



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

Did you know that most folks make a HUGE dieting mistake whenever they try and lose weight?

In fact, this mistake is part of the reason most people have trouble losing weight in the first place.

Today, you'll discover what this mistake is and how to correct it -- putting yourself on the path to healthy weight loss.

Yours For Health,
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Health & Fitness Expert

Avoid This Common Diet Mistake

You hear it all the time ...

"To eat healthy, you need to stay away from fat."

This couldn't be further from the truth. In fact, if you want to lose weight, keep it off, and look great year-round, you've got to eat fat.

The truth is your body NEEDS fat to survive (About 66% of your brain is made up of fat!).

But there is a catch --

You can't just eat any kind of fat. You've got to eat more healthy fats.

See, there are "good" fats and "bad" fats.

Bad fats make you sick. Good fats heal your body, protect your heart, reduce inflammation and boost your metabolism.

So what foods contain good fats?

Mainly, it's any food that's rich in omega-3 fatty acids and oleic acid.

Here are a few you can start putting into your diet today:

Almonds -- great to snack on and good source of omega 3.

Avocados -- high in heart-healthy oleic acid.

Egg yolks -- despite what you've heard, eggs (including the yolk) are good for you! They're rich in omega-3's, contain the full spectrum of amino acids, and have plenty of vitamins your body needs.

Grass-fed beef - Beef that's been grass-fed is very high on omega 3 fats, which are incredibly good for you.

Fish -- make sure it's wild-caught, to avoid mercury contamination, among other things. Wild-caught salmon is a great choice.

Walnuts -- another great choice for snacking.

In addition to these, use healthy oils as salad dressings whenever possible. Good choices include extra virgin olive oil and Sacha Inchi oil.

So there you go. You have permission to eat more fat. But make sure it's the good stuff.

And as with everything, don't over do it. Even though good fats are healthy, they're still high in calories. Aim for 50 - 80 grams of good fat per day, depending on your calorie requirements.

Good nutrition accounts for 80% of your fat loss success. The other 20% is knowing how to workout properly and effectively for your body type.

Quote Corner

"Let food be your medicine..." - Hippocrates

Eat Yourself Thin

Beef Bulgogi
(Serves Four)

1 pound flank steak, thinly sliced
5 tablespoons soy sauce
2 1/2 tablespoons white sugar
1/4 cup chopped green onion
2 tablespoons minced garlic
2 tablespoons sesame seeds
2 tablespoons sesame oil
1/2 teaspoon ground black pepper

1. Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.

2. Preheat an outdoor grill for high heat, and lightly oil the grate.

3. Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Prep: 10mins

Cook: 5mins

Ready: 1hr 15mins

Amount Per Serving - Calories: 232 / Total Fat:
13.2g / Cholesterol: 27mg / Sodium: 1157mg / Total
Carbs: 12.4g / Dietary Fiber: 1g / Protein 16.2g

Recipe from AllRecipes.com.