

# FREE REPORT



Quick & Easy

# COOKING TRICKS

To Banish Your Boring Diet  
And Burn Fat Faster!



Dave Ruel & Karine Losier

# 7 Quick And Easy Cooking Tricks To Banish Your Boring Diet And Burn Fat Faster

Complements of:  
Dave Ruel & Karine Losier  
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## Metabolic Cooking Cookbooks & Fat Loss System



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## Thanks for being an action taker and downloading this report

You're about to discover how you can optimize your fat loss results by making the best use of your kitchen and your food simply by unleashing the "hidden metabolic power" of the food that's lying dormant inside your kitchen cupboards or your fridge!

So make sure to read every word of this information packed report! And get ready to say goodbye to your boring diet and watch your body burn more fat!



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# Intro

## A few words from our kitchen...

If you're reading this right now, that means one thing: you're on a mission to accelerate fat loss and get rid of your boring diet. You've been there and done that. You've tried other diets in the past and have come to see less than stellar results, likely despite some of your best efforts.

Now you're looking for something else – something new, something fresh, and something that will actually work for a change.

The good news is that by reading this report, you're going to arm yourself with some of the most useful information you could have as far as fat loss goes.

You see, whether or not you are successful with the mission of losing body fat will come down to about 80% of your dietary effort. You can workout for hours as hard as you like in the gym (which isn't recommended by the way – you should be training *smarter*, not *harder*) but despite all this effort, if you haven't dialled in your diet and found a proper nutrition set-up that fosters fat burning in the body, you're never going to see the results that you're looking for.

Why?

Let's give you a quick example.

As the calorie stats rank up, if you were to go into the gym and workout for 45 minutes doing the following activities, this is how many calories you would burn:

Weight lifting: 321 calories

Jogging: 458 calories

Cycling: 375 calories

Using the elliptical: 420 calories

Circuit Training: 429 calories

Yoga: 235 calories

You can see there is some variety there. Now, let's look at the calories contained in some of your favorite foods:

Pizza: 250-400 calories/slice

1 cup ice cream: 250-500 calories (depending on variety)

Bagel with peanut butter and jelly: 400 calories

Plate of Spaghetti: 627 calories

Slice of cheesecake: 300-800 (depending on variety and size)

Chocolate Chip Cookie: 100-250

See how quickly those calories add up? This is precisely why you must make sure you're eating correctly. As far as weight loss is concerned, it very much is a process of maintaining the correct energy balance and if you're consuming too much 'junk' food then it's going to be very difficult to do this despite hard workouts. You can quickly take in the calories that you burned off in any given workout session, if not more, in just two to three minutes of high calorie eating.

If you want success, diet needs to be a priority.

Now, the big problem with many people is they will start up on a diet and see great results initially, but after a few weeks have passed by, things take a turn for the worse. Either they maintain the diet but it just doesn't produce the same rate of weight loss that it did before because their **metabolism has crashed** and you're burning off calories at a snail's pace or they **fall off the diet due to boredom**.

Let's face it, most diets are B-O-R-I-N-G. They have you eating the same five to six foods over and over and over again, never offering any variety. Basically, you have to go about the diet in one particular way or you might as well forget it.

Then, who can really blame you for cheating on a diet such as that with a slice of pizza or burger from your favorite fast food joint? You're sick and tired of chicken breasts and broccoli and any sane human would need a change of pace.

We all crave variety in our lives and our diet is no different. Force yourself to eat the same meals over and over again and you're going to run into problems – there's really no way around that. It really isn't your fault that you've failed on diet attempts such as this.

## And most diets use the same food and more often the **WRONG** food to burn fat!

That's right, most diets don't consider using the right food! How can it be? Well it's very simple, they just use ingredients that:

- Don't boost metabolism
- Don't have any ***Metabolic Thermo-Charge***
- Don't fight the ***Metabolic Adaptation Phenomenon***

So, if you want to see success with your fat loss program, you need three things.

- A. You need a diet that is properly designed with **food choices that will continually torch that ugly body fat**. You don't want a diet that starts off strong only to take a severe nosedive after two weeks and have you suffering from a huge diet plateau.

- B. **You need a diet that offers enough variety and great tasting *Metabolic Thermo-Charged* foods** that you never get bored, are never tempted to come off the diet altogether, and get the fat loss results you deserve!
- C. **You need a diet that is healthy!** Most diets are actually incredibly unhealthy as they severely restrict your food intake and choices, setting you up for a number of nutrient deficiencies that will only set you up for long-term health problems. Instead, you want a diet that maximizes health so you can not only look great, but feel great as well.

**Optimized health = optimized metabolism = optimized fat loss!**



When you get all of these requirements in line, it seems like magic is happening right before your eyes. Fat loss becomes easier than ever and you actually *enjoy* the process of losing weight.

No longer do you dread going on your diet because you've realized that you've just found a lifestyle approach that will not only achieve the weight loss you're looking for but then also continue to help you maintain a lean body over time.

And the best news? If you follow the right diet approach, you won't have to do hours and hours of exercise either. Diet will take care of the fat loss results so that you can focus on short, intense workouts that firm the body and get you looking great while promoting maximum health. Exercise is still important to maintain a healthy body but it's no longer going to be the driving force behind your weight loss mission.

Over the years we have worked with a very wide number of people.

## We have helped thousands 'fix' their boring, tasteless, and ineffective diets and now we're going to help you too

We're going to show you that dieting can be enjoyable again and with the right combination of foods, you'll enhance your metabolic rate so that the fat melts right off your body. That is, after all, what [Metabolic Cooking](#) is all about. Maximizing your metabolism for faster, better results.

So let's get to it and show you seven quick and easy cooking tricks that you can use to banish diet boredom and burn fat at twice the speed you normally would.



# Trick #1

## Cook with the RIGHT sources of protein

The very first thing that you absolutely must do if you're going to realize true dietary success is to make sure that you're cooking with nothing but high quality protein sources.

For most people on fat loss diets, they actually believe that their protein intake should come down due to the fact that these foods are often very high in overall calories.

Unfortunately, nothing is further from the truth. The fact of the matter is when on a fat loss diet, your protein needs to actually increase because of the fact that there is a higher chance that your body will start turning to incoming protein as a fuel source.

What's more is that if you aren't taking in sufficient protein that your body needs to cover all its daily maintenance functions then it may start to rob protein from the muscles, bringing those amino acids into the blood.

All in all, falling short in protein is a very bad move.

**Protein also has special fat burning powers. In our words it has a high *Metabolic Thermo-Charge!***

In fact, it's the one macronutrient that will serve to increase the metabolic rate so that you burn more calories in the hours after consuming it.

This is because **the body will actually expend a large number of calories just breaking that protein down, therefore increasing your total daily calorie burn.**

Finally, protein ranks very high on the satiety factor. If you don't want to deal with hunger while on your fat loss diet program, protein is the type of food that you must be eating. There's no way around this one – protein is top notch for hunger control.

So as you can see, protein is a must-have. And the best sources of protein?



**Eggs, chicken and poultry, lean red meat** (lean beef or game meat which is a fantastic source of protein), **fish**, as well as **pork** are the main ones to turn to.

If you're like most people, you likely avoided pork on your diet entirely and there's really no reason whatsoever to do this. Pork is actually an incredibly lean and an incredibly delicious source of high quality protein, so starting today I want you to *add* it back into your diet plan.

A quality source of whey protein powder is also a great way to get in more protein throughout the day and you'll notice that some of the recipes I'll provide you utilize this powerful supplement to not only enhance the flavor, but give more well-rounded nutrition. Make the most of it – it's highly convenient, completely safe (unlike what you might have heard), and will be used by your muscles very well.

So trick number one is to get more of the right sources of protein in your diet! **Do this and you're off to a great start and will instantly be burning up fat faster.**

Let's look at trick two.

## Trick #2

### **Cook with the BEST fat burning oils**

The next great trick that you should be using to transform your diet from one that leaves you frustrated to one that gets you great results is to start cooking with the right oils.

Many people avoid oils entirely because they believe they are too high in calories to include as part of their plan but the point to remember here is that while oils are definitely higher in calories than carbohydrate and protein rich foods (at nine calories per gram compared to four respectively), if you make sure to use them properly, they will help to boost your fat loss progress and make your diet taste great.

Not only do oils help to add flavor to the foods you're eating but they supply vital nutrients.

## **The best oils will keep your body working properly and help to maximize your metabolic rate.**

Healthy fats are also great for helping to kill your hunger levels as well since they won't influence blood sugar levels or increase the insulin in the body, therefore by adding small amounts to your meals you can prevent hunger from creeping on at a later time.

So which oils should you use?

My top three favorite ones to add to your recipes include:

- Olive oil
- Macadamia nut oil
- Coconut oil



One big reason why these stand out on my list of top oils to utilize is because they have a very high smoking point, therefore you can easily cook any recipe with them without worry.

In addition to that, olive oil is well known to be one of the most 'heart-friendly' oils around, coconut oil contains medium chain triglycerides which can actually be utilized by the muscles for energy instantly (whereas all other fats can't), and macadamia nut oil has high levels of oleic acid, which is very important to provide

health benefits of lowering the level of inflammation in the body, and helping to promote healthy cholesterol levels, so your body can work with optimum metabolic capacities.

So if I had to choose just three oils to be including in your diet regularly, these would definitely top the list of the best ones to choose both for their health benefits and their fat loss superpowers.

# Trick #3

## Spice it up!

One thing that so many people entirely overlook as they go about their diet is the power of spices.

**Spices will not only boost the taste of your foods but also enhance your metabolic rate so that you burn fat *all day long*.**

Making proper use of spices will be a must.

Spices are quick and easy to add into your dishes and one of the best ways to make sure that you don't experience that dietary boredom that we talked about earlier.

So which spices should you be focused on?

Here are some of the top spices that are going to help you take your fat loss into high gear.



### **Black Pepper**

Sounds simple enough but this spice can offer up to 8% increase in your metabolic rate and will also help to reduce symptoms of constipation and gas from your meals. This one is ultra easy to add to any meal, so start making the most out of it.

### **Turmeric**

A very often forgotten spice, this one will help to lower your blood sugar so you don't get strong food cravings and help to reduce body fat. This spice can actually help to block fat gain so it's one that you definitely want to be making good use of.



### **Cinnamon**

A sweet spice that many people enjoy, this one helps to control your blood sugar levels and will also give your immune system a strong boost. It's going to promote a healthy digestive system as well, ensuring that you're able to remove all the toxins from the body on a regular basis.

If these build up, they can influence your metabolic rate and how well your body is able to rid itself of its body fat.

### **Ginger**

This spice is often used to combat nausea, but it too has metabolic boosting powers. It works great in many recipes and will add an oriental flare to the dish.

### **Garlic**

One of the most commonly used spices, this one will help to detoxify the body so that you're burning off fat as effectively as possible. This spice also helps to loosen up fat to get it ready for fat burning.

When you combine this spice with a proper calorie intake and regular workout sessions, you have a strong fat loss combination.

### **Cayenne Pepper**

This spice has reportedly given some individuals up to a 25% boost to their metabolism so if there's one that you definitely want to be making good use of, this is it. Adding this to a meal can increase the number of calories you burn over the next few hours, ensuring fat loss progresses along maximally.



### **Chili Powder**

Finally, last but not least we have chili powder. This one acts very similar to cayenne pepper in the body due to its capsaicin content and will provide you with a nice metabolic boost so you burn more calories all day long.

As far as fat loss goes, it can't be beat.

So make sure you are not overlooking the power of spices. Far too many people focus on what they can do to cut out foods from their diet but instead of taking that route, how about looking at what you can *add in* so that you see a faster overall rate of fat loss.

## Trick #4

### **STOP cooking with these UN-metabolic ingredients**

Another big problem that some people are making with their diet program is they're cooking with foods that will only encourage fat accumulation, rather than support healthy fat burning.

During a recent trip to my local book store, **I was stunned when I opened some of the best-selling cookbooks on the market now!**

**These so-called “fat loss cookbooks” are jam-packed with unhealthy ingredients that are slowing down your metabolism!**

Let's have a quick peak at the most un-metabolic ingredients that I've found in these "fat loss cookbooks" so that you can give these the boot on your diet plan.

### **Margarine**

Not only is this an incredibly unhealthy source of fat, but it's going to slow down your metabolism so you burn fewer calories throughout the day. It's like the double whammy – your body burns less and you take in more. Not a good combo for fat loss.



### **Vegetable Oil**

Just like margarine, the same story holds for vegetable oil. Vegetable oil contains unhealthy fats that will not support a healthy metabolism and will actually just further damage your health. Avoid this at all costs and use the oils we've mentioned above.

## 'Calorie Wise' Salad Dressing

Think drizzling some calorie wise salad dressing is a smart move for faster fat loss? *Think again!* These salad dressings may be low in overall calories but they're filled with harmful ingredients that will just slow your fat loss down.

Choose healthier salad dressings and you'll be that much better off. **Making your own fat burning salad dressing is by far the best option! (See trick #5)**



## Processed Protein

Any type of processed protein such as deli meat will be filled with preservatives that only add toxic waste to your body and prevent the natural process of fat loss from occurring.

Choose natural, lean sources of protein as we mentioned in trick one instead. That is the protein that gets you results.

## High Sodium Seasonings

We've already listed the spices that will serve to boost your metabolism so start swapping out those high-sodium spices that you're currently using instead.

Such a high intake of sodium is only going to set you up for health problems down the road, not to mention adding pounds of unwanted water weight in the form of nasty stomach bloat.

**We recommend that you start creating your own healthy and sodium free spice mixes! (See Trick #6)**

### **Cream**

Cream is another cooking ingredient that you must give the boot. Not only is cream high in calories and fat, but it's the ugly saturated fat variety.

While low-fat dairy products can be healthy on a diet plan, cream is not one of them.

### **White Flour**

If there's one whole category of foods that you should eliminate from your diet entirely and make sure you aren't cooking or baking with, it's white flour. While flour is robbed of its natural nutrients and is only going to spike insulin levels, promoting high rates of fat gain.

Shun this ingredient immediately!

### **Brown Sugar**

**I was speechless to see healthy cookbooks use brown sugar in their recipes!** The brown sugar sold at grocery stores is actually white granulated sugar with added molasses. Yes, brown sugar contains minute amounts of minerals. But unless you eat a gigantic portion of brown sugar every day, the mineral content difference between brown sugar and white sugar is absolutely insignificant. The idea that brown and white sugar have big differences is another common nutrition myth. Sugar is a big enemy on your hit-list of ingredients to eliminate. Sugar causes high's and low's, promotes strong food cravings, and will quickly cause the accumulation of body fat.

Enough said. Get this one out of your diet – pronto.



If you can take a good look at your diet and make sure that these are out of the picture, you're going to be a hundred times better off.

## Trick #5

### **Start creating your own Metabolic salad dressings**

One of the biggest problems that you'll come across with your diet right now is the sauces and dressings that you're adding to your food. Even if you are taking the steps to choose healthier by eating salads more often, if you're dousing these with high calorie dressings, you're hardly doing your health a favour.

Not only are these going to be loaded in saturated fat, but they're also often filled with chemicals and sugar as well, forming a double whammy as far as your nutritious diet is concerned.

They are going to do nothing to boost your rate of fat loss or stoke your metabolism, which is why you need to come up with an alternative.

My metabolic dressing recipes cure this problem instantly. When you choose the right ingredients to include in these dressings, not only will you see enhanced metabolic effects, but you're also going to be getting great nutrition as well.

Let's take a look at a few of the key ingredients that you should consider adding.

### **Mustard**

One very little known fact is that mustard can actually help to boost the metabolism, allowing you to burn more calories each and every day even at rest. Mustard is also great for helping improve the overall digestive system, so your body will be much better able to extract the nutrients from the foods you eat and put them to good use, helping improve your overall functioning.

Some of the other benefits that mustard will provide you with is a reduction in the rate of migraines and headaches you experience, a decreasing of the severity of asthma, and it can help to lower the risk of developing rheumatoid arthritis.

### **Apple Cider Vinegar**

Apple cider vinegar is our next ingredient that you should be including in your salad dressings. Apple cider vinegar serves to help out with weight loss by detoxifying the liver and by increasing the metabolism. Many people also find that using apple cider vinegar serves to suppress their hunger level as well, so that's yet another great benefit that you might notice as well.



Apple cider vinegar is also a rich source of vitamin C, vitamin E, vitamin A, vitamin B1, B2, and B6, making it great for overall health sake as well.

### **White And Red Wine Vinegar**

White and red wine vinegars are also a powerful component for helping to enhance the rate of weight loss as well. These are going to help to improve the body's response to glucose when consumed and help to reduce the spike in blood glucose levels while slowing gastric emptying.

This means that by including this in your salad dressings, you'll feel more satisfied after eating your meal and won't have the urge to continue eating after you're finished. In addition to this, vinegar is completely calorie free and has often been used for treating metabolic disorders as it will serve to speed up the metabolism.

### **Lemons**

Finally, there's nothing as easy as adding some lemon juice to your salad dressing and this can help to ward off further food cravings while also keeping blood glucose levels more stable.

Lemons will add a very strong touch of flavor to your salads so your taste buds will feel fully stimulated by eating it and will not seek out additional food afterwards.



Let's give you one great salad dressing recipe to get you started.

## CREAMY DIJON HERB DRESSING

### Ingredients:

4 tablespoons Greek yogurt  
1/4 cup white wine vinegar  
1/4 cup water  
2 tablespoons minced fresh parsley  
2 tablespoons Dijon mustard  
1 tablespoon fresh lemon juice  
1 garlic clove, minced  
1 teaspoon dried thyme  
Pinch black pepper

### Directions:

Place of the all ingredients in a blender; process until smooth

## Trick #6

### Prepare your own fat torching seasonings

Another smart move to help you move forward with your fat burning progress is to add in plenty of fat burning herbs and spices.

Most of the store bought spices mix are full of sodium and added ingredients that will only build up in the body and not so anything good to improve fat loss.

Instead, if you create your own tasty seasonings from all the herbs that can offer you metabolic increases, you'll feel good that you're doing something positive for your health while helping to boost the rate of fat loss.

Not only that, but by creating your own seasonings you'll also significantly cut down on your costs as some of those pre-made spices can get pretty pricey and you'll have the peace of mind in knowing that you know exactly what is in the blend you've created.

Let's have a look at some of the top herbs to consider.

### **Parsley**

This great herb will work great in a variety of dishes and help to improve the process of both digestion and elimination, making it ideal for fat loss purposes. In addition to this, parsley will help to regulate your blood sugar levels better, stopping food cravings before they start.

### **Basil**

Basil is the next herb to add to your spice mixture and can also help to aid with weight loss by dulling the appetite level. If you're someone who finds that you are constantly hungry while on a fat loss diet plan, basil will quickly help you combat this.

## Oregano

Oregano is a good herb to add to your spice mixture for helping to reduce the effects of bloating, which is something that keeps many dieters down.

If you often feel as though you're moving further away from six pack abs than closer due to problems with bloating, this herb will help you remedy this quickly.

## Rosemary

One of the primary benefits of rosemary is the fact that it will have a very calming effect of the body, helping reduce the levels of stress present. Since stress can rapidly cause levels of cortisol in the body to increase and this cortisol can encourage stomach fat accumulation, by adding rosemary to your herb mixture you'll indirectly help prevent fat gain from occurring.

Plus, it tastes great and will add a very nice flavor to many dishes that you're creating.

And the really great thing about each of these spices is that they'll easily integrate right in with the metabolic boosting spices that we discussed in Trick #3. Pair these together and you'll have the ideal fat burning environment.



Let's give you a sample seasoning to use.

## **CLASSIC METABOLIC HERB SEASONING**

*Great with most meats*

### **Ingredients:**

- 3 tablespoons dried parsley
- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried rosemary
- 1/2 teaspoon black pepper

## **Trick #7**

### **Prepare recipes with plenty of Metabolic Thermo-Charged Free Vegetables**

One of the most effective tricks that you can use to jump-start your progress is to make sure that you make good use of Metabolic Thermo-Charged 'free' vegetables.

### ***What's a Metabolic Thermo-Charged Free Vegetable'?***

These are essentially vegetables that will cause the body to move into a negative calorie state simply by eating them. Or, another way to put it is that eating these vegetables will cause you to burn more calories than they provide you.

They could be considered a negative calorie food! Eat and lose weight? If you're like most people, you like the sound of that.

These vegetables either contain so few calories in them that the body expends more calories just to break them down as it digests the food, or the vegetables have certain properties about them that will stimulate your metabolism so that you burn more calories at rest as your body burns off more heat after eating them.

Either way you want to look at it, as far as weight loss is concerned, it's a win-win scenario.

You can literally eat as many of these as you want, so don't feel at all limited to add them to your meals and snacks.



Here are the ones that you need to know about.

### **Cruciferous Vegetables**

These are low in calories and taste great steamed, stir-fried, or eaten raw. They include **broccoli, Brussels sprouts, cabbage, cauliflower.**

### **Gourds**

This category of vegetables, with the most common being the **cucumber**, are also ultra low in calories but pack in a ton of fiber, making them excellent for fat burning.

### **Green Leafy Vegetables**

Green leafy vegetables work great in salads and pack in less than ten calories per cup. They're also loaded with various nutrients so will keep you in very healthy condition. Stock up on **kale, lettuce, and spinach** and add them to your diet on a regular basis.

### **Nightshade Vegetables**

These vegetables are also ultra low in calories and some actually offer added metabolic effects. The ones to focus on here include **eggplant, peppers, and tomatoes.**

### **Root Vegetables**

Finally, the last of our Metabolic Thermo-Charged 'free' vegetables are root vegetables. These are perfect for providing a nice thermogenic boost to the body,

allowing you to burn fat all day long. The top choices here include **carrots, celery, onions, radishes, and turnips**. These are also going to help to flush the fats out of your system, so are especially important when on a fat loss diet.

So have a good look over your current meal plan and make sure that you are eating these as often as possible.

# In Closing

## Before we leave...



So there you have it! - The top secrets to dietary success. There's absolutely no question about it, diet is ultra important if you want to see top-notch fat loss results and with the help of *Metabolic Cooking*, you will see the results you're looking for.

You'll learn precisely how to cure boredom with food, making sure you stick with the diet plan, and you'll learn all the special cooking tricks that will actually work to increase your total daily calorie burn.

If you have a higher total calorie burn, this means you can actually eat *more* food throughout the day and still lose weight, therefore really upping the pleasure-factor you get from this approach.

So do away with starvation, boring, nutrient-devoid diets. They are bad-news as far as your fat loss progress goes.

Get with the program and create the change that you're looking for. The change that [\*Metabolic Cooking\*](#) will provide.

I promise you, this will be the last diet you go on as it's not a 'diet', it's a smart and healthy approach to eat lots of tasty food while torching that ugly body fat.

# About the authors

## Meet Dave Ruel and Karine Losier

[Metabolic Cooking](#) has been created and prepared by **Dave Ruel** and **Karine Losier** (Dave's better half).



**Dave is the most respected and trusted fitness cook in North America** and is a firm believer that eating healthy to support your body goals DOES NOT have to be plain and boring.

He's seen fitness enthusiasts go the usual route of steamed chicken, baked potatoes, and broccoli for every meal and has had the opportunity to teach them that there is a 'better way'. With Dave's approach, you're never dieting – you're just eating healthy because you love it.

Dave has a large background in helping others achieve their goals, be it fat loss or muscle building and is always learning new and innovative techniques to use in the kitchen.



**Karine**, co-author of the book is also known as the '**Lean Kitchen Queen**' and has a strong passion for food, fitness, and culinary adventures. She gets excited about challenging the commonly used techniques that most chefs turn to while seeking out healthier alternatives. Simply put, she's a real **kitchen glamour renegade**.





The two in combination are simply unbeatable and are able to come up with creative dishes that work well for both males looking to get in great shape as well as females who are after that lean, toned physique.

Karine isn't just a bubbly little chef either. She's holds a master's degree in psychology so she is fully aware of all the psychological struggles that people face with regards to their eating habits and diets, thus why she knows the importance of good nutrition that tastes great and serves to motivate people to stick with their diet by challenging their commonly held psychological beliefs.



All in all, the duo of Dave and Karine are simply unstoppable in the kitchen and are taking the world by storm, proving that eating healthy can be the most nutritious, enjoyable, and fun experience. Looking great just got a whole lot easier when you turn to them for help with your fat loss goals.





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