

Eat These

# 4 FOODS Before Bed

To Flush Fat From Your Body



There's a very disturbing trend in the fitness industry, and one that may be causing a whole heck of a lot of confusion for those looking to lose weight...

...or more specifically, to lose the stubborn belly fat that hangs lifelessly from their bodies!

The disturbing trends, or shall I say myth, is that you simply CAN'T (do even think about it) eat after a certain time at night.

The "experts" would like you to believe that eating at 6pm...7pm...or 8pm could – and will – eventually lead to that food sticking to your body.

In fact, I hear from people all the time that tell me they can't eat after a certain time, or they will gain weight...

...and not just weight, but F-A-T!

Are they correct? Should you AVOID eating after a certain time at night?

The answer may SHOCK you and go against everything that you have learned...been "taught" ...or have been "instructed" to do in order to lose the unsightly belly fat and FINALLY be able to fit into your skinny jean.

### Will you be KILLED by your heart attack?

There is a good chance the heart attack you have will be FATAL.

1 in 3 people will die of heart disease, so the odds are against you.

You might survive your heart attack, but there's a good chance you will be left with scar tissue on your heart muscle so severe you won't be able to function normally.

AND you are almost guaranteed to have a second heart attack, which WILL be fatal.

Do the right thing: AVOID having a heart attack.

[== > Fortunately, this 10-second trick can help you do just that.](#)

## **Should You AVOID Eating At Night?**

The other day, I was in the gym and I overheard a trainer talking to his client. He was informing the client that she needed to “stop eating around 5:30pm in order to LOSE THT FAT!”

He was very convincing in his argument...

However, he is incorrect! Not only CAN you eat at 6pm, but you can eat and STILL LOSE YOUR BODY FAT!

That’s right, you may be able to eat right up until about an hour before bed and wake up feeling refreshed....energetic...and still be able to fit into your skinny jeans.

This is the common problem that is occurring in the industry:

Trainers are misinforming their clients, which could be translating into grumpy...unmotivated...and FAT clients.

In a moment, I am going to show you the EXACT foods you should be eating after 6pm in order to repair your muscles...replenish your energy levels...and strip away YEARS of sickly belly fat.

But first, let’s take a look and see WHY most trainers tell you to avoid eating at night...

### **It’s Not Your Trainers Fault...**

Let’s face it...

It’s not the trainer’s fault that they are giving you BAD information. Everywhere you look, there’s some fancy new gadget, or some helpful diet tidbit.

They may simply not know – or have been fed the wrong information from the “machine” – that they can’t decipher what’s good advice and what’s not.

For example, if you ask most trainers about eating breakfast, they will say that you should, and that eating breakfast will lead to overall better fat loss results.

There are studies to prove this! One study shows, those who skipped breakfast, were more likely to eat more calories during the day – and at night – which could contribute to eating more calories.

And this could contribute to the rising waistline of most Americans and people around the world!

That's just one example of a common myth that most trainers relay onto their clients!

Want another one?

How many times has your trainer told you to AVOID eating past 6pm...or 7pm...or whatever time they tell you?

Probably a lot!

Now, on the surface, this theory – or myth – may seem very plausible.

Studies show that those who eat late at night COULD end up increasing their caloric consumption AND end up gaining more weight.

But there's the thing...

Late night eaters, especially those who gain the most weight, may regularly consume high calorie, nutrient poor foods, such as potato chips, cakes, sweets, and processed and refined foods.

They foods are packed full of JUNK – loads of sugar, fair to high amount of trans-fats, plus enough additives to preserve the foods for years and years (think Twinkies).

Not only are they unhealthy, they lead to fat getting TRAPPED in your belly...over your hips and thighs...and covering your butt!

Do you want the bottom line?



No matter what time you eat – or stop eating – your body is going to store extra calories as fat, no matter what time you eat.

It doesn't matter if your last meal is at 4pm or 9pm, if you eat too many calories – then the chances that you're going to gain fat increase significantly.

This is a classic myth and one that needs to be DEBUNKED – right now!

So, we are going to do just that!

We are going to show you the exact foods to eat – no matter what time it is – that can repair and replenish your body – and help you burn even more fat over the long haul!

### Want To Lose 20lbs FAST? (details inside)

This is the FASTEST way I know of to lose 20 lbs. Seriously.

And it's proven with real research.

In fact, a **double-blind study** shows people not only LOST 20 LBS. FAST, they also:

- Felt A rush of JITTER-FREE energy
- Developed a LEANER physique
- Noticed VISIBLE fat loss ALL OVER THEIR BODY

[== > Click HERE to lose 20 lbs FAST](#)

## Don't Let Your Hungry Hormones CONTROL You

There are plenty of hormones in your body that control a number of different reactions in your body.

But when it comes to your appetite – or lack of one – there are really two main hormones you need to worry about.

Those are: Ghrelin and insulin.

Ghrelin, a well-known appetite enhancer, may stimulate your appetite, which encourages you to eat.

And when I say it encourages you to eat...your body doesn't crave fruits and veggies. It craves high calorie, nutrient dense foods that lack in nutrition, but pack on the pounds.

Normally, ghrelin increases right BEFORE a meal and decreases after your meal, only to increase again right before your next meal.

But here's the problem with ghrelin...

As you age, your ghrelin levels may naturally increase, therefore stimulating your metabolism and making you hungry all the time.

And this elevated level of ghrelin makes you crave those Twinkies, Ho-ho's, and other vending machine favorites.

Good news for your ghrelin and appetite, but bad news for your body fat.

You see, these types of snacks and desserts may spike another powerful hormone, insulin, to seriously counteract any fat loss you're hoping to accomplish.

You see, insulin increases when your blood sugar increases. This is good, when you're trying to get sugar into your cells and muscles to be used for energy.

However, here's the problem:

Insulin is a FAT-STORING hormone – meaning it takes leftover sugar and nutrients and stores them as fat!

And...

Insulin may also cause your body to STOP BURNING FAT, therefore making it an uphill battle to torch that unsightly belly fat to once again get high school skinny.

**BUT:**

If you can control insulin levels, then you still have a great shot at boosting your fat loss AND preventing some pretty nasty diseases in the process.

And as for controlling ghrelin – and your appetite – there are some simple tricks you can adopt that may control your appetite and prevent you from overeating at your next meal!

## **The 4 BEST Foods To Eat At Bedtime**

Before we get into the FOUR best foods, I want to assure you that it's perfectly natural for people to second guess eating late at night.

Most – if not all – are afraid that MOST of the foods will make its way to their hips, butt, or thighs.

But here's is a tidbit of information that should serve you well:

Eating late at night – even before you go to bed – could actually help you sleep better...repair and rejuvenate your body...and bust through those unsightly belly fat stores.

But it has to be the right foods (in a minute, we will reveal the RIGHT foods to eat)...

The WRONG foods could make you feel gassy...bloated...give you indigestion...and could even cause you to GAIN WEIGHT – and FAT – almost overnight.

Here are some foods you should be AVOIDING:

- Chips
- Ice cream
- Deep fried foods
- PIZZA
- Pastries
- Refined and processed carbs

These foods could easily spike your blood sugar that leads to increased insulin levels, which then leads to excess fat gain!

So what foods SHOULD you eat?

Well, here are FOUR foods, we believe, you should be eating – at ANYTIME during the day – to blast fat and get in the best shape of your life!

## **1. Chicken, Turkey, and Eggs**

Protein is one of the best foods to have right before bed!

Not only does it take calories to break it down, it provides the necessary building blocks your body needs to repair and GROW your muscles.

Plus, these types of food – turkey mainly – contains a powerful amino acid, called tryptophan, which could send you into dreamland even quicker!

You see, tryptophan may actually increase the production of serotonin in your brain, therefore giving you a sense of peace and the overwhelming feeling of getting some sleepy gainzzz.

## **2. Cherries – the Tarter the Better!**

Now, in order to boost your fat loss, all while snacking late at night, you may want to consider cherries – the tarter the better!

And although they are considered a fruit – and a carb – they fall lower on the glycemic scale, which is good news for you and your fat loss!

You see, foods that fall higher on the scale (think chips, pastries, donuts...you get the picture) may spike your insulin levels, which could end up being devastating for your fat loss.

However, foods lower on the glycemic scale – like cherries – may slowly release blood sugar into your body, which could stabilize blood sugar throughout the night.

This could lead to more utilization of other nutrients – like fat – to be used for fuel by your body.



Plus, cherries may be one food that contains a TON of melatonin! Melatonin is a hormone your body produces that may lead to better sleep!

### **3. Milk-Based Products (yogurts)**

In case you didn't know, there's a special secret contained in milk that make the perfect fat-melting, body-shaping late night snack.

One of the biggest aspects you need to consider over the course of the night is the slow trickle of nutrients into your bloodstream (and eventually, your muscles).

And the perfect solution comes in the form of milk-based products, such as yogurt.

You see, milk contains a great mix of both casein and whey proteins (80 percent casein and 20 percent whey), making it perfect for giving you an initial shot of amino acids (for repair and growth).

Plus, the casein – since it's slowly digested – will slowly release protein and nutrients into your bod.

It's a win-win when you think about it!

Not only are your muscles getting the necessary nutrients it needs for growth and repair, but you are literally giving your metabolism a shot in the arm, boosting it overnight.

.This could lead to a slimmer waistline and a major reduction in your stubborn body fat stores.

### **4. Metabolism-Boosting Blend of Whey AND Casein**

Some experts will tell you that whey protein is bad for you at night. They will tell you that it's a "fast" type of protein, which could stimulate the release of insulin by your body.

But this thinking may be all wrong!

You see, you DO need a surge of insulin by your body in order to shuttle the nutrients (i.e, sugar, water, amino acids, and fat) in your cells in order for them to use these nutrients.

And unlike whey protein, casein has the opposite effects. It digests at a much slower pace, which could lead to a slow trickle of amino acids into your bloodstream.

This is a good thing! But we want only the BEST for you, so we recommend mixing the two!

You see, when you mix a fast protein, you may get the sudden surge of nutrients that your body needs.

But once they run out – and are used by the body – then the casein kicks in to satisfy your body for the remainder of the night.

Not only do you get a quick boost in your amino acids pool, but you then continue to get amino acids throughout the night with the slow digestion of the casein protein.

One way to do this is to include a scoop (or two) of whey protein powder with a cup of Greek yogurt.

This will give you the best of both worlds and will help you continue to burn fat throughout the night and into the wee hours of the morning.

## Check Out the 7-Second Trick that Flattens Your Belly and Kicks Cravings to The Curb

### **The 7-Second Solution To AUTOMATIC Fat Loss?**

My hands are trembling with excitement...

Right now, I am holding in my fingertips the key to AUTOMATIC fat loss...

You see, researchers in New Zealand have discovered that by avoiding THIS one food, you will see automatic fat loss.

However, this one food is the anti-christ when it comes to fat loss, too.

In fact, if you eat too much of it – which most of us do – then you will see ZERO change in your body fat levels but also a dramatic increase in your weight.

Not only is this food a fat booster, it could also be one of the DEADLIEST foods around:

Get the whole story here == > [Researchers Discover Key To AUTOMATIC Fat Loss](#)

- 1) Most trainers and fitness professionals believe that you should STOP eating after a certain time at night if you want to burn fat, which is a common misconception in the fitness industry.
- 2) Two powerful hormones, Ghrelin and insulin, may lend a hand in your fat loss. Ghrelin boosts your appetite, making you crave unhealthy foods. Insulin then takes those unhealthy calories and stores the leftover as fat.

3) Most people who eat late – and then gain weight – eat the **WRONG** foods before bed. The foods they choose may spike insulin, which could lead to those extra calories being stored as fat.

4) There **ARE** good foods that you should be eating – right before bed – that may help your body grow, repair, and give your metabolism a much needed boost.

5) Eating foods, such as cherries (tart are best), milk-based yogurts, lean proteins (eggs, chicken, and turkey), and a great combination of both whey and casein proteins (like the kind that are found in this powerful, metabolism-boosting protein), which could lead to better sleep and a steady stream of nutrients to your body throughout the long night.

## **Time For Some Sweet Dreams (of your perfect body)**

By now, it should be clear as mud that eating late – or even right before bed – may **NOT** sabotage your fat loss goals.

In fact, if you eat the right kinds of foods, you may keep your metabolism humming all night long and through the early morning hours.

This could result in a flatter stomach, smaller waistline, and a firm, round bottom.

So, if you've been listening to your trainer tell you that eating late is a no-no...

...now you know better! Now, you are armed with the information and the right foods choices to make to ensure your body is getting all the nutrients it needs.

Before You Go....

## **Do You Want To Know How ONE Dietitian Discovered How You Can Lose Your Belly Fat In Just 8 WEEKS?**

It's true!

In his 18+ years of helping people all over the world lose weight and transform their bodies, he discovered something pretty disturbing:

Not everyone who listened to his advice...incorporated his diet tricks...or ate the foods he recommended...were able to lose the weight OR keep it off.

Granted, they didn't put ALL THEIR WEIGHT BACK ON, but they did manage to find some of their lost weight magically snuck back on their bodies!

He – and his clients – were floored! But that was before he found his powerful solution to melting away years of unsightly belly fat...

...and having the ability to keep it off years later!

You see, he added a fat loss weapon in his arsenal of fat loss tools. He discovered – but trial and error – that those who fixed these 2 hormones were slimmer... thinner...and felt better about their bodies!

So, he started to test his theory!

Not only did his theory work, but most people were able to lose the blubbery fat that clung to their bodies!

Belly fat – GONE!

Love handles – disappeared!

The table top booty – melted faster than butter on a frying pan!

And this was all due to the powerful fat-torching effects when these 2 hormones started working properly again!

Oh, yeah...

Would you like to know what his secret is:

## **18+ Year Dietitian Discovers Secret To Melting Body Fat Straight From Your Body**