**It's Freebie Friday and this week we're sending you 52 Diet tips for a total of 2100 words**

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**But that's not all. As a subscriber you get a 50% discount when you use the coupon code "fatnow" Coupon expires in 48 hours on Monday February 10.**

**Fill the fridge with foods you like** and that are good for you. That way when you're hungry you can grab and go without feeling guilty. Pre-portion foods as well to save time. Place in zip locked bags.

**Keep good for you foods in the front of the fridge** or pantry and the forbidden foods in the back of the fridge or pantry where you can't see them. If possible keep those foods in another room. Out of sight is out of mind.

**If you family insists on eating snacks** that aren't on your diet plan, make sure those snacks are kept away from you, for example, in the kid's closet. Make it a rule when the snacks are gone they're gone until your next scheduled shopping trip.

**Don't eat what you don't like**. So what if kale is the food from the weight loss gods. If you don't like it, that bunch of kale will sit and mold. Choose collard greens, chard or another leafy green instead of the kale.

**Try new ways with old favorites**. Broccoli may be your go to vegetable, but even broccoli can become tiresome served the same old way. Try stir-fried broccoli one night instead of steamed. Try packaged flavored kale chips instead of raw kale.

**Drink more water**. Buy eight 8 oz bottles of spring water. Set them up on the kitchen counter and drink one every hour or so. Refill for the next day. Eventually you won't need the bottles to remind you to drink water.

**Avocados are brimming with antioxidants**, vitamins and good for you oils. Try one in a fruit smoothie. You'll be pleasantly surprised at the creaminess avocados lend to your drinks. Cold avocado soup is yummy. Put one diced avocado in the blender, add reduced sodium chicken broth and a splash of lime juice with a handful of ice cubes. Whirl until creamy.

**Try a snack of sliced bananas** dipped in low-fat granola. You get a satisfying crunch with every bite. The bananas fill you up. Bananas and low-fat peanut butter are another dynamic duo for snacks.

**Sub in low-fat ricotta** instead of cream cheese on bagels or crackers. Or try low-fat cottage cheese instead. Add seasonings to spice up the cheese. Mash strawberries with cottage cheese and serve on breakfast toast.

**Cutting down on carbs?** Sub in slices of veggies such as cucumbers, sweet peppers or celery instead of crackers. Use lettuce leaves as a wrap instead of a tortilla. Briefly steam cabbage leaves before filling so they're more flexible. Serve salads in vegetables rather than on bread. Try chicken salad on rounds of zucchini for example, or ham salad in a sweet pepper. Scrape out the sides in half a cucumber and fill with tuna.

**Use half rice and half cauliflower to cut calories and carbs**. Everybody loves creamy risotto but it can be high in fat and calories. Sub in cauliflower for half the rice and low-fat ricotta for half the parmesan cheese. Cut the cauliflower into small chunks. They fall apart as they cook.

**Want a healthy snack?** Popcorn to the rescue. If you have an air popper use it. Sprinkle with flavored or plain salt but skip the butter. Use Italian seasonings or Mexican seasonings for a different flavor flair.

**Desperate for a chocolate fix**. Mix unsweetened baking cocoa with low calorie whipped topping. Use as a dip for strawberries, oranges or bananas. Freeze the mixture for an almost ice cream treat.

**De-stress your significant other**. Studies have shown that when one partner is stressed the other has a harder time losing weight. You'll both feel better if you take some time to wind down after a busy day. Listen to music, gaze at the sunset or take a slow walk around the garden.

**Swish around some mouthwash** after you've had your meal or snack. The minty flavor takes away the flavors of the snack so you don't want more.

**Take a cold shower**, no not for that reason, but to lower your body temperature. Warming back up burns calories.

**Drink green tea** to melt off fat. Flavor with a thin slice of citrus fruit. Toss in a few mashed raspberries for a fruit flavored treat.

**Thick drinks are more satisfying** than thin drinks, even when the thick drinks have far fewer calories. So add a couple of ice cubes to your smoothie, a few slices of avocado or nonfat yogurt. Use frozen fruit to help thicken smoothies.

**Thick foods fill your stomach faster** so you think you've eaten more than you have. Add cooked pureed veggies to soups, stews and chilies to thicken them. One quick tip that doesn't add a lot of calories is to stir in a tablespoon or two of instant mashed potatoes.

**Get your beauty sleep**. Sleep deprived individuals rely on snacks to keep them energetic.

**Eat an appetizer about 10 minutes before dinner**. It takes about 20 minutes for your brain to realize you're full. Get a jump start with a low calorie appetizer such as cherry tomatoes stuffed with nonfat cottage cheese. Sip a cup of highly flavored hot soup.

**Make time for breakfast**. Yes, you know it's the most important meal of the day so don't skip it. Even something as simple and quick as yogurt and fruit gets you off to a good start. Or boil a few eggs to munch on the way to work. Another trick is the night before mix up 1/2 cup of nut milk to 1/2 cup of oatmeal. Top with fruit. It's creamy by morning.

**Eat protein at every meal**. That doesn't mean a huge steak. Eggs, beans and rice, tuna fish are all good sources of protein. So are nuts and nut butters.

**Go vegan one day a week**. That means no meat or animal products such as milk, butter or eggs. That doesn't mean you can't have an enjoyable meal such as vegan burritos, pasta with fresh vegetables and olive oil or vegetarian chili.

**Eat an apple as a late afternoon snack**. The fiber and pectin in the skin fill you up and keep you full so you won't want as much for dinner. The sugar gives you an energy boost.

**Brush your teeth immediately after dinner**. You won't be as tempted to eat a snack while watching TV before bed.

**Don't eat after 7 PM in the evening**. Give your digestion system a 12 hour break.

**Juice fast for one day a week**. Drink only water, tea, and veggie juices. Check labels for the sugar content of prepared juices. Limit fruit juice to only one or two glasses a day. You'll also cut down on calories for that day. Drink as much herbal tea and water as you like.

**Good bacteria in your digestive track** means you lose more weight. Either take a probiotic supplement or add a container of yogurt to your diet.

**Chia seeds expand up to 10 times their weight** which means they'll fill you up. They add fiber to your diet and antioxidants. Toss a handful into just about anything, smoothies, soups, salads, and pasta.

**Load up on quercetin**, an antioxidant that tells fat cells to release their energy. A study showed that those who took quercetin lost eight times as much weight as those that didn't, while eating the same amount of food. Try a supplement or eat lots of kale, onions, spinach, apples and broccoli.

**It sounds counterintuitive, but olive oil helps you lose weight.** Consume 3 tablespoons each day on salads and veggies. Use olive oil in place of butter or margarine spreads and in cooking instead of vegetable oils.

**Red clover tea includes antioxidants** which break down undigested wheat proteins. Enjoy two to three cups per day.

**Break out the dark chocolate**. The flavonoids help increase lymph flow which moves undigested wheat out of the body.

**Start your day with a skinny smoothie**. Mix 1/2 cup of warm almond milk with 1/4 teaspoon cinnamon, 2 teaspoons of flax seeds and a tablespoon of coconut oil. The fats help bump up your metabolism.

**Substitute cauliflower for mashed potatoes** on a low carb diet. Cook in chicken broth until soft. Mash with butter or olive oil. Top with chives, scallions and grated cheese.

S**tart your Paelo diet day with two eggs** baked in tomatoes and served on a bed of cooked or raw spinach. You won't miss the English muffin.

**Easy peasy pea soup makes a perfect low calorie lunch**. Place 1/2 cup of chopped onion, a bit of garlic, half a head of shredded lettuce, 2 cups veggie broth and a package of frozen peas in a saucepan. Bring to a boil and then simmer for 15 minutes. Use an immersion blender to puree.

**Filling and fast tomato corn soup brightens your meal**. Saute 1/2 chopped onion and a package of frozen corn in a teaspoon of olive oil. When corn is browned around the edges, add 2 roughly chopped tomatoes and 3 cups of veggie or chicken broth. Bring up the heat with a splash of hot sauce.

**On the Paleo diet and love Mexican food?** Don't despair, wrap that taco filling in a lettuce leaf instead of a tortilla. Another option is to use a thin pancake made from scrambled eggs instead of the tortilla.

**Protein packed pancakes**. Puree 1 cup of oats, 2 eggs, 1/2 cup nonfat cottage cheese, 1 banana and 1/4 tsp baking powder with 1/4 cup of almond milk. Cook 2 minutes per side in a nonstick pan

**Kale can be a bit chewy when raw**. Squirt a bit of lemon juice over the leaves. Rub in and let sit for 20 minutes before combining with other salad ingredients.

**Substitute soda water or club soda for milk** when baking to cut calories. Add a squeeze of lemon juice. The lemon is an acid replacing the lactic acid in the milk. The acid combines with baking soda or powder and helps the baked goods rise.

**Use applesauce when baking** instead of cooking oil for lower fat baked goods.

**Use nonfat plain yogurt instead of sour cream**. You won't be able to tell the difference, even in dips, tacos, or baked potatoes. If you're using the yogurt as a sauce for a hot dish, add at the last minute after you've taken the dish off the stove. Otherwise the yogurt has a tendency to curdle. It tastes fine, just looks a little odd.

**Healthy fats bump up your metabolism**. Begin breakfast with 4 oz of warm almond or other nut milk. Add 2 teaspoons of coconut oil. The coconut oil melts into the warm milk. Alter the flavor by adding a flavor extract such as vanilla. Mix well.

**Go vegan for two meals each day**. For example have a bowl of hot oatmeal and apples topped with a teaspoon of coconut oil. Lunch is a salad of spinach, beets, oranges and walnuts. Then eat a sensible dinner.

**Most of us eat 5.4 pounds of food per day**. Sounds like a lot, so why are many of us still hungry and have trouble losing weight? The answer is we tend to eat calorie rich food such as meat, cheese and processed foods, rather than low calorie foods such as fruits and vegetables. Instead of reaching for that candy bar eat an apple or two or three.

**Save money and lose weight**. Meat is expensive. Stretch out chilies, burgers, stews and meatloaves by adding in finely chopped vegetables such as carrots, zucchini or peas. Add bulgur wheat to your chili in place of half the meat. You'll still get that yummy meat taste for a lot less fat and calories.

**Need an appetizer** that's easy on your waistline but still looks and tastes impressive? Mash an avocado with finely chopped onion and a bit of jalapeno pepper. Serve on thin slices of jicama. If you can't find jicama use cucumbers. Sprinkle just a smidge of cheese on the avocado. These treats are about a billion calories less than traditional nachos.

**Serve sandwiches with a filling of vegetables rather than meat and cheese.** Top crusty bread with a tablespoon or two of humus. Pile on sliced tomatoes, cucumber and green peppers. Or try a grilled portabella mushroom on a toasted hamburger bun with lettuce and onions. Save any leftover grilled or roasted veggies for sandwich fillings the next day.

**Shake up your diet.** It's sometimes called the three off and four on diet. You eat a bare minimum on the off days, and I mean bare minimum, say 600 calories. Eat normally but don't over indulge on the four on days.