

Diana Stobo's

My Secret Spice Guide

**7 Spices, Herbs And
Ingredients That Spark Your
Metabolism And Help You
Burn Fat Fast!**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo

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EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "MY SECRET SPICE GUIDE"?

It is a downloadable guide that lists spices that can help speed up your metabolism and burn fat. The guide includes six recipes.

3. How will it help me?

By including these spices in your Naked Nourishment eating plan, you will help turn your body into a fat-burning machine.

4. How do I know if it's right for me?

If you are in general good health and want to lose or maintain your weight by increasing your metabolism, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

Certain herbs and spices naturally give a boost to your weight loss or maintenance efforts by increasing your metabolism, suppressing your appetite, and helping your body flush fat.

Especially effective are spicy flavors, called thermogenics. These can increase your metabolism by up to 20% for about 30 minutes after you eat (according to a study published in the US National Library of Medicine).

Adding these spices and herbs liberally to your foods or drinks will add tremendous flavor and create a furnace in your fat-burning fire:

Cayenne pepper or red pepper

Ginger

Garlic

Parsley

Lemons

Turmeric

Cinnamon



Cinnamon. Image courtesy of Mr GC at FreeDigitalPhotos.net

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Cayenne pepper or red pepper

Cayenne pepper water

Add a little spice to your life. Studies show that the *capsaicin* found in cayenne pepper can boost your metabolism shortly after ingesting it, which makes you feel fuller. A dash added to any infused water will give you a double boost.

Add it to citrus water, cucumber water, or get creative and make strawberry mint water, mango parsley water, or anything that excites your taste buds and ignites your metabolism.



Directions

Add a dash (about 1/4 teaspoon) of **cayenne pepper** to water along with sliced **lemon**, sliced cucumber, sliced mango, or fresh parsley. Enjoy the spicy zip it adds.

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Ginger

Melissa's Morning Smoothie

Ingredients

- 1 to 1½ cups of water
- 1 green apple, core removed
- ½ to 1 inch of **ginger**, to taste
- 1 cup of fresh pineapple
- 2 to 3 handfuls of spinach

Directions

Blend in high-speed blender for 60 seconds. Serve immediately.



Image courtesy of Wikipedia Commons

Sweet Tart Juice

Tart cranberries, grapefruits (cellulite melter!), and limes with a ginger kick. Mmm!

Ingredients

- 3 cups cranberries
- 1 inch of ginger
- 3 oranges, peeled with pith on
- 2 small Ruby Red grapefruits, peeled with pith on
- 2 limes, peeled with pith on

Directions

Juice ingredients in your juicer, alternating hard and soft produce. Serve immediately.

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Garlic

Spinach Caesar

This salad has the tangy zip of Caesar dressing with the hearty healthfulness of raw spinach. It is a definite crowd pleaser.

Ingredients

1 bunch fresh spinach or baby spinach, washed and air dried

Dressing

½ cup raw cashew butter

1–2 **garlic** cloves, grated

1–2 tablespoons **lemon** juice

1½ teaspoons prepared Dijon **mustard** (another thermogenic)

2 tablespoons olive oil

Water for consistency

Himalayan sea salt to taste

White pepper to taste



Directions

Place cleaned spinach large salad bowl. In a high-speed blender, mix cashew butter, lemon juice, mustard, olive oil, salt and pepper until creamy and smooth. Add water for consistency. Pour over spinach along with a few pine nuts and toss.

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Parsley

Electric Lemonade

This is a slightly tart, slightly salty green juice that appeals to people who do not like their juice sweet.

- 1 cucumber
- 4 stalks of celery
- ½ cup fresh **parsley**
- 1 small fennel bulb
- 1 **lemon** (the whole lemon)
- Pinch of sea salt

Juice the first five ingredients through a juicer and then add sea salt.

Lemons

Green Lemonade

This is a super quick and easy green juice. Don't let a lack of time or ingredients stop you from having your green juice!



- 1 cucumber
- 3 stalks of celery
- 1 apple
- 1 whole **lemon**

Rinse all the ingredients and press them through a juicer, skins and all.

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Turmeric

Anti-Inflammatory Orange Turmeric Tonic

6 oranges, peeled with pith on

½ cup **turmeric** root

½ inch of ginger

Feed produce in juicer, alternating softer oranges with harder turmeric and ginger in the hopper of your juicer in ensure a higher juice yield.



Image courtesy of Wikipedia Commons, by Simon A. Eugster (own work)

Sweet Lovin' Anti-Inflammatory Juice

3 large carrots

1/2 pineapple, peel and core removed

3 stalks celery

1 bunch curly kale

1½ cups **turmeric** root

Alternate juicing soft fruit then leafy veggies in the hopper of your juicer. If you do not have a juicer, blend the ingredients in a high-speed blender and add a little water, then strain pulp a nut-milk bag.



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Cinnamon

Chocolate Berry Almond Smoothie

THIS IS A MEAL. This is a perfect recipe for all you chocolate lovers. This smoothie is sweetened with low glycemic berries. You can always add a tablespoon of honey or coconut sugar, if needed.

Ingredients

- 1 cup almond milk (making it fresh is so easy)
- 1/4 cup fresh or frozen blueberries
- 1/4 cup fresh or frozen raspberries
- 1 cup spinach, kale, or other leafy green
- 1 tablespoon RAW cacao powder
- 1/4 teaspoon **cinnamon**
- 1/4 teaspoon vanilla powder or extract
- 2 teaspoons or 1 packet monk fruit sweetener or stevia

Directions

Blend in a high-speed blender for 30 to 40 seconds until creamy.

