



## Dark Chocolate

Just because you are focusing on supercharging your metabolism, doesn't mean you can't have a little sweet at the end of your meal. I recommend when you do that it's best to cut back on your dinner carbs to make room for a small piece of good dark chocolate.

It is best to have your dark chocolate at least 72% cacao and the darker the better! The monounsaturated fats in dark chocolate boost the metabolism which stimulates the body to burn calories faster.

Dark chocolate can eliminate cravings for sweet, salty and fatty foods and it provides a feeling of satisfaction and fullness. It will keep you from binging on the unhealthy snacks!

Keeping your daily intake to an ounce or less per day (about 2 small squares) will provide all dark chocolate's wonderful benefits, boost metabolism and help reach weight loss goals.