



# Eat Your Way to Thin

Want to lose that belly, gain hard muscle and build a strong heart? Eat more...

WORDS: PRACHI SARAF

**I**S THE BUCKLE ON YOUR BELT starting to slope downwards, pushed into submission by an expanding waistline? Blame it on a sluggish metabolism. And if you are heading towards your 30s, or are already there, you need to act fast. According to the Copper Institute for Aerobics Research, the average male's metabolism slows by a per cent per year after age 30, as a result of lost muscle mass. But if you have the meal plan right, you can turn on your metabolic afterburners, taking inches off your waist almost as fast as you can put them on. Check out our smart menu options to recharge your metabolism in a jiffy.

## 8.30AM GEAR UP FOR THE DAY

Breakfast is the most important meal of the day. "About 95 per cent of overweight people skip it," says Niti Desai, a Mumbai-based nutrition consultant. Eat a healthy combo of carbs and protein to kick-start the day, she recommends.

- Egg whites and toast. Low in fat, protein-rich eggs jumpstart your metabolism, burn body fat and control hunger. Include veggies such as spinach or low-calorie broccoli in your omelette to further hasten weight loss
- Skimmed milk and oats, hot porridge (any high-fibre cereal) sprinkled with cinnamon (maintains steady sugar levels) fill you up with fibre and reduce your chances of being over-weight
- Cottage cheese and vegetables with toast is a great mix for high-energy mornings
- Oats and vegetable upma/pancake with a glass of skimmed milk makes for a high-fibre, low-calorie meal
- Baked beans on wholewheat toast
- Wholewheat toast with coriander chutney, cucumber and tomato, along with a glass of skimmed milk has just the right blend of low-weight energy boosters

## 11.30AM BEAT MID-MORNING SLUMP

These low-calorie snacks create satiety until lunch hour and help keep you lean.

- "Strawberries, apples, oranges (Vitamin C-rich and help metabolise fat faster) are negative calories and aid in weight loss," says Ritika Samaddar, chief dietitian, Max Healthcare, Saket, New delhi. Grapefruit helps lower one's insulin levels and burn fat.
- A handful of high-fibre and protein-rich nuts (such as pistachio, which have healthy monounsaturated fats or MUFAs that may help target belly fat)
- Chana
- A protein bar
- Fat-free flavoured yoghurt

## 1.30PM WORK THROUGH LUNCH

Research suggests that capsaicin, the active component in chilli pepper, can boost metabolism and hike fat burn. Flavour your vegetables with jalapeno,