic boost, aim for 3 cups a day.

## **Papaya and Hardboiled Eggs for Breakfast**

Papaya contains an enzyme called papain, which improves protein digestion and absorption, which is key to boosting metabolism and burning fat. For a super-healthy metabolism-boosting duo, pair a quarter cup of papaya with a hardboiled egg for breakfast.

## **Korean Hot Sauce**

Go chu jang is a Korean chili paste, which, like other products made from chili peppers, contains capsaicin. This compound, which is what makes chili peppers hot, is known to boost metabolism, has been reported to increase thermogenesis, or the production of heat by the cells of the body, and can help curb the appetite during meals. Use it as a dipping sauce; have 1 tablespoon with grilled chicken or vegetables for a satisfying kick.

## **Boost Your Muscles**

When muscles lose volume, which can occur as a result of a sedentary lifestyle and as we age, you also lose calorie-burning power. The more muscle you have, the greater and more efficient your metabolism. The less muscle you have, the more your metabolism may take a hit. Take advantage of the an exercise resistance band, especially because it's portable – so you work out at home or at the office in just minutes. The muscles of your shoulders and pelvis are some of the most massive and metabolically active muscles in the body, excellent for strength training to boost metabolism. To build up shoulder muscles, try this exercise: Step on an exercise band. Extend one arm straight out to your sides at a 90-degree angle. Try to do this 10 times for 5 seconds on each side. Switch arms.

## **Turbocharge Your Metabolism**

If your metabolism feels more like a creaky tricycle than an energy-burning sports car, it's time for a turbocharge. Dr. Oz shows you the secrets to boosting your body's fat-burning potential and kick it into a higher gear.

If you've tried to lose weight and failed, it could mean that your metabolism is in need of a boost. Metabolism is the process your body uses to convert food into energy. Your body either uses this fuel right away or stores it in body tissues, muscles, or as body fat. Here, Dr. Oz unveils his favorite metabolism-boosting drinks, supplements, and foods to help you shed unwanted pounds and leave you bursting with energy, followed by five ways to turbocharge your metabolism in under 5 minutes.

### **Metabolism Booster #1: Rocket Fuels**

Begin your day with a Belly Blast Hot Shot and start off with a bang! Combine 2 tablespoons of tomato juice with a half-teaspoon of horseradish, both of which are packed with powerful antioxidants to blast belly fat. Then add a dash of hot sauce and a squeeze of lime. They're rich in metabolism-boosters vitamin C and limonene.

At lunch, skip the cola and its associated sugar rush and try a Kombucha Wonder Drink. Available for around \$3 a bottle at health food stores and natural markets, it's a tart, bubbly drink made from fermented tea (don't worry, it's alcohol-free) brewed using an ancient Japanese method. You may be aware that there has been controversy surrounding kombucha tea, which has been touted as an anti-cancer tonic and an energy booster. In fact, some people brew the tea at home using their own starter cultures, which can cause dangerous side effects due to lack of pasteurization.

Kombucha Wonder Drink and most other store-bought kombuchas are different and cleared for consumer safety. And while the FDA has not approved any of the more extravagant claims some people make about kombucha, Kombucha Wonder Drink is USDA certified organic, sweetened with organic cane juice instead of artificial sweeteners, and is infused with oolong tea which helps protect your liver so it can concentrate on metabolizing fat. All in all, switching out artificially sweetened colas and iced teas for Kombucha for a year will lead to your losing about 7 pounds, without having to lift a finger.

Finally, keep your metabolism motor running all night long with a "Spicy Red Icy." Combine a spicy red wine, like a Rioja or Malbec, with ice chips, and a bit of mint. The wine not only helps you relax, but has the added benefit of boosting metabolism for up to 95 minutes after you enjoy it. And while wine snobs may not approve, adding ice chips to your red wine forces your body to burn calories, as it has to use its own energy to warm the liquid to body temperature. The mint will add an interesting kick, and its scent has been shown to stave off those late-night hunger cravings.

#### Metabolism Booster #2: Power Pills

Next, turbocharge your metabolism with supplements. Here are three "power pills" that pack a punch.

Fucoxanthin is a compound derived from edible seaweed, and has been shown in studies to burn stubborn belly fat. You can get your fucoxanthin from a nutritional supplement available in health food stores and online called Xanthigen, which combines brown seaweed fucoxanthin and pomegranate seed oil. Try 200 mg daily to burn away the pounds.

Moving from the sea to the trees, Sacha Inchi is derived from a nut grown in the Andes Mountains and rainforests of Peru. It's loaded with vitamin E, omega-3s, and anti-inflammatories that attack belly fat. Available online or at health food stores, take 600 mg of Sacha Inchi once a day.

L-arginine, a supplement available online or at drugstores, rounds out the metabolism power pack. Studies showed L-arginine, when combined with exercise, boosted and restored the hormonal balance that promotes lean muscle mass. Take 2000 mg 3 times a day.

#### Metabolism Booster #3: The Calorie Confusion Plan

Eating specific foods in a certain manner can ignite your metabolic fire. Here's how this plan works: Simply alternate between high calorie days (2000 calories with a dessert) and low calorie



days (1200 calories spread over 4 meals). The days you consume more calories, you drive nutrients into cells, building muscle and revving up metabolism. The next day when you cut calories, you're turning your body into a prime-time fat-burning furnace.

[For a full 7-day Calorie Confusion meal plan, click here](#)

#### Metabolism Booster #4: Spices and Spirulina

You can add a metabolism-boosting topper to each of your meals by incorporating certain spices and seeds rich in vanadium. Vanadium is a nutrient that may help control blood sugar spikes and boost muscle mass to burn through calories, so be sure to sprinkle half a tablespoon of black pepper, dill seeds, or parsley on every meal.

Finally, for a metabolism-boosting snack, blast off with spirulina. Made from dehydrated blue-green algae, spirulina is a miracle from the sea for your metabolism. It's packed with protein and all the essential amino acids your body needs to keep your metabolism charged up by fueling your cells. Spirulina is available in bar, cookie, chip and powdered form for a delicious, healthy snack any time of day.

#### 5-Minute Metabolism-boosting Strategies

Next, learn how to turbocharge your metabolism with 5 tips that help your body burn calories faster, all in 5 minutes or less.

##### Water Bands

We all know we should drink more water. This water-band trick makes doing so easy, while helping you shed pounds. Slip 5 rubber bands on your wrist every morning. Each rubber band represents a 16-ounce glass of water. For every glass you drink, remove 1 rubber band until you've gone through all five. A recent study showed that your metabolic rate jumps within 10 minutes of drinking ice-cold water, and it stays up for an additional half-hour after you drink it. Drinking that much cold water could help you shed an additional 5 pounds in a year!

##### Spice Swish

Simply gargling a mix of spices can kick your metabolism into gear. Combine half a teaspoon of turmeric, cinnamon, and ginger in a glass of water, swish, and spit. Without even having to digest the spices, they'll trigger nerve receptors in your mouth to activate the sympathetic nervous system and elevate your metabolism.

##### The Fidget Factor

While it may drive your coworkers and family crazy, drumming your fingers or tapping your feet is a great way to burn calories. Scientists have discovered that "non-exercise activity thermogenesis" can burn 100 calories a day. That's a fancy way of referring to bouncing your legs while you sit, pacing when you're on the phone, and so on. All of which adds up to over 10 lost pounds a year!

## Emergency Power-Up Snacks

Spicy wasabi peas and cacao nibs are a great way to rev up your metabolism on the go. The heat from the wasabi peas stimulates your body's metabolic engine, while their fiber helps keep you full. Cacao nibs are the unsweetened, raw material that chocolate is made from. They're chockfull of healthy, anti-inflammatory polyphenols to blast belly fat without the unwanted refined sugars and saturated fats of candy bars.

## Super Power Stretch

This special stretch uses every muscle in your body, stimulating your internal organs and aiding in digestion. Stand with your feet and legs together, then bend your knees like you're sitting in a chair. Keeping your chest lifted, twist to your right, using your left elbow on your right knee as an anchor. Hold the position for 20 seconds, then twist to the other side and do the same. This stretch will get your blood pumping, burn calories, and awaken your adrenal glands to give your metabolism a boost.