



KAT'S TOP 5 FAVE FATS

I've put this bonus together for you to highlight my top 5 favourite good fats, and have included an explanation of why I consider each of these to be so important.

You certainly don't have to include all 5 of these fats in your daily diet, but it's good to have nutritional variety in all areas, so if there's something you haven't really used then perhaps consider incorporating it now!

There are other great good fats outside of this list, most of which are mentioned throughout Module 10. These are just my personal top 5 favourites :)

If there's something you're not sure of, just let me know on the forum or via email.

1. Omega 3 Essential Fatty Acids

<http://www.bodyincredible.com/tag/omega-3/>

Supplement daily, with 6-20+ grams per day depending on your body fat and goals.

2. Coconut oil

<http://www.bodyincredible.com/here-is-a-wonder-food-which-will-burn-body-fat-boost-energy-and-strengthen-your-immune-system/>

This is the best fat for cooking in.

3. Nuts and seeds

Nuts and seeds are an excellent source of good fats, and a delicious accompaniment to any meal or snack. Aside from being proven to be good for your waistline they are excellent brain food fats.

Every nut or seed is fine except peanuts, which are actually a legume.



Cashews and almonds are best roasted, while all other nuts are best raw. I prefer to roast my own nuts so that I can control the oil used. 20 minutes in a moderate oven with olive oil and pink salt does the trick.

Up to 40/50 nuts or equivalent of seeds/nut butter is fine.

4. Olive or macadamia nut oil

Macadamia nut oil is a hidden favourite of mine! It tastes so good, is quite buttery but yet very light. Use either olive or macadamia nut oil to dress veggies or salads. You can cook in either of these oils if you run out of coconut oil.

5. Haloumi cheese

It was hard to pick my final top 5, but haloumi is a must in my kitchen! I try to find it made from sheep or goats dairy where possible.

It is very satisfying and great as a snack or instead of nuts with breaky. Sometimes we serve it with dinner, or even as a post-dinner snack if I'm having one. Many people with dairy intolerances are fine with haloumi which is another reason I like it so much.