



Fat Burning Herbs and Plants

You're Not Eating Right Now



Katherine Jhonson

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- Katherine Jhonson -

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STOP COUNTING CALORIES AND START EATING FOODS THAT BURN CALORIES

Traditional diets focus on counting calories, identifying fat-causing foods, and removing them from our diets. But that's not what we want to be doing. What we want is to remove pounds from our bodies, not delicious food from our diet. So, we are looking at the problem all wrong.

“What foods that taste delicious can I eat to help me burn fat?” This is what I'm here to answer. There are many plants, herbs, and spices that help boost our energy and metabolism, and help us burn fat. I'll tell you about twenty fat burning plants that you are probably not eating right now.

These twenty are just the beginning. Once you start looking for foods to help boost your metabolism, you will find there are many options out there. Research the foods you enjoy eating.

You can be creative in the ways you integrate these plants, herbs, and spices into your diet. But don't worry, I'm not going to leave you to figure it out all on your own. I will include recipes to get you started on the path.

Included in these recipes are some basic spice blends you can easily add to your existing meals, and teas and tinctures you can consume daily. These are simple ways you can begin integrating this new philosophy into your life.

There are many foods out there that can help us burn fat and lose weight. Unfortunately, many of us don't know what foods these are. Here you will find twenty examples of foods that you can easily integrate into your meals.

These foods will help boost your metabolism, burn fat, and decrease your appetite. By eating healthy meals containing these ingredients you will be on your way to achieving your weight loss goals.



A. HERBS AND SPICES

Herbs and spices are the ingredients in our meals that help enliven the flavors in our foods. Evidence shows that we have been using these plants to make our food taste better for as long as we have been practicing agriculture. But somehow, we have allowed ourselves to believe that if food tastes good, it must be bad for us.

While overly-processed food with artificial flavoring is bad for us, it is possible to create healthy, metabolism-boosting foods that taste amazing with the simple addition of the right blend of herbs and spices.

Here is a list of herbs and spices that help burn fat, that you probably don't already have in your kitchen cabinet. You will see that there are so many other flavorful choices out there, once you open your eyes to look for them. Many traditional spice blends incorporate herbs that are known to aid digestion, stimulate metabolism, and help curb your appetite.

Turmeric

Turmeric, *Curcuma longa*, is a plant native to the tropics of SE Asia. Found in many traditional Indian foods, turmeric is responsible for the distinctive yellow color in curries. In the same family as ginger, both are rhizomes, which means that the fleshy rootlike part is what is consumed in foods and medicines.

Not a small plant, the leaves can grow to be three feet tall. It produces a lovely flower that is usually a greenish-white color, but occasionally can be pink. While turmeric thrives in hot jungle climates, don't despair if you live somewhere that experiences frost. It is

possible to grow turmeric at home in a container.

To grow turmeric, you plant the rhizomes. You may be able to find these at the grocery store or Asian food markets. If you can't find them locally, look online at seed suppliers. You want to look for rhizomes that are plump and long, with many buds on the sides. That way, you can break the rhizomes into sections of two to three buds long. You will be able to sprout each of these sections.

It is best to start your turmeric in small pots and transplant as they grow. Fill your pot halfway with soil. Lay your rhizome on the soil and then fill the pot. Water your plant and put it in a clear plastic bag. Then place it in a warm place to help with germination. Close to your oven or near a small lamp are good places to choose from.

You will want to start your plants in late winter, so that after the danger of frost has passed you can move



the plants outdoors. After the plant germinates, remove it from the plastic bag.

As the plants grow, you will want to transplant them to a 16-18-inch pot to accommodate their large size. They should thrive outdoors and be ready to harvest by fall. Simply dig up the plant and look for the rhizomes beneath the soil. Make sure you save some to replant for next year!

Once you have your rhizomes, the possibilities are endless. Turmeric can be used fresh or dried, as a seasoning in foods. Dried turmeric can be ground and put into capsules. It can be used to make teas, turmeric lattes, and golden milk.

What's great is that no matter how you choose to add turmeric to your diet, it will help you lose weight. Turmeric is best known for containing curcumin. It is thought that the anti-inflammatory, antioxidant qualities of curcumin are what contribute to turmeric aiding in weight loss.

Ginseng

Ginseng has been traditionally used in Chinese medicine. There are two main varieties of Ginseng: American Ginseng, *Panax quinquefolius*, and Asian Ginseng, *Panax ginseng*.

A flowering plant, American ginseng grows wild in deciduous forests in the northeastern US and eastern Canada. However, high demand has led to over-harvesting and wild ginseng foraging is now heavily regulated.

If you have patience, the plant can also be cultivated in your backyard. While not difficult to grow, it takes between five to ten years for ginseng to mature and be harvestable.

Plant seeds or roots in a damp area with good shade. You can tell the plants are mature when the roots have three or more prongs. The roots can then be harvested in the fall and used fresh or dried in teas and foods.

While Ginseng is known to have many positive benefits, it is its ability to boost



metabolism, increase energy levels, and potentially lower blood sugar that helps you lose weight. It can be made into a tea, or taken as a tincture.



Green Tea

All tea, green, black, and oolong come from the same plant, *Camellia sinensis*, the tea plant. Native to China, the tea plant has been cultivated for millennia. The different varieties refer to different processing and curing times that the leaves go through.

Green tea doesn't experience the lengthy processing and curing times that black and oolong tea leaves do, preserving more of the beneficial flavonoids in the leaves. This is why it is more common to find green tea used in traditional Chinese remedies.

The least processed variety of Green Tea is Matcha Green tea. In this drink, the leaves are consumed rather than being discarded. That increases the nutritional value of the drink, making it your best choice for weight-loss. As a general rule, the less processed, the better. Green tea helps boost metabolism, burn fat, and regulate insulin levels.

You can grow tea outdoors in the South and Midwest of the US up to USDA hardiness zone 8. But if you don't live in a warm climate, don't despair. Tea can be grown as a shrub in a container that is moved inside to survive the winter.

It is an ornamental shrub that grows up to 3-7 feet tall, with fragrant white blossoms in the fall. Your best bet is to start from seed. Check with your local nursery, or order online. Tea likes sandy, well-drained, slightly acidic soil. Make sure your pot stays about twice the size of your root ball and re-pot as needed.

You will want to give the plant plenty of water, but don't let the roots get waterlogged. It is important to ensure your pot has good drainage holes. You will need to wait three years to be able to harvest the leaves,



so have patience.

Harvest young leaves in the spring to make tea. Green tea is the most minimally processed, but there are still some steps to follow before the leaves are ready to brew.

After you harvest your leaves, blot them dry and leave them in a cool dark place to dry for several hours. Next, you want to steam them very quickly, just for one minute. Finally, you will dry them. You can dry them in a dehydrator, or the oven. To dry them in the oven, place the leaves on a cookie sheet. Put the sheet in a 250-degree oven. Let them bake for 20 minutes. When they are cool store your tea in a dark, air-tight container.

Add a cup of green tea to your morning routine, or use it as a base for a delicious smoothie.

Cayenne

Cayenne pepper is one of many varieties of the *Capsicum annuum* group, which includes both sweet and spicy peppers.

While Cayenne is definitely spicy, it is certainly not the spiciest in this group. Commonly used in South American, Mexican, and Creole cuisine is also well known for its medicinal properties.

Cayenne helps boost metabolism and decrease food cravings, making it a great spice to add to your food to heat things up and burn those calories.

Cayenne is easily cultivated in a home garden. It requires a long growing season, so you will want to start your seedlings inside. Germination can take up to 16-20 days. You can transplant your seedlings outside once the frost danger has passed.

Place the seedlings 18-25 inches apart in full sun. It takes 70-80 days for the peppers to mature. They begin green but will change to red as they ripen. They are generally 4-6 inches long when mature.

You can use them fresh or dry them for later use. Either put them in a dehydrator



or dry them in the oven on low heat for several hours. Another alternative is to string them together and hang in a sunny window. Once dry, you can store them whole in an airtight container or grind them to a powder.

Fenugreek

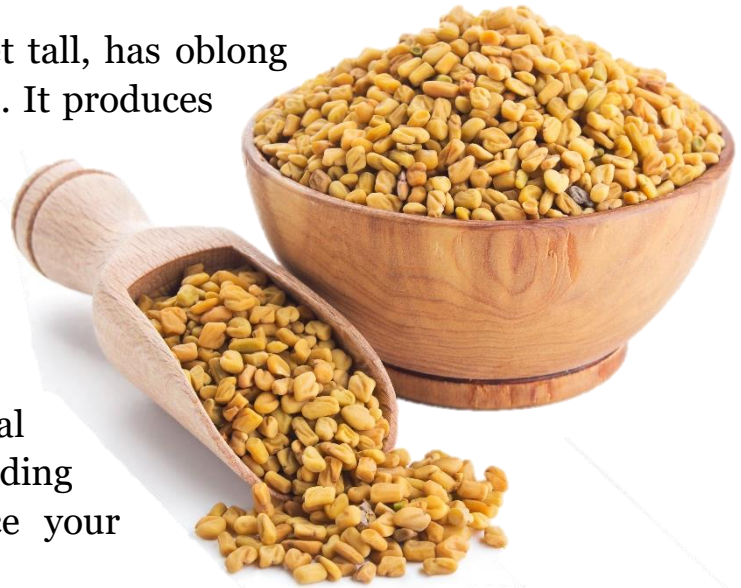
Fenugreek, *Trigonella foenum-graecum*, is a spice commonly found in Indian cuisine.

A medium-sized plant, it grows to 1-2 feet tall, has oblong leaves and white, yellow or purple flowers. It produces small golden seeds.

The leaves and seeds have been used to flavor foods for millennia. Nowadays, it is associated with the maple syrup flavor found in some Indian curries and dahl.

Fenugreek has been used in traditional medicine, as well as to help flavor foods. Adding fenugreek to your diet can help reduce your appetite and your fat intake.

An annual, fenugreek is an easy addition to your garden. Sow the seeds in spring where you want the fenugreek to grow, as it does not like to be transplanted.



Fenugreek is a nitrogen-fixing plant. This means not only will it grow in poor soil, but it will actually improve the area where it is planted.

Keep the area moist, but not too wet. Fenugreek thrives in warm weather.

You can eat the leaves fresh in summer, or dry them for later use. In fall harvest the seeds. Cut the stalks and hang the plants upside down in a brown paper bag. The seeds will fall to the bottom.

Both the seeds and leaves can be saved for later use. The seeds are best toasted. This helps eliminate the bitterness and bring out the maple syrup-like flavors.

Cinnamon



We all know the distinctive smell of cinnamon. Earthy, spicy, and pungent, it evokes feelings of warmth. True cinnamon, *Cinnamomum Verum*, comes from the Ceylon cinnamon, tree native to Sri Lanka.

Much of the cinnamon on the market comes from other species, such as *Cinnamomum cassia* or Chinese cinnamon. These other species are considered inferior, so make sure you buy Ceylon cinnamon.

Cinnamon can be grown in USDA zones 9-11. It likes full sun or partial shade, warm, moist areas, and it cannot survive temperatures below freezing. However, it can be grown in a container and kept pruned to a height of 3-5 feet.

It is the aromatic inner bark that is harvested to be used as a spice. Simply cut off a branch and remove the outer bark. You can then scrape the inner bark into strips. Dry the strips of bark in a cool, dry environment. Once they are dry you can use them as is or ground into cinnamon powder.

Cinnamon particularly when combined with honey helps boost your metabolism, burn fat, and regulate your blood sugar. You can add a teaspoon of cinnamon mixed with honey to tea, yogurt, fruit, or smoothies to help boost their fat burning potential.



Cumin

Resembling fennel, cumin, *Cumin cyminum*, is another common culinary herb that has medicinal properties. Many traditional Indian dishes feature the seeds either whole or ground into a powder.



The plant has slender branched stems featuring feathery leaves. It rarely grows taller than one foot.

The seeds are small, oval, and resemble caraway seeds, but are lighter in color and have a more pungent flavor.

They are harvested when the seeds begin to appear, but before they fall. Cut the stalks and place them upside down in a brown paper bag. The seeds will fall to the bottom.

The seeds are known for calming stomach ailments and are commonly eaten in India after a meal to aid with digestion. It also helps you boost your metabolism and burn more fat.



Cardamom



Cardamom is a spice that comes from the seeds of one of several plants belonging to the *Zingiberaceae* family, along with ginger.

The most common plant used is *Elettaria cardamom*, also called true cardamom. It is native to tropical and subtropical Asia.

A traditional ingredient in Indian food, references to cardamom reach back to ancient Ayurvedic literature.

Cardamom is said to boost metabolism, burn fat, and help with water retention. You can use cardamom in tea, add it to milk, or use it in a blend to spice up your meal.

Cardamom is a large plant, growing between 6-12 feet tall with reaching two feet in length. Being tropical, it likes hot humid weather. It grows outdoors in USDA zones, 10-11 but is difficult to cultivate elsewhere.

You can try planting it in a container and keeping it someplace warm and wet, like a bathroom. It can be grown from seed, rhizome, or cutting. It takes a minimum of three years for the plant to flower. To use as a spice, harvest and dry the green seed pods. When the pods are dry, remove the seeds. These can be used whole or ground into a powder.





Ginger

Ginger, *Zingiber officinale*, is one of those plants that has many uses, medicinal and culinary. Adding ginger to your diet can help stimulate digestion and decrease your appetite. Both of these things can help you lose weight and slim down.

There are many ways you can introduce ginger into your meals. You can add it to seasoning blends, or drink it as tea.

Ginger, like its cousin turmeric, prefers to grow in tropical climates. However, it can easily be grown at home in a container.

To grow ginger, you plant the rhizomes, which are the fleshy rootlike part of the plant. You may be able to find these at the grocery store or Asian food markets. If you can't find them locally, look online at seed suppliers.

Like with Turmeric, you want to look for rhizomes that are plump and long, with many buds on the sides. That way you can break the rhizomes into sections two to three buds long. You will be able to sprout each of these sections.

It is best to start your ginger in small pots and transplant as they grow. Fill your pot halfway with soil. Lay your rhizome on the soil and then fill the pot. Water your plant and put it in a clear plastic bag. Then place it in a warm place to help with germination. Close to your oven or near a small lamp are good places to choose from.

You will want to start your plants in late winter, so that after the danger of frost has passed you can move the plants outdoors. After the plant germinates, remove it from the plastic bag.

As the plants grow, you will want to transplant them to a 16-18-inch pot to accommodate their large size. They should thrive outdoors and be ready to harvest come fall. Simply dig up the plant and look for the rhizomes beneath the soil. Make sure you save some to replant for next year.





B. FRUITS AND VEGETABLES

Of course, fruits and vegetables are always considered part of a healthy balanced diet. But when it comes to burning fat and boosting your metabolism, some are better than others.

Aloe

Aloe Vera is a common succulent plant. Aloe has thick fleshy leaves that range from green to grayish-green in color.

Requiring little attention, aloe grows quite well indoors in pots. They like warm dry conditions. While not easily grown from seed, they can be propagated from suckers that grow by the base of the plant.

Simply place the root ball into a mix of cactus potting



soil and set in a sunny window. You should refrain from watering immediately after transplanting them.

Usually, aloe's healing properties are associated with burns and skin irritations, but this amazing plant can help you lose weight too. Drinking aloe vera juice will help you boost your metabolism and burn fat.

It is quite easy to make aloe vera juice at home. Drink the aloe juice on its own, or use it as a base to a fat-fighting smoothie by adding other fat-fighting foods like grapefruit, avocado, or pineapple.

Leafy Greens (Spinach, Kale, Swiss chard)



Leafy greens are a great addition to your diet, if you are looking to lose weight. Some vegetables considered leafy greens are Spinach, Kale, Swiss Chard, and Romaine Lettuce.

The dark green vegetables are packed full of vitamins and minerals, particularly calcium. High levels of calcium boost your metabolism and encourage your body to lose weight making them great fat burning foods.

Raw vegetables are best as they have the most nutrients. You can eat them in salads or add your greens to salads. Otherwise, cook them lightly to preserve as much of the nutrition as possible. Pair them with one of the fat burning spice blends to add flavor and weight loss potential. Or try the Greens with almonds and grapefruit vinaigrette recipe.

Leafy greens are a great way to get started gardening because they are so easy to grow. Many varieties of leafy greens are easily grown in the home garden as annuals.

In general, they don't need great soil, just lots of sun and water. Choose your favorites to plant. You can even grow them in your kitchen in pots.



Broccoli and Cauliflower

While there are many cruciferous vegetables that are healthy, there are two members of the Brassicaceae family, broccoli and cauliflower, that particularly stand out.



These vegetables, like leafy greens, are high in nutrients and low in calories. Both broccoli and cauliflower are packed full of water and fiber, making them exceptional additions to your fat burning diet.

Eating these vegetables helps you feel fuller, boosts your metabolism, and helps you lose those extra pounds. There are many wonderful ways to add these vegetables to your diet. They can be eaten raw, added to salads, or sauteed, steamed, or boiled. Spice

up the flavor by tossing them with one of the fat burning spice blends, like in the curried cauliflower recipe.

Cauliflower is particularly versatile. There are recipes ranging from cauliflower pizza to cauliflower mac and cheese. You name it, cauliflower can do it.

Both cauliflower and broccoli are annuals that can easily be grown in a home garden. They are cold climate plants, so if you live in a warm climate you will want to plan your planting accordingly. If it gets too hot your plants will bolt. So, it is best to germinate your seeds indoors.

You will want to allow more time for broccoli than cauliflower, so start the broccoli seeds 7-9 weeks before the last frost. About two weeks later you sow the cauliflower. Plant the seeds about 1/2 inch deep and keep them warm and moist. A south-facing window is a great spot. About two weeks before the last frost, when your plants have two sets of leaves, they can be transplanted.



Place them in full sun with rich, moist, well-draining soil. The plants should be 18-24 inches apart in rows spaced 2-3 apart. Cauliflower will be ready to harvest sooner, in about a month. Broccoli will take slightly longer to mature. You harvest when the heads are developed but before the individual buds have begun to open and yellow. Cut the center stalk about 5 inches below the head. After this, broccoli will grow side shoots allowing you to continue to harvest. Cauliflower, unfortunately, doesn't so you can compost the plant after harvest.

Grapefruit

People have been saying for years that adding grapefruit to your diet will help you lose weight and it is true.

Studies have found that simply adding grapefruit or grapefruit juice to your daily diet can help you shed those unwanted pounds. Grapefruit helps reduce insulin levels and as a result, it encourages weight loss.

If you don't want to add grapefruit straight to your morning meal, don't despair. There are many easy ways to incorporate grapefruit into your diet. Add grapefruit juice to a smoothie or use it to make a vinaigrette. Or be creative and try a grapefruit avocado salad. Once you start looking, there are many ways you can find to incorporate this great fat burning food into your diet.

Grapefruit is a tropical tree that grows in USDA hardiness zones 9 and up, so if you don't live in a hot climate it is difficult to grow at home. However, if you really want to grow grapefruit you can try to grow the tree in a container.

Grapefruit trees are large, reaching heights of 15-20 feet so if you are thinking of keeping your tree in a pot inside you might want to consider getting a dwarf variety. Grapefruits want warmth and full sun.

Water your plant every 3-4 days to start. Make sure to water the plant thoroughly but allow it to dry out between watering. You don't want to over saturate your tree. Once your tree is established you can begin watering only once a week. It takes 3-5 years for grapefruit trees to fruit, so have patience.



C. OTHERS

Black Beans

All beans and legumes come from the *Fabaceae* family. While they are not something we usually think of as diet foods, beans, particularly black beans, *Phaseolus vulgaris*, can help us lose weight.

A staple in Central and South American foods black beans are high in protein, fiber, and folate all things that contribute to weight loss.

Black beans have been shown to help control a rise in blood sugar after meals, which helps you lose weight.

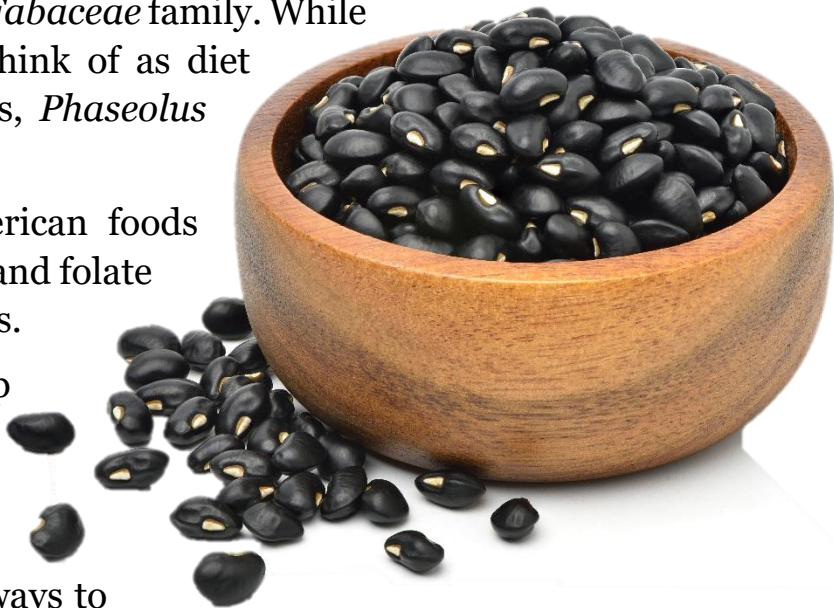
They are especially good for shedding that pesky belly fat. There are many ways to incorporate black beans into your diet. They can be added to salads, burritos, used in chili.

Since they are high in protein they are often used by vegetarians as a meat replacement, like in the black bean burger recipe. If you want to get adventurous black beans can even be used to make desserts like brownies.

Not only are black beans delicious, but they are also easy to grow as well. Beans like hot weather, so you will want to wait until late spring, around May, to sow your seeds. You can sow them 2-3 inches deep directly in the ground. As they sprout you thin so that your plants are 6 inches apart in rows 24-36 inches apart.

Black beans come in both bush and pole varieties. If you plant pole beans they like to climb, so it is best to plant them near trellis of some kind. Depending on your variety beans can take between 90-140 days to mature so take your growing season into account when choosing the right variety.

They are ready to harvest when the leaves begin to yellow and you can hear the dry beans rattling in the seed pods. To harvest, remove the whole plant from the ground. Hang the plants upside down in a well-ventilated area to dry.



When the plants are completely dry you can begin to remove the pods. Open each pod and remove the dry seeds. These will keep indefinitely if they are stored properly in an airtight container. Make sure you remember to save some beans to plant for the following year.

Chia

Whenever I hear about chia, *Salvia hispanica*, I think of the iconic chia pet from the 80s. A small clay figure in the form of an animal with a hole, you would smear a paste of seeds on the outside of the animal and fill it with water. Before you knew it, the animal was growing a green coat.



Well, those seeds are the same chia we can eat. Native to Mexico, chia was an important crop in pre-Columbian times. Chia seeds can be eaten whole, ground, or added to liquids which causes them to swell and become gelatinous. You can also eat the sprouts, just harvest and add to your salad. Chia seeds are high in protein and calcium, both of which help boost metabolism and promote fat burning.

When thinking about planting chia, it is important to note that those chia pets from the 80s were deceptive. First, chia likes warm weather, it grows best in US hardiness zones 8-11. Second, the height of a mature chia plant can reach six feet, which is certainly larger than can grow on one of those small animals. However, they germinate easily. All you need to do is sprinkle the seeds over the prepared area and keep them moist.

You can sow directly into the ground or start your seedlings in pots. You want 12-18 inches between your plants to ensure they have enough space to grow. The plants produce beautiful purple flowers. As the flowers start to yellow you can begin to harvest the tiny seeds.

You can cut the stalks and lay on a drying rack or hang in a brown paper bag. Once the flowers are dry separate the flowers from the seeds. Store the seeds in an airtight container and make sure you keep some aside to sow the next season.

Grape Seed

It can be confusing when talking about grape seed because there are two distinct products that can be made and used for weight loss. One is grape seed oil and the other is grape seed extract.

You are probably wondering what the difference is between them, as they both come from grape seeds. I will explain the similarities and differences between the two and how to best use each product in your diet.

Let's start with grape seed oil. Oils are composed of lipids, fat molecules. We extract the fat molecules from fruits, vegetables, and seeds in a number of different ways, but the most common way is pressing. That is what is done to make grape seed oil.

The seeds are ground or crushed with pressure in an oil press and the liquid that remains after this process is grape seed oil. Grape seed oil, particularly from the muscadine grapes, has been shown to be high in vitamins that help reduce fat and fight obesity. It also helps boost metabolism, which increases how many calories you burn.

While you can use grape seed oil for stir-frying and sauteing, it is best to avoid deep frying with it. Another great way to incorporate grape seed oil into your diet is to add it to homemade salad dressings. I include it in the grapefruit vinaigrette recipe.

Grape seed extract on the other hand is made from both the seeds and skins of the grapes. Generally, a more industrial process, the skins and seeds are first dried, then powdered. This powder is then subjected to an extraction process using steam distillation or a chemical distillation process to extract a concentrated liquid. This process further concentrates the beneficial nutrients from the seeds.

This liquid extract is sometimes further dried to a powder that can be put into capsules. Because it is a concentrated form, grape seed extract has superior fat burning benefits. It is best to consume between 100-300 milligrams of grape seed extract per day.



Garcinia (Malabar Tamarind)

Garcinia is a genus of flowering plants in the family Clusiaceae native to America, Australia, Asia, tropical and southern Africa, and Polynesia.

Commonly, the plants in this genus are called saptrees, mangosteens (which may also refer specifically to *Garcinia mangostana*), garcinias, or monkey fruit.

Garcinia Cambogia, commonly known as Malabar tamarind, is one such fruit. Malabar tamarind or kudam puli is a tropical fruit which has been gaining considerable attention for its purported weight loss benefits. The fruit looks like a small pumpkin and its colour varies from green to yellow.

The fruit is well known in Southeast Asia, coastal Karnataka and Kerala and the fruit is also made into a supplement, which is now sold commercially. Along the coast of these states, the fruit is often put to culinary use which is similar to that of the regular tamarind or *Tamarindus indica*.

This pumpkin-like exotic fruit contains a phytochemical called Hydroxycitric acid or HCA which suppresses appetite. HCA also works to block an enzyme called citrate lyase, which is used in the body to make fat. And one added benefit is that it increases the release of serotonin in the brain, which makes you feel less hungry.

The weight loss benefits of the fruit first came to light when in 2012, American celebrity doctor Dr. Oz promoted the extract from the fruit to achieve natural weight loss.

Other purported benefits of the fruit include boosting energy, body detoxification and promoting cardiovascular and digestive health.



Guarana

Guarana (is a climbing plant in the family Sapindaceae, native to the Amazon basin and especially common in Brazil.

The word guarana comes from the Tupi-Guarani word warana, which means “fruit like the eyes of the people.” That’s because the

plant produces coffee bean-sized fruit that contains a black seed surrounded by white flesh, which gives it the appearance of an eyeball.

The guarana vine originated in the Amazon basin, where local people have long taken advantage of its stimulating properties. A 17th century Jesuit missionary noted that guarana gave members of an Amazon tribe “so much energy, that when hunting, they could go from one day to the next without feeling hungry.” Brazilian soft drinks have included guarana since 1909, but it only became widely used in the United States recently, when energy drinks gained explosive popularity.

When it comes to its antioxidant profile, guarana is similar to green tea: it’s rich in catechins, saponins, theobromine and tannins. What makes guarana so popular is its natural caffeine content.

It contains about twice the concentration of caffeine found in coffee seeds (about 2–4.5% caffeine in guarana seeds, compared to 1–2% for coffee seeds). But unlike coffee guarana also contains molecules called tannins, which some say causes the caffeine in guarana to release slowly, producing a long-lasting energy plateau. However, don’t use it before going to bed or you’ll be in for a very bad sleepless night.

Now when it comes to weight-loss you can probably see how that particular property of guarana comes in handy.

In addition to caffeine Guarana also contains a substance which supercharges your metabolism helping you burn fat faster. It has also been found to suppress genes that aid fat cell production and promote genes that slow it down. This plant is also known for its powerful anti-aging properties.





Licorice Root

For most of us, the first thing that comes to mind when we hear the word “licorice” likely isn’t the root of the *Glycyrrhiza glabra* plant, nor its long history of medicinal use and health benefits. Instead, our first thought is probably of candy. So, it may come as a surprise that most

commercial brands of licorice confections today contain none of this sweet medicinal root. But licorice’s medicinal and culinary history does include candy — the root’s compound glycyrrhizin is 50 times sweeter than sugar and has been used to make confections designed to aid digestion and soothe sore throats. It may then come as an even bigger surprise that this root is a keystone to sustainable weight-loss.

How that happens is two-fold. Licorice not only detoxifies your body but also helps with gut health. A balanced gut is the cornerstone of proper nutrient absorption, health and ultimately weight loss. It’s also an effective solution to Leaky Gut.

Licorice root has a very interesting property when it comes to weight loss – it makes you feel full eating less.

This plant is effective for reducing subcutaneous fat (the jiggly kind sometimes called belly fat).

Eating licorice root also improves diet-induced weight gain and lipid deposition, meaning you will store less fat on your body from consuming the same number of calories. So, the conclusion is that eating black licorice regularly may reduce body fat without any side effects.

Some of the compounds found in Licorice that aid with weight-loss:

Glycyrrhiza chalcones are a type of compounds found in licorice with proven anti-obesity and lipid-lowering effect.



Glycyrrhizic acid obtained from licorice is found to decrease elevated leptin levels and decrease fat tissue produced as a result of a high carbohydrate diet. So if you're eating a lot of carbs this will help undo their weight gain effect.

18 β -glycyrrhetic acid is another bioactive compound isolated from licorice. This compound is proven to reduce body weight, body fat, and lipids. It prevents the development of fat cells and stimulates the breakdown of fats in existing fat cells.

Licorice also acts in a way that mimics the action of drugs that prevent weight gain through two compounds which prevent the accumulation of fat in the body, by targeting specific mechanisms at the cell level: Glabridin, Licochalcone.

Maca Root



Maca is an important root vegetable in the mustard family. It is one of a very few crops that can be grown in very inhospitable regions and at extremely high altitudes (up to 15,000ft / 4500 meters). The plant is native to the Peruvian Central Andes and even today the best quality and most effective Maca is still cultivated

there. Although it can be grown successfully in other climates, the medicinal root of Maca is neither as large or as potent as when grown in the high Andes.

Archaeological evidence suggests that domestication of Maca began about 2000 years ago in what is now Junin, central Peru. It is believed that people indigenous to the area began using Maca themselves after they saw the positive effect that it had on their livestock, in terms of energy and especially fertility.

Maca is a very nutritionally dense plant and extremely important to overall health in a region where little else grows, but most importantly it can help you lose a good amount of weight.

Maca is an adaptogen. This means that it directly interplays with our hormonal stress feedback systems through regulating the endocrine system. Rather than directly increasing or decreasing specific hormones, it seems to have a modulating effect to bring hormones back to balance for the individual.

The more balanced your hormone profile – the more your body will work as a fat burning machine.

This amazing herb will also help you balance blood sugar which is key to weight loss, as an unregulated blood sugar contributes to insulin resistance. When your blood sugar is unregulated and insulin is constantly needing to be made, cells can become “resistant” to the hormone and not respond by letting blood sugar into the cell as easily (this is known as insulin resistance). This constant rollercoaster of highs and lows from an unbalanced blood sugar and pumping of insulin can lead to type 2 diabetes. If you are insulin resistant it's also harder for your body to burn foods for energy and more of your ingested calories get deposited as fat.

Maca is also widely recognized as a very effective stimulant. You could probably tell that by how the ancients used it to boost libido. It will get you up and going even if you've been feeling lethargic and low on energy. And the more you move the more calories you burn.

This plant will also help with weight-loss in a more indirect way. Because of its balancing effect on your mood you can expect to have a lot less episodes of binge or comfort eating after adding this plant to your diet.

And last but not least because Maca promotes quality deep sleep. Sleep deprivation has a profound effect on inflammation as this is a period of repair and regeneration of tissue and cellular debris. Sleep also impacts blood sugar regulation, as the amount of sleep decreases, blood sugar increases, escalating the issue and the risk of diabetes. Lastly, sleep impacts stress hormone production, the lack of sleep one gets can increase their production of stress hormones the next morning.

Why is this important? Because inflammation, blood sugar, and stress hormones in excess, can all impede or slow down weight loss.





RECIPES

Below you will find many recipes that you can use to help you lose weight fast.

A. SPICE BLENDS

As you become more familiar with these ingredients feel free to adjust the proportions, add or subtract herbs to meet your personal flavor palate. These recipes are designed to be made with dry ingredients that can be easily blended together.

They can be made in large batches and then be stored in an airtight container in your spice cabinet.

Curry

Curry is a generic name for a whole class of Indian spices. You will find many variations in flavor from one curry blend to another. Common ingredients found

in most curry powders include coriander, turmeric, cumin, and some kind of chili powder.

Once you start making your own curry powder you will find endless flavor possibilities. Adding a sprinkling of curry powder to your food to boost its fat burning potential.

- 1/2 tsp Turmeric powder
- 1 tsp Cumin seed
- 2 TBSP Coriander Seeds
- 1/2 tsp Cayenne powder
- 1 tsp Fenugreek
- 1/2 tsp Ginger powder
- 1 tsp Cinnamon
- 1 tsp Cardamom
- 1/2 tsp Black pepper



Place seeds and powders in a spice grinder or coffee grinder. Mix until the spices are ground. Store in an airtight container. Use 1 tablespoon to flavor a meal for four people.

Sweet Fat Burning Blend

This blend is reminiscent of pumpkin spice. Full of earthy notes from the cinnamon and cardamom and a little spiciness from the ginger this blend boosts fat burning and flavor in all manner of sweet dishes.

- 1 TBSP Cinnamon
- 1 TBSP Cardamom
- 2 tsp Ginger powder
- 2 tsp Nutmeg
- 1 tsp Allspice



Blend dry ingredients together. Store in an airtight container. Add a 1 teaspoon to teas, smoothies, and dessert-type dishes.

Spicy Fat Burning Blend

Inspired by Mexican taco seasoning this spicy fat burning blend turns up the heat and helps you lose weight. Add it to your meats, side dishes, anything you want spicier. Feel free to adjust the cayenne powder to your taste.

- 1 tsp Cumin
- 2 TBSP Cayenne
- 1/2 tsp Black Pepper
- 1 1/2 TBSP Paprika
- 2 tsp Oregano
- 2 tsp Garlic powder
- 2 tsp Onion powder.



Blend dry ingredients together. Store in an airtight container. Use 1 tablespoon to flavor a meal for four people.

Cajun Fat Burning Spice Blend

Cajun Spice comes from Louisiana, the home of delicious Cajun cuisine.

- 1 1/2 tsp black pepper
- 2 Tbsp cumin
- 2 Tbsp paprika
- 2 Tbsp coriander
- 1 1/2 tsp salt
- 1 Tbsp dried oregano
- Cayenne pepper to taste



This spice blend is great on stir-fries, dips, grilled chicken, tofu, or even salads.



B. BREAKFAST

Granola

Granola is a great breakfast food. There are so many ways to enjoy granola. You can snack on it alone, serve it over yogurt or chia pudding, and even add it to a smoothie. Experiment and find your favorite way to eat it. This recipe incorporates many different fat burning ingredients. Try it as it is or swap the nuts, spices, and oils for other fat burning options to find a blend you like.

- 4 cups Whole oats
- 1/4 cup of Coconut oil
- 1/4 cup Grape seed oil
- 1/4 cup Honey
- 1/4 Cup Raw brown sugar
- 1 TBSP Sweet spice blend
- 1/4 cup Chia seeds
- 1/4 cup Flax seeds
- 1/4 cup Shredded coconut.

Pre-heat oven to 350 F. Grease or line a baking sheet. In a small bowl mix coconut oil, grapeseed oil, honey, brown sugar, and sweet fat burning spice. In a large bowl mix together whole oats, chia, and shredded coconut.

Add the sugar oil mixture to the oat mixture in the large bowl. Stir to coat the oats

and seeds with the sticky oily mixture. Pour the coated oats in an even layer onto the prepared baking sheet. Bake at 350 for 20-25 minutes until the granola is golden. Allow to cool for 1-2 hours. Store in an airtight container

Weight Loss Smoothie

Smoothies are a great addition to your diet when you are looking to lose weight. By selecting delicious fat burning ingredients you can quickly blend up a metabolism boosting drink.

- 1 TBSP Aloe Juice
- 1 1/2 cups Coconut water
- 1/2 cup of Grapefruit juice
- 4 ounces Pineapple
- 1 Apple sliced and cored
- 1 tsp Sweet weight loss spice blend

Place ingredients together in a blender and blend until thick and frothy. The flavor will be best if the ingredients are chilled beforehand.



Turmeric Golden Milk

A warm, creamy drink of golden milk is great to drink in the morning or on a chilly afternoon. Try replacing your coffee with this delicious, metabolism boosting drink.

- 2 cups of Coconut milk (or other non-dairy milk of your choice)
- 2 tsp Ground turmeric (you can grind the rhizome fresh or dry with a mortar and pestle)
- 1/4 tsp Cayenne pepper
- 1/2 tsp of Cardamom
- 1/2 tsp of Cinnamon
- 1/4 tsp of Nutmeg
- 1 tsp Vanilla
- Pinch of Black pepper
- Honey or another natural sweetener



Heat all the ingredients in a saucepan until they are warm. Then transfer the mixture to a blender. Blend until thick and frothy.



C. MAINS

Main courses are the staples of our diet. While many people think eating meat will make you fat that is not true. Foods that are high in protein are excellent fat burners and both chicken and fish are great additions to your diet. I chose not to include any recipes with meat in this book but rather to focus on plant-based foods. However, you can easily add the spice blends included here to your meats to enhance flavor and incorporate more metabolism boosting ingredients to your meals.

Black Bean Burgers

Black bean burgers are a delicious fat burning alternative to a hamburger. These patties can be baked or grilled and are filled with flavor. Serve them on a whole wheat bun and top them with avocado and other fat burning greens to boost their weight loss potential.

- 2 cups Cooked beans, drained
- 1/2 cup Whole oats
- 1 Onion
- 3 Cloves garlic
- 1 Egg
- 1 tsp Salt
- 1 TBSP Spicy fat burning blend



Place onion and garlic in a food processor and blend. Add oats, egg, salt, spicy fat burning blend, and 1 cup of beans to the food processor. Mix on low until combined.

Add the reserved beans and pulse, mixing the beans but leaving them slightly coarse. Let the mixture sit for 15-20 minutes to fully absorb the moisture before forming into patties. Form into four round patties.

To bake place patties on a lined or greased baking sheet. Bake in a hot oven at 375 F 10 minutes per side. To grill, it is best if you place a piece of foil beneath the burgers

Black Bean Burrito Bowls

Who needs to get take out when you can make these healthy, metabolism boosting burrito bowls at home. A burrito bowl always leaves out the tortilla but this recipe has another twist. Rather than using traditional sour cream, these are topped with fat burning cumin yogurt.

And no need to worry about the dairy, calcium-rich cheeses and yogurts have been found to help contribute to weight loss. You can certainly add meat to this dish as well. Make sure to season your meat with the spicy fat burning blend. If you really want to take this dish to the next level swap out the rice for cauliflower rice!

- Beans, 2 cups Black beans cooked,
- 1 TBSP Spicy fat burning blend
- Rice, 4 cups of cooked rice *follow the package instructions
- 5 oz Cumin Yogurt,
- Tomato Salsa,
- Cilantro
- 16 oz Mexican cheese like queso fresco
- 1 Avocado sliced
- Limes

Reheat cooked beans with 1 TBSP Spicy Fat Burning Blend. While heating the beans cook 1 pound of rice to yield 4 cups of cooked rice. This dish is about layering and presentation. First, add ½ cup of cooked rice. Next top with ½ cup of black bean.

Add a dollop of cumin yogurt. Top with tomato salsa, and sliced avocado. Sprinkle queso fresco.

Garnish with fresh cilantro leaves. Serve with a wedge of lime.

D. SALADS/SIDES

Cumin Yogurt

Perhaps a little strong to be eaten on its own, this cumin yogurt makes a great substitute for sour cream. Use it on burritos, in dressings, and in savory yogurt sauces.

Mix 1 tsp. cumin with 5 ounces of yogurt.

Grapefruit Vinaigrette

This grapefruit vinaigrette is a great fat burning salad dressing. It is easy to make ahead and it can be stored in the fridge for later. This sweet and tangy dressing is refreshing and livens up salads and cooked vegetables. You can even marinate meat in it.

- ¼ cup Freshly squeezed grapefruit juice



- 1/4 cup Grape seed Oil
- 2 TBSP Apple Cider Vinegar
- 1 TBSP Honey
- Salt and pepper to taste.

Combine ingredients into a mason jar. Shake vigorously to combine. If you store for later use you will see the oil and vinegar separate. Don't be alarmed, simply shake vigorously to recombine your ingredients before serving.

Avocado Grapefruit Salad

Avocado and grapefruit seem like an unlikely pair but I think this salad will surprise you. The avocado brings creaminess, the grapefruit a bit of sour. Kale adds a hearty crunch and the red onion a bit of bite. Top it all off with a sweet and tangy vinaigrette. It's the perfect combination for a light lunch.

- 1 Avocado
- 1 Grapefruit
- 1 bunch of Kale
- 1 Red Onion.

Peel and core your avocado and cut into chunks. Peel and segment your grapefruit. Cut the segments into bite sized chunks. Rinse and coarsely chop the kale. Julienne the red onion

Place the kale, avocado, grapefruit, and onion in a salad bowl. Toss gently. Drizzle with the grapefruit vinaigrette.



Greens with Almonds and Grapefruit Vinaigrette

This recipe uses Swiss Chard but you can swap that out for your favorite leafy greens. You want to make sure not to overcook your greens or you will lose the positive fat burning benefits. The almonds add a distinctive nuttiness and crunch to this dish. If you have the vinaigrette made ahead, this is a super quick way to fancy up a meal.

- 1 bunch of Swiss Chard
- 1 TBSP Grape seed oil
- 1 Onion
- 2 Cloves of garlic
- 1/4 cup Sliced Almonds.

Rinse and coarsely chop the Swiss chard. Coarsely chop your onion. Mince the garlic.

In a medium pan heat the coconut oil, onions, and garlic over medium-low heat until the onions are translucent. Add the Swiss Chard.

Saute lightly to wilt the chard. Carefully add the vinaigrette use just enough to lightly cover the vegetables.

Cook for 3-5 minutes, enough to heat the dressing but not overcook the vegetables. Remove from heat and stir in the sliced almond

Curried Cauliflower

Spice up ordinary cauliflower by adding the fat burning curry blend. This is an easy way to add flavor and help get rid of those unwanted pounds. Made with all fat burning ingredients this easy recipe is great for a weeknight dinner.

- 1 Head cauliflower
- 1 TBSP Coconut oil
- 1 1/2 tsp Curry Blend
- 1 tsp Salt
- 1 Lemon

Preheat oven to 425 F.

Prepare the cauliflower. Remove the stem and cut the florets into bite size pieces.

Put the prepared cauliflower into a bowl. Coat with the coconut oil. Sprinkle curry blend and salt over the cauliflower and stir to coat.

Place on a rimmed baking sheet. Roast in a 425 F oven for 20-25 minutes. Remove from the oven. Serve with sliced lemon to squeeze over the cauliflower.





E. DESSERTS

We often think that dieting means we need to cut out all the delicious desserts. That is not true. If we chose to use healthy, fat burning ingredients we can enjoy dessert knowing that we are still working towards our goal. Look for recipes that include coconut, avocado, oats, and ginger. Use our sweet spice blend to boost the fat burning potential of your recipes. Then you can stop feeling guilty for indulging.

Coconut Chia Pudding

This easy to make pudding is rich and delicious. But there is no need to feel guilty while eating it because it is made from metabolism boosting, fat burning, healthy ingredients.

- 1 cup Coconut Milk
- ¼ cup Chia seeds
- 1 tsp Vanilla
- 1 tsp Sweet Fat burning blend
- 1 TBSP honey.



Mix the sweet fat burning spice blend, vanilla, honey and together with the coconut milk until well blended. Add the chia seeds to the coconut milk and stir until combined.

Let sit for 10 minutes, stirring every 2-3 minutes. After 10 minutes place in the refrigerator to chill. Let chill for 2-3 hours. For best results chill overnight. You can top this creamy dessert with fresh fruit or a sprinkle of granola. Make it individual containers and it's great for a snack.



HERBAL REMEDIES

In addition to adding foods to your diet, there are plant based herbal remedies that can be introduced to your daily routine to help boost your metabolism and burn more fat. These are easy ways for you to begin to lose weight while you explore which foods and recipes you want to incorporate more into your diet.

A. HERBAL WEIGHT LOSS TEA

There is always something comforting to me about drinking a cup of hot tea. It's even better with the great weight loss benefits to drinking it.

This blend combines metabolism-boosting fat burning herbs and spices into a delicious tea you can enjoy. I recommend drinking it in the morning as green tea has caffeine.

- 2 TBSP Green tea leaves
- 1 tsp Cinnamon
- 1 tsp Cardamom
- 1 tsp Ginger grated



- 1 tsp Ginseng grated
- 1 tsp Turmeric grated.

Boil water. Place ingredients in a tea ball, reusable tea bag, or loose in a cup. For green tea it is best to boil water and then allow to cool for 5 minutes before pouring over your leave.

After the boiling water has cooled pour into your cup. Steep for 3-5 minutes. Remove your herbs. Sweeten with honey or another natural sweetener to taste

B. GINSENG TINCTURE

Tinctures can seem daunting at first. Once you have done it the first time you will wonder why you never tried it before. These easy to make Ginseng tincture is one of the simplest ways to start adding fat burning remedies to your daily routine.

- 3-4 ounces of ginseng
- Vodka (or other alcohol at least 80 proof)
- Mason jar
- Coffee filter
- Funnel
- Tinted bottles for storage.

First, crush the ginseng root to increase the surface area. Place the crushed roots in the mason jar. Cover the roots with vodka to a minimum of two fingers above the top of the roots. If you are using dry roots add more vodka as the material will absorb the liquid.

Do not exceed double the height of roots or your tincture will not be as strong. Seal the jar and leave in a cool dark place for at least two weeks. When your tincture is ready place a coffee filter inside a funnel and strain the liquid into a tinted bottle for storage. Store in a cool dark place. Use a little as a few drops to start and no more than a teaspoon daily.

C. ALOE JUICE

Aloe juice is a refreshing beverage you see being sold everywhere. But why pay a fortune for this weight loss drink when you can easily make it at home by following this recipe. Drink it as it or add it to smoothies to boost their fat burning potential.

Cut a few fleshy leaves close to the center of the plant. Hang the leaves tip up to

allow the yellow latex sap to drain from the cut end. This will take about 10-15 minutes

Discard the yellow sap as it is extremely bitter. When the leaves have drained slice them open

Gently scrape the clear gel away from the green leaf. Add the gel to the blender. For every 2 tablespoons of gel add 8 ounces of water. Blend.



D. WEIGHT LOSS TONIC

The tonic composition should be by volume, not by weight.

- 2 parts nettle leaf
- 2 parts siberian ginseng root
- 1 part senna leaf
- 1 part dandelion leaf
- 1 part marshmallow root
- 1 part slippery elm bark
- 1 part papaya leaf
- 1/2 part cinnamon Bark
- 1/2 part ginger root
- 1/4 part fennel seeds.

Try to use fresh leaves but if not possible then you can use dried leaves. Put all the herbs in a jar. Add apple cider vinegar, and lay a piece of parchment paper over the rim of the jar. Then screw the lid tightly in place. Let the mixture sit in a dark, cool place, allowing it to infuse for 2-4 weeks. Shake once daily or when you remember it.

Pour the contents into a muslin or cheesecloth-lined colander over a stable pot. Let it drain for 30 minutes, then gather the corners and twist to wring out as much goodness as possible.

Take 5 ml of the tonic and dilute it in 10 ml of water. Shake before use. Take 2 – 3 times per day for at least two months. For best results, use concurrently with exercise and wise food choices. Refrigerate after opening.