

The Simple Leptin Lowering Way of Life

For most people, when they have eaten enough, Leptin is triggered in their cells which tells your brain to stop eating. It also serves to burn fat. Two great things!!!

For some people, this is not working and the Leptin rises-- sugar and food cravings rise along with it and fat is not burnt and that rises too! Three unwanted things!!!

Here are some ways you can reduce your Leptin. The more the leptin reduces, the more fat cells you will lose, the less sugar cravings you have.

What should my food plate look like?

40 percent fat, 30 percent protein and 30 percent carbohydrates.

Your ideal weight divided by 2 = the grams of protein per day.

So, if your ideal weight is 150 = 75 grams of protein per day.

On the Leptin diet, you should also get 35 to 50 grams of daily fiber, some of which you may have to obtain through supplement.

Here is an example:

Breakfast Menu

Breakfast on the Leptin diet is definitely the most important meal of the day and will help you feel satisfied as the day moves on. It's suggested to eat 20 to 30 grams of protein.

That is a challenge! So you could eat 3 ounces of lower fat nitrate free bacon and an egg; a scrambled egg has 6 grams of protein. Or steak would be good as 3 ounces of top round supplies 20 grams.

Or try something lighter like oatmeal with almond milk and whey protein powder. For a breakfast-to-go, whip up a smoothies. You concoct these with a mixture of fresh ingredients such as basil leaves, spinach and apple, plus protein powder and a fiber supplement which we have at Sozo Integrative Medicine.

Lunch Menu

Salad is a wonderful lunch choice on the Leptin diet. How about trying a quinoa and lentil salad, cranberry spinach quinoa salad, crab salad, warm lentil salad and roasted beet and goat cheese salad. Quinoa and lentils are especially smart choices for vegetarians concerned about getting enough protein on the Leptin diet, which leans toward animal-based protein. A cup of cooked quinoa supplies 8 grams of protein, while a cup of cooked lentils offers almost 18 grams. Add a serving of soup to lunch, like tomato borscht or butternut squash, or broccoli soup for a more satisfying meal.

Dinner Menu

Hormone free Chicken, steak, salmon and seafood constitute the major menu options for dinner on the Leptin diet, accompanied by ample non-starchy vegetables. Approved entrees include coconut rice with grilled shrimp, chicken cutlets with cherry salsa, a turkey burger, salmon tacos, lime-grilled fish tacos, steak burritos, and poached salmon with mango salsa. You could substitute plant-based protein like beans in some of the menus, like the chicken chili, or create bean burgers.

If you need something sweet for dessert, try a piece of fresh fruit, frozen chunks of pineapple or blueberries rolled around your mouth.

A few resources for more information:

<https://www.wellnessresources.com/leptin-diet>

<https://www.livestrong.com/article/306014-menus-for-the-leptin-diet/>