

Bedtime Routine to Melt Belly Fat

When it comes to bedtime, there are a handful of things you can do to prime your body to burn more fat.

You see, what most people don't know is...

More than half of us are all-day grazers...

...meaning we're eating/snacking for 15 hours or longer every day, and...

Most people eat 35% of their daily calories after 6 pm.

That's a lot!

In fact, the latest research shows this nighttime eating actually increases hunger, reduces the number of calories you burn during the day, and...

Leads to changes in fat tissue that make weight loss harder.

That's why I came up with this simple yet powerful bedtime routine that can help you burn a lot of fat...

Get amazing sleep at night...

And lose A LOT of weight!

Just follow the steps below...

And let me know if you have any questions.

Step #1 - Stop Eating 3 Hours Before Bed

When you stop eating at least three hours before bed, it does a number of things...

First, it gives your body a chance to process and digest your food before you go to sleep.

And you'll start burning more fat when you don't eat a big meal right before bed.

Now, in order to do this, take a minute and think about what time you usually go to bed...

Then subtract three hours from that time...

So if you go to bed at 10 pm, then 7 pm is your "cut off" time when you want to stop eating.

In that case, maybe you have dinner at 6:00 or 6:30 pm, so then you'll know that you'll be done by 7 pm.

Now, if you're a late night snacker, your brain has late night snacking on it's schedule.

So when it gets closer to bedtime, your brain says, "Okay, it's time to eat", even if you're not really hungry.

This is what's known as "false hunger" and it's driven by habit more than anything else.

After the first few nights, this will start to go away. When that urge to snack comes up, just remind yourself that you're not a late-night snacker anymore and let it pass.

Step #2 - Eat a Fat-Burning Dinner

If you're following the 21-Day Super Slimdown, then simply follow the meal plan and you'll be all set.

However, if you're doing this on your own, then you want to make sure you're dinner has three things:

1. Protein
2. Healthy Fats
3. Fiber-Friendly Carbs

When you get a mix of these three "food groups", you'll not only feel full and satisfied...

But the late night snacking we talked about in step #1 won't be an issue anymore.

Here are some great options for each group:

Healthy Proteins:

- Lean Ground beef
- Chicken Breast or Thighs
- Steak - flank or sirloin
- Fish
- Turkey/ground turkey
- Eggs
- Plain Greek yogurt
- Cottage cheese
- Pork loin

Good Fats:

- Coconut oil

- Butter
- Ghee
- Bacon (good fats and protein)
- Cheese
- Avocado
- Olives

Fiber-Friendly Carbs

- Broccoli
- Potato
- Brussel sprouts
- Cauliflower
- Spinach
- Green beans
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Tomato
- Peppers
- Radishes
- Watermelon
- Apples
- Frozen fruit
- Zucchini
- Cucumbers

Step #3 - Bedtime Fat-Burning Drink

The last step is having a bedtime fat-burning drink about an hour or so before bed.

There are a handful of recipes below...

You can try them all and stick with the ones you like best.

1. Warm Lemon & Ginger Calm Tea

Ingredients:

- 1 cup warm water
- Juice of ½ lemon
- 1 tsp. Grated ginger

How to make: Mix and sip slowly before bed

Benefits: Ginger improves digestion, while lemon helps detox the liver overnight.

2. Cinnamon Moon Milk

Ingredients:

- 1 cup warm unsweetened almond milk
- ½ tsp cinnamon
- 1 tbsp chia seeds

How to make: Mix together and let sit for 15 minutes before drinking.

Benefits: Stabilizes blood sugar, prevents late-night fat storage.

3. Turmeric Golden Sleep Latte

Ingredients:

- 1 cup warm unsweetened almond or coconut milk
- ½ tsp turmeric
- Pinch of black pepper

- Sweetener to taste

How to make: Whisk together and sip

Benefits: Reduces inflammation, helps burn fat.

4. Bedtime Apple Cider Vinegar Tonic

Ingredients:

- 1 cup warm water
- 1 tbsp ACV
- Juice from ½ lemon

How to make: Stir well and drink slowly

Benefits: Helps digestion and reduces bloating

5. Ginger Cinnamon Metabolism Booster

Ingredients:

- 1 tsp cinnamon
- 3 slices fresh ginger
- 1 cup hot water

How to make: Combine all ingredients and let sit for 10 minutes before sipping.

Benefits: Powerful metabolism-boosting combo to burn fat while sleeping.