

THE AMAZING SLIMMING POWER OF LEUCINE

This amino acid is credited with much of protein's waist-cinching powers. Here, the top five leucine sources that will melt fat off *your* middle.

Perfect for women who don't want to give up their holiday favorites!

Red meat

3,696 MG PER 6 OZ.



Nuts

1,822 MG PER CUP



Beans

1,100 MG PER CUP



Nonfat milk

801 MG PER CUP



Brown rice

417 MG PER CUP



Still hungry after meals?

Try this proven approach!

Sipping coffee or tea 30 minutes before a meal can reduce appetite by 35 percent and boost fat burn by 5 percent, studies at Nashville's Vanderbilt University suggest. For even greater results, experts at Tufts University in Boston recommend opting for green, red or white tea. In addition to calming appetite and revving metabolism, these brews contain *polyphenols* that slow the digestion of carbohydrates.



THE FOOD FORMULA THAT WILL GET YOU SKINNY!