

Congratulations!



You're about to discover 5 belly-fat shredding foods along with *coffee* to help you lose inches while **savoring every bite!**

Hi there!

I'm Andi LaBrune a Certified Holistic Health Practitioner & Professional Coach. And if there's one thing I know...*it's food*...and how to use it to stay slim

& trim...After all, I've had 8 *children* and I still avoid that muffin top!



Dear Friend, without further ado, here's your delicious list along with some suggestions on how to use them. Of course, don't forget the awesome coffee recipe below to not only trim your waistline, but you'll also increase your energy, decrease cravings AND help you to think more clearly!

WOW...let's get started!!

1. Fats

You'll want to add in healthy fats to EVERY meal. This is going to slow down any blood sugar spikes from carbohydrates (breads, crackers, sugary foods, processed foods, etc.) that you are eating. The common healthy fats you want to include are:

- ✓ Coconut Oil
- ✓ Butter
- ✓ Olive Oil (for home-made salad dressings)
- ✓ Avocado
- ✓ Whole milk products that ARE NOT pasteurized



By slowing down any blood sugar spikes, you're preventing your body from storing the excess sugars AND your body will use the extra fat for energy allowing you to have more energy, move more and your body will start to use stored fat as energy during resting periods.

2. Raw Apple Cider Vinegar

You'll love this little slimming secret! I'll also give you a quick salad dressing recipe you can use on, well, salads (don't forget the added fat, not just veggies), meats and veggies. It's extremely versatile!

Straight up usage: 1T of ACV (morning, before meals or at night) in 4oz of water. May add in 1t of honey for taste.

Every-use Dressing*:

- 1 Garlic clove minced
- 1T Dijon or horseradish mustard
- 1/4C Raw apple cider vinegar
- 2 T Fresh lemon (or lime) juice
- 1T Maple Syrup (pure)
- 1/3C Olive Oil
- Red pepper flakes (optional)



Salt & Pepper to taste

Put all ingredients in a mason jar and seal tightly. Shake until all combined. Adjust seasonings as preferred. Thoroughly enjoy!

*Best to let it marinate for a minimum of 30 minutes for best flavor. Store in fridge and shake well before serving.

Why does this work? It will help reduce sugar cravings. Less sugar = less body fat storage. As a side bonus, it's a natural way to detox your body; which means, less toxic waste stored in your fat cells that you are reducing. ☺

3. Grass-fed Beef



Nourish your body with this high-quality protein that boosts weight loss. By switching it up from lower-quality selections you'll consume higher levels of antioxidants, vitamins and once again, good fats. Red-

meat was once blamed for ill-health, however, the misconception does not apply to a high-quality, sustainably raised animal on pasture.

Your body (and the clothes that become baggier) will show you the difference!

Use popular cuts of meat to make stew, stir-fries, strips, filets, meatloaf and more! An easy broil on high with a sirloin takes just about 17 minutes for medium rare! You'll have dinner on the table in less than 30 minutes. Just add some greens with butter, a salad or avocado on the side; & *savor every non-guilty bite!*



4. Green Leafy Vegetables Plus

Keep your muscles working long after your brief workout with greens! **Spinach, kale, and Swiss chard** are loaded with nutrients and iron. Also containing vitamin K, it will keep your bones strong, enabling you to move normally well into your golden years.

PLUS +

Fat. Don't forget to add in a delicious fat like butter, avocado, nuts or seeds with your greens. Vitamin K is only fat-soluble, so in order to keep your bone's integrity you've got to have the added beneficial fats for your body to use it properly. **Most dietitians won't tell you this** (thinking low-fat is the key to weight loss, but it's the exact opposite)...so take this information to heart knowing you can get the full monty of your meal, while slimming down!

This is a great addition to your protein meal, like mentioned above. Just be sure to add in fat *anytime* you have your greens! Lightly steam or fry just until wilted and serve warm. Season with sea salt or the ACV dressing above (this counts as added fat too!)

5. Cayenne Pepper



Relish this spicy flavor not only for its contributing hotness, but for increasing your body's natural ability to burn fat & to then use it for energy; and that's exactly what you want while shredding those pounds and reducing inches. While it's doing that, it's also going to increase your metabolism, assisting you to lose fat sooner (rather than later) and more easily. Simply sprinkle (or if you can handle it...chopped fresh) on top of your favorite foods for that spicy-kick of fat-shreddin' love.

Bonus: Want something different? Try a quick detox drink inspired by Dr. Axe (and it already includes #2!).

- 12-16oz Purified Water
- 2T Raw Apple Cider Vinegar
- 2T Lemon juice
- 1t Cinnamon
- 1 dash of cayenne pepper
- Stevia, raw honey or pure maple syrup to taste ≈1t (no more than 2t)

Blend and enjoy!

{Tip: Use just 12oz & add ice for a slushy-detox treat}

Dr. Axe recommends consuming this drink three times daily, 20 minutes before meals for two weeks, then consuming it one time a day before breakfast or lunch.

For the LOVE of everything coffee!



No worries, you won't have to give up your bean-juice to shred fat!



We're just going to enhance your coffee so it works *with* your fat-burning mechanisms, rather than against them.

You may have heard of Bulletproof® Coffee by Dave Asprey, well, this is an adaptation from his recipe. Still effective and **comfort I drink often!**

- 8 – 16oz of High Quality brewed coffee
- 1 – 2T Unsalted butter (room temp)
- 1 – 2T Coconut Oil*

Blend till frothy and savor each hot sip of fulfilling deliciousness!

This coffee blend will sustain your energy through the benefits of the caffeine, while not letting you “crash” from the sustainability of the fats (and once again, curbing sugar cravings and reducing inflammation in the body – that ‘puffy’ look).

*Organic coconut oil is best. Unrefined has more ‘coconutty’ flavor, whereas the unrefined coconut oil is less coconut flavor. Choose unrefined if you are new to using coconut oil, as some people are put ‘off’ by the natural coconut essence in an oil. 😊

BONUS Recipe Below



I like to add a little *pizazz* to my coffee, so to add a bit more “goody-ness” to it, while keeping the fat-burning components undisturbed, check out this recipe by yours truly:

Please note...it's imperative you can find raw cream or lightly pasteurized cream. Do not use UP (ultra pasteurized) cream as that will have an inflammatory response in the body undoing all that you shreddin' to lose!

Savory Fat-shredd Coffee:



- ❖ 2-4 oz Freshly brewed strong coffee
- ❖ 1C raw pastured full fat cream* (room temp)
- ❖ 1t vanilla
- ❖ 1 egg yolk**
- ❖ 1t butter (room temp)
- ❖ Dash of cinnamon (optional)

Pour all ingredients except coffee into blender. Blend on med-high for about 2 minutes, almost whipping the cream.

Pour strong coffee into mug, and then pour cream mixture on top. (for added frothiness, add coffee to blender, but it will cool off some)

Top with another dash of cinnamon...and *savor*...

*raw cream can be found with your local farmer raising dairy cows. Check rawmilk.com for a list in your state.

**raw egg yolk is best and safest obtained from a local farmer who has chickens on pasture. Check your local listings or craigslist.org. It's best not to use pasteurized eggs, as these are nutrient-deficient.

Thoroughly enjoy these foods and beverages! It has been my pleasure serving you. Please don't hesitate to ask questions! You may reach me at CoachAndi4U@gmail.com

Other cool things about me:

- ✚ Certified Holistic Health Practitioner
- ✚ Certified Herbalist
- ✚ Certified Emotional Freedom Technique Practitioner LV I & II
- ✚ Traditional Certified Nutritional Consultant
- ✚ Licensed Zumba Instructor
- ✚ Certified Group Fitness Instructor
- ✚ Supplement Specialist & Independent Distributor for Shaklee 14+ years
- ✚ Gatherer of delicious, traditional foods for strength, stamina & *flavor*
- ✚ Your Health, Wealth, & Life{style} Made Easier –
Professional Coach

~ Live, Love, *Laugh* & then **Love** some more. ~

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