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### **Personal Disclaimer**

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

# Introduction

The foods found in this list are my favorite when it comes to building muscle, burning fat, improving your health and boosting your libido.

The reason is because they all possess tremendous anabolic properties, healthy micronutrients, and energy-like compounds that “do your body good.”

Now I could have gone and listed probably 100+ of these types of foods, but I always adhere to Pareto’s Principle which states 80% of your results come from 20% of your efforts.

For example, if you look at your diet, I’m sure out of ALL the food types in the world, you probably eat 80% of the time, the same 20% of available food. Most of the time, this number is even smaller; usually results in you consuming the same breakfast every day, the same snacks, the same type of lunch and maybe a different dinner each night.

So, below you’ll be able to learn about these 17 powerful foods and I strongly urge that you adopt some of them into your diet every day for a stronger and healthy physique.

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## **17 Foods That Boost Your Metabolism**

### **1. Kale**

Kale is the leafy green that gives spinach a run for its money. There are various kinds of kale, including Dinosaur, Tuscan, Siberian, Redbor, Curly, etc. that will keep you and your taste buds from getting bored of this nutrient-dense, cruciferous vegetable. Known for its health benefits, kale has become a staple in the diets and homes of people around the world. This vegetable powerhouse is packed with Vitamin K, an antioxidant that supports bone health, which is essential for individuals trying to burn fat and get healthy.

### **2. Spinach**

We remember throughout our youth watching Popeye eat his Spinach to grow big and strong. We also recall our parents using this analogy to encourage us to eat it (or vegetables in general) as well. As annoying as it may have been, Popeye and our parents were right all along. Spinach can be consumed raw or cooked, but either way, this green vegetable comes with a plethora of health benefits. The calcium contained within each leaf can aid in boosting your metabolism as well as support bone health (prevents muscle and bone loss). Spinach is potent in antioxidants, which also reinforce this great age-reversal food.

### **3. Berries**

Berries are loaded with antioxidants. The best part is that you can take your pick of berries and still reap a ton of health benefits, regardless of which berries you choose. Blueberries, blackberries, raspberries, strawberries, cranberries, goji berries, etc. are all great muscle-building food choices. The antioxidants contained in berries support immunity, which will help you prevent missing workouts in the gym while you're in bed, sick and probably, a little whiny. You can combine all the berries you enjoy into a fruit salad, use them as a topping on your spinach and or kale salad or enjoy them in yogurt or cottage cheese.

#### **4. Grass-fed Meat**

It is vital for your diet to include significant amounts of protein. If you're going to consume meat products, make sure they are grass fed. You can also purchase organic, grass-fed meats if it's available in your area and within your budget. Grass-fed meat is a main component in many fat loss diets. Grass-fed meats tend to be leaner than grain-fed meats. Research shows that grass-fed meats tend to contain more Omega-3s than grain-fed meats, which is important to individuals working to lose weight. Grass-fed farming aligns with an animal's natural diet and digestion; cows, for example, ingesting grains goes against what their bodies are naturally designed to consume as well as digest properly. Your diet will benefit from the high source of protein, CLA (essential fatty acid), that it's low in fat and carbs in grass-fed meat. In order to avoid food boredom, try to add grass-fed beef, buffalo, venison (uncommon, but available) and lamb to your menu. Remember to make sure that your meat consumption is as lean as possible for optimal results.

#### **5. Organic/Grass-fed Butter**

I'm sure you're shaking your head at the idea of consuming butter with positive benefits. However, grass-fed butter is a food that you'll be glad to include in your regime. Grass-fed butter is filled with health benefits. In particular, grass-fed butter contains Vitamin K and calcium, which is beneficial for bone strength. Additionally, grass-fed butter is a great source of Vitamins A, D, E and K2. It also contains conjugated linoleic acid (CLA, an essential fatty acid) and Omega-3s and 6s, which are healthy fats that will assist your weight loss goals. Lecithin, which is found in butter, aids in the metabolism of cholesterol and other fats. Grass-fed butter enables fat-soluble vitamins to be absorbed by the body.

#### **6. Eggs**

Unless your Rocky or Rambo, you don't need to consume your eggs raw to experience the health benefits of this food. When you can, it is best to stick to organic and pasture-raised eggs; pasture-raised chickens are nurtured in harmony with their natural lifestyles. Although research and discussions concerning the yolks of eggs convey that they are high in

cholesterol, they also contain high-quality protein and omega-3s. The protein within eggs contains a variety of amino acids, which include branch-chained amino acids (BCAAs), lysine, methionine and cysteine (sulfur-containing amino acids), etc. Furthermore, eggs are packed with vitamins and minerals.

## **7. Raw Nuts**

Raw nuts, such as almonds, peanuts, walnuts, etc. are a perfect snack to feed your body. High in healthy fats, this food is the fuel you need to incorporate into your diet. Raw nuts are a great source of protein (given the small serving size), fiber, vitamins and minerals. Cashews and pistachios are slightly higher in carbohydrates; so, on the days that you need to intake a few more carbs to get through your grueling workout, you can add raw nuts to meet your needs. This food can also be consumed in “battered” form (peanut and almond butter, for example); if you are to purchase these butters, make sure that they are all-natural, unsalted, no added sugars, preservatives or additives. If you desire a little salt, be certain it’s pure sea or Himalayan salt.

## **8. Raw Seeds**

Raw seeds are another great snacking option or to be used as a topping on your salad. Pumpkin, sunflower, hemp, sesame, etc. are all seeds that should be added to your nutrition. Raw seeds play an important role in keeping your heart healthy, your bones strong and your muscles recovering as well as growing. Even through their small serving size, raw seeds are packed with protein, healthy fats and essential nutrients. Raw seeds also contain a good amount of fiber; fiber keeps you full as well as energized and helps to regulate your bowel movements. Research also states that raw seeds are great for boosting libido, which all individuals will find desirable as well as beneficial to their health and fitness goals.

## **9. Spirulina**

Spirulina is growing in popularity and rightfully so. Despite the potent smell of the blue-green algae, this Superfood is loaded with benefits for your body. Spirulina is rich in protein, vitamins, minerals, antioxidants and carotenoids. Over 50% of Spirulina is composed of Amino acids; this protein and nutrient dense supplement is great to add to your

daily shakes/smoothies. It is available in a powder (dried or freeze-dried) or in flakes; due to its potent smell and distinct taste, you can opt to take this as a supplement in pill form.

## **10. Organic Olive Oil**

Olive oil is an essential source of healthy fats, including omega-3 and monounsaturated fats that are vital for your diet. Additionally, olive oil contains anti-inflammatory benefits from the oleocanthal, which assists in muscle recovery by reducing pain and swelling. You can use it when you sauté vegetables, as a dressing on your salads or as a marinade for your protein sources to enjoy the health benefits of this food. When feasible, use extra-virgin olive oil as it has a higher level of Vitamin E, which is crucial in fighting free-radical damage.

## **11. Avocados**

Avocados are no longer just enjoyed in the guacamole that's served at your favorite Mexican restaurant, but are becoming an essential component in a fat loss diet. Avocados are fruits, yes you read that correctly, they are fruits; they are also known as the Alligator Pears, which is supported by their shape, color and "leather skin". Avocados are a good source of healthy fats, essential nutrients and fiber. You can enjoy an avocado by mashing it to use it as a spread, slice it up in salads or on sandwiches or eat it right out of the skin; regardless of how you eat it, you'll enjoy not only the taste, but the health benefits as well.

## **12. Poultry: Turkey and Chicken**

White-meat turkey and chicken are a common muscle-building food that many already include in their diets. With the controversy over the FDA's ambiguous standards and regulations, there is a lot of debate over whether free-range, cage-free or pasture-raised poultry is the best to consume. When possible, aim for pasture-raised poultry or poultry that is labeled to be from farms that follow the humane and natural care of their animals. White-meat poultry is high in protein and low in fat. Additionally, these white-meat protein sources contain tryptophan, an amino acid that's been linked to enhancing your mood. Essential minerals are a component of poultry; for example, white-meat poultry contains Phosphorus, which aids in supporting bones and teeth as well as vital system functions (liver, kidney, etc.).

### **13. Wild Fish: Salmon, Mahi Mahi, Tilapia, Cod**

Wild salmon, cod, etc. are great sources of high-quality protein that are vital for muscle-building or fat loss regardless if you're a man or woman. The omega-3 fatty acids contained within fish, such as wild salmon, assist in preventing muscle breakdown that may be experienced after a workout. High in protein, low in fat and a fueling source of carbohydrates (however, flounder and sole, don't have any carbs), wild fish is an important food.

### **14. Brown Rice**

Rice is a fundamental component in many cultures; brown rice should be a staple in your diet. This food can be enjoyed as a side dish or mixed in with your favorite protein sources and vegetables. The sustained release of energy from this complex carbohydrate will assist you through your workouts, especially with your lifts. The nutritional value of brown rice is the least-damaged when it comes to the processing of this food. Although it is time consuming, making brown rice from scratch will yield the most beneficial health benefits of this food. In addition, brown rice is high in Manganese, which helps produce energy from the protein and carbs you are consuming (it's a powerful trace mineral/antioxidant). Brown rice is also high in fiber.

### **15. Legumes**

Legumes are a class of vegetables that include beans, lentils and peas. Let's first address the elephant in the room; when you see the word beans, you may be reluctant to eat them with the gas that's associated with the consumption of beans. Legumes are sources of quality-plant protein, fiber, vitamins and minerals. Potassium, magnesium, zinc and B vitamins are all contained within legumes.

### **16. Quinoa**

Quinoa is growing in popularity; it has always been held in high regard in South America. Quinoa contains more protein and fiber than rice or oats, making it another great option to add to your diet. Quinoa is also metabolism booster, which is important in your

fat loss diet. Ecdysteroids, contained in Quinoa, aids also in increasing lean muscle which helps you burn calories. Quinoa also contains protein, workout and energy-boosting carbohydrates, zinc and magnesium (along with many other nutrients).

### **17. Steel-cut Oats**

Steel-cut oats are the perfect pre-workout food. Research states that oats play a significant role in reducing cholesterol and supporting heart health. Steel-cut oats are high in soluble fiber and low in fat. Additionally, research suggests that steel-cut oats may have disease-fighting properties as well as aids in heart health, blood pressure regulation and weight loss. Testosterone-boosting nutrients, such as arginine, make steel-cut oats an incredibly beneficial food.