



OVERNIGHT ABS SOLUTION

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DISCLAIMER

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INTRODUCTION

Welcome to the Overnight Abs Solution. In this manual you will discover the tips and tactics to help you burn fat while you sleep. Many of these simple tricks are so powerful you'll even wake up the next day already in calorie shedding mode. Be sure to use this program along with the abdominal strengthening and toning secrets presented in the Olympic Abs program to get your best set of abs yet. I'm excited for you to begin this journey and honored you are following the Overnight Abs Solution as your go-to resource for building an amazing midsection. I'm pumped to hear about your results!

Before starting the program, here are some helpful tools and tips:

- If you have any questions about the Overnight Abs Solution, please email me at joelofitness@gmail.com and I will reply personally as soon as possible. Please understand I am currently helping thousands of men and women achieve their best bodies and it may take 24-48 hours to respond. However I do my best to reply well before then.
- Be sure to implement any nutritional materials you've been provided with when you ordered Olympic Abs or the Emergency Fat Loss Guide for accelerated results.
- This text has a variety of options you can start using today so you can shed fat through the night. The more techniques in this manual you use, the more successful you will be.
- Consistency is key. Following these tips for 1-2 days will not get you the results you desire. Nor will following the tricks in this manual "every so often". Commit yourself to following at least two of these Overnight Abs Solution protocols every evening for reliable and noticeable results.

HOW TO INCORPORATE THE OVERNIGHT ABS SOLUTION

The Overnight Abs Solution can be added with virtually any program or programs. For example, you can incorporate the Overnight Abs Solution with your Olympic Abs workouts. While also following the 14-day emergency fat loss guide or the rapid fat loss guide provided with your program.

You can also use the Overnight Abs Solution with a completely different program. It's the perfect nutritional "plug-in" to add to your fat burning arsenal to accelerate and enhance your results.

Train HARD and with NO REGRETS!

Joe LoGalbo

P.S. Want to join our **free Facebook group**? Join Here and join in on the conversation. Let us know how you are enjoying the program!

"Like" my **fitness Facebook Page** for updates and free fitness tips.

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QUALITY SLEEP: THE UNSUNG HERO OF FAT LOSS

Imagine two people: One is fit, slim, and focused. The other, wants so bad to be in shape, yet no matter how hard he/she works, they still struggle. And the body of their dreams is always a distant hope. The most frustrating part, both individuals eat healthy meals that focus on lean protein and vegetables. Both people exercise at least three times per week, focusing their efforts on fat burning workouts. Both people know which foods to eat and which to stay away from. Yet why is one struggling to lose weight and have the body of their dreams while the other is having success? Chances

are, one is getting more sleep than the other. Take a look at how sleep can enhance your results:

Sleep Controls Your Diet

You hear it all the time. If you want to burn fat, eat less, move more. However, that's not the case all the time. In fact, if it were that simple, we'd all have no problem losing and gaining weight on command. Truth is, between the daily demands of life, spending hours at work, and squeezing in time for exercise, you're most likely forgetting to sleep enough. And it's most likely because you don't realize sleep is the key behind accelerated fat loss results.

According to the *Centers for Disease Control and Prevention*, more than 35 percent of people do not get enough sleep. That's millions of people. Not to mention, the statistic for obesity is nearly identical, which makes it easy to begin connecting the dots between little sleep and fat gain.

So what is 'not sleeping enough'? Well, the standard of not sleeping enough is sleeping less than seven hours of sleep per night. This can reduce and undo the benefits of dieting, according to research published in the *Annals of Internal Medicine*. In the study, the participants were given various sleep schedules. Those who received 7+ hours of sleep had a large amount of weight lost, the majority coming from fat.

However the group that slept less cut their fat loss results in half, despite being on the same diet. Worse, they were significantly more hungry. Less satisfied after meals. And lacked energy and motivation to exercise. Overall, those who were sleep-deprived had a 55 percent reduction in fat loss compared to their well-rested counterparts.

Poor Sleep Alters Your Fat Cells

After a poor night of sleep, how do you feel? Exhausted. Confused. Irritable. Or maybe some of the like qualities. However, it's not just your brain and energy levels that change. Your fat cells are also altered as well. When your body is deprived of sleep, it suffers from metabolic grogginess. This new term was established by researchers at the University of Chicago. The researchers analyzed what happened after four days of poor quality sleep. Which, as mentioned above is very common. And can certainly hap-

pen during a busy week. You may have fallen into this cycle before. One late night leads to another. Putting you in “sleep debt”. Here’s what happens next. Within four days of sleep deprivation, your body’s ability to use insulin is disrupted. The University of Chicago researchers found insulin sensitivity dropped by more than 30 percent. Insulin sensitivity is crucial for fat loss.

You see, when your insulin is functioning properly, fat cells remove fatty acids and lipids from your blood stream and prevent storage. When you become insulin resistant, fats circulate in your blood and pump out more insulin. Eventually this excess insulin ends up storing fat in all the wrong places, such as tissues like your liver. Not only can insulin resistance cause you to store more fat, you’ll also set yourself up for chronic diseases such as obesity and diabetes.

Little Sleep Makes You Crave More

Hunger isn’t about willpower. You can’t control when you get hungry. Instead, chemical messages are sent from your stomach to your brain. This is controlled by two “hunger hormone”, one being leptin and the other, ghrelin.

To give you an idea about these hormones, leptin is a hormone is produced in your fat cells. The less leptin you produce, the hungrier you may feel. And the more ghrelin you produce, the hungrier you will become also. Also, the more ghrelin you have the slower your metabolism will be and you’ll only increase your fat storage even more. In simpler terms, you must control leptin and ghrelin to successfully lose weight. So what does sleep have to do with all of this?

Research published in the *Journal of Clinical Endocrinology and Metabolism* found sleeping less than six hours per night triggers the area of your brain that increases your need for food. In this process, you depress leptin levels and stimulate the production of ghrelin. And there’s more. Scientists also discovered sleep loss causes an internal struggle that makes weight loss very challenging.

When you don’t sleep enough, your cortisol levels rise. Cortisol is the stress hormone which is also responsible for storing fat. Cortisol also triggers the “reward center” of your brain, causing you to be hungry and crave food. Simultaneously, the loss of sleep causes your body to produce more ghrelin. The combination of ghrelin production and

cortisol shut down the areas of your brain that leave you feeling satisfied after a meal, making you feel hungry often, even after consuming a large meal. Yet getting a lack of sleep doesn't stop there in slowing down your fat burning results. Sleep deprivation also alters your decision making. A study published in *Nature Communications* found just one night of sleep deprivation was enough to impair activity in your frontal lobe, which controls complex decision-making.

Truth is, sleep deprivation is like being intoxicated. You lose mental clarity to make the right decisions, including your food selections. This is why sleep deprivation destroys most diets. It has the ability to control your thoughts and cravings from a chemical level. It's not a matter of will power. But an internal war waged against even your best efforts and motivation.

Last, research published in *Psychoneuro-endocrinology* found sleep deprivation makes you choose larger portion sizes of all foods, further increasing the likelihood of weight gain. So here's the bottom line; Not enough sleep means you're always hungry, reaching for bigger portions, and desiring most foods that aren't best for your weight loss goals. You also lose your proper brain functioning to tell yourself, "No!"

Sleep Deprivation Destroys Your Workouts

Unfortunately little sleep bleeds into your workout performance as well. If you're reading this text, chances are you want abs. And having abdominal muscles as well as having lean muscle throughout your whole body aids in fat loss by increasing your metabolism naturally. This way you can eat more and shrink more (win-win). You see, muscle is the enemy of fat. Yet a lack of sleep is the enemy of muscle. Scientists from Brazil found that sleep debt shrinks protein synthesis, which is your body's ability to build lean muscle. This causes muscle loss and therefore lowers your metabolism.

A lack of sleep also makes it harder to recover from exercise because it slows down the production of growth hormone, which is your natural anti-aging and fat burning hormone that also promotes muscle recover recovery. This happens in two different ways. Little sleep means less slow wave sleep. Slow wave sleep is when most growth hormone is released over night. Not ideal. And as previously stated, a poor night of rest increases the stress hormone cortisol, which slows down the production of growth hormone. That means that the already reduced production of growth hormone due to

lack of slow wave sleep is further reduced by more cortisol in your system. High levels of cortisol will also cause you to store more fat. So if you are serious about building lean muscle, increasing growth hormone, and repairing your muscles for recovery so you can feel rested and motivated for your next workout, then make sure you are giving yourself adequate sleep each evening.

So You Want To Burn More Fat? Sleep More!

The connection between sleep and weight gain can't be ignored. Research published in the *American Journal of Epidemiology* found women who are sleep deprived are 33% more likely to gain 33 pounds over the next 16 years than those who get seven hours of sleep a night. And with all of the connections to obesity, diabetes, high blood pressure, heart failure, and cognitive failure, the need for sleep goes beyond just looking good. It's about having amazing health in a body you love. Here are some tips to get you more sleep.

Drink This Sleepy-Time Night-Time Tea

This “sleepy time” tea will knock you out fast. So instead of tossing and turning all night, you can hit the sack and begin snoozing within the first ten-minutes of placing your head on the pillow. This tea will also help you unwind from the day and lower cortisol levels to prevent fat storage. Here are the ingredients:

Green tea

Green tea has the amino acid known as L-Theanine. It is known to be a stress relieving compound which is capable of inducing a change in your brain waves to bring a sense of relaxation. Green tea appears to reduce the adverse effects of stress, improve relaxation and reduces anxiety within no time. It increases your brain wave activity which results in relaxation but without making you feel drowsy.

One tablespoon raw honey

It has been long since the Chinese traditions believe that eating raw honey every night before you go to bed will help to sleep better. Drinking a cup of tea with one tablespoon of honey as part of the ingredients could be a way to go about it.

One tablespoon apple cider vinegar

A spoonful of this to your hot green tea together with honey will help you with your sleep as well. The drink is very effective when you take it before bed. Apple cider vinegar contains amino acids which act as an antidote to relaxing your body and turn the mind into a state of balance.

Eat Foods High In Melatonin

Melatonin is a hormone produced by the pineal gland, which is a pea sized gland located just above the middle of the brain. Melatonin plays an important role in controlling your natural sleep cycle. And as you've been reading, sleep is one of the most important components of successful fat loss. With that being said, here are some of the best, melatonin-rich foods you can consume just before bed to help you fall asleep quickly and stay asleep throughout the evening.

Tart Cherries

Tart cherries are a superfood and powerful antioxidant source. To top it off, they're loaded with melatonin. One study found people who drank one cup (8 ounces) in the morning and one cup in the evening of tart cherry juice had better sleep. These cherries are also excellent sources of vitamin C, which is important for converting tryptophan into serotonin. This is like getting a double dose of all-natural sleep medication. So you can get tart cherries into your diet a couple of different ways. One, you can enjoy the fruity beverage itself. Or you can purchase fresh or dried tart cherries from your local market and add them to oatmeal before bed. Or to save on calories, eat them on their own before bed.

Banana

Because bananas are so rich in carbohydrates, be sure to eat half a banana or a green banana (less ripened) to prevent large insulin spikes before bed. Bananas are rich in the amino acid L-tryptophan, which is converted in the brain to 5-HTP. 5-HTP is then converted to serotonin and melatonin.

Bananas are also a great source of potassium and magnesium, which work as natural muscle relaxers. A relaxed body gives you relaxed mind, allowing you to wind down before heading off to bed.

Oats

Oats are a great source of complex carbohydrates that help ensure a natural, healthy sleep cycle. They also contain a variety of B-vitamins, including the sleep inducing B3. You'll also find some muscle-relaxing magnesium, just for good measure. If you want to make a mega-melatonin snack before bed. Make oatmeal and toss in some dried tart cherries or chopped tart cherries and a quarter of a banana to finish the day. Just be sure to stay mindful of portion size.

Now that you have a special tea and a few select foods to knock you out before bedtime, let's talk about your evening routine. Because evening routines are vitally important for you to maximize your sleep cycle and go to bed distraction and stress free for deep and restful sleep that enhances your fat burning results.

The Perfect Bedtime Routine

A few of the techniques below were inspired by Craig Ballantyne's, 10-3-2-1-0 Good-night Formula in his book, *The Perfect Day Formula*: If you desire to have the perfect day and take control of each and every day from morning to night, you can [learn more here](#). Here's a sample routine you can use for yourself to help you wind down for the evening and have amazing, fat burning sleep.

10 Hours From Bed

No Caffeine. It can take up to ten hours for your body to cleanse the bloodstream from the stimulatory effects of caffeinated beverages. These beverages include, coffee, green tea, black tea, or caffeinated soda's, which soda should not be an option if you want to get the lean set of abs you desire.

3 Hours Before Bed

No More Food Alcoholic Beverages. Plan your last meal a few hours before hitting the sack. Not only will this help you avoid heartburn and other symptoms of gastric reflux (which interrupt your sleep); you'll also experience greater depths of REM sleep, which are essential for ramping up your growth hormone levels for fat loss and skyrocketing your energy upon waking so you can dominate your fat loss goals once your feet hit the floor in the morning.

2 Hours Before Bed

No More Work: Put all of your work activities to rest about two hours before bed so you can reduce stimuli and begin decompressing before bed. Typically, work related activities include taking phone calls, checking email and reports, or even simply thinking about tomorrow's tasks. Instead, write everything down on a piece of paper you can refer to tomorrow regarding your work or other ideas.

You can also get all of your work related thinking, out of your system by scribbling it all down on a piece of paper that you can return to in the morning. For the rest of the night, no more work. Spend time with your family or relax for the rest of the night reading a book you enjoy, or even watching a movie.

1 Hour Before Bed

No more screen time. This includes all TVs, computer screens, and your phone. The blue light from those screens make it difficult to fall asleep. Instead, read a book (not on your tablet or phone), talk with your spouse (or enjoy other, behind closed doors activities), spend time in prayer, meditation, whatever you would like to spend your final hour before bed doing.

These four techniques will help you reduce stress and other stimuli so you can fall asleep within 15 minutes of closing your eyes, get deep, restful, and fat burning sleep.

Now that you know the importance of quality and quantity of sleep for faster fat loss, it's time to take a look at some other over-night fat burning strategies you can begin using tonight so you can begin building the midsection of your dreams.



BUCKWHEAT OVERNIGHT OATS

If you want to burn fat and shed calories with ease, while still enjoying many of the foods you love, look no further than your metabolism. If your metabolism is slow then fat loss will be more challenging than it has to be. However, the tips in this chapter will help you boost your metabolism so you can lose fat overnight. Here's how your metabolism plays a role in not just your fat loss, but in every bodily function; each time you eat, enzymes in your body's cells break down the food and turn it into energy that keeps your heart beating, your mind thinking, and your body moving during a

challenging workout. A fast metabolism allows you to burn more calories. The more you burn, the easier it is to drop fat. And the truth is, you are in control of your metabolism's destiny. Which you'll discover in this chapter. Many of these tips can be used during the day. However, using these metabolism boosting techniques during the day will allow you to keep your metabolism running at full speed while you sleep for maximum fat burning results.

Drink More Coffee

A study published in the journal, *Physiology & Behavior* found the average metabolic rate of people who drink caffeinated coffee, have a metabolism running 16 percent higher compared to those who drink decaf. This is great news if you're a coffee lover! And even if you're not, you can use a caffeine alternative like green tea to also get your metabolism churning.

In fact, green tea is also referred to as a "metabolism potion." When you brew fresh green tea, you are brewing a compound called ECGC, which promotes fat burning. In one study, people who consumed the equivalent of three to five cups a day of green tea for 12 weeks decreased their body weight by 4.6 percent. According to other studies, consuming two to four cups of green tea can help you lose an extra 50 calories per day. That equates to an effortless extra five pounds lost per year. For a maximum effect, let your tea steep for three minutes and drink it while it's still hot. Just be sure to drink your green tea in the mornings or early afternoon so the caffeine doesn't interrupt your sleep cycle.

Go Organic

Researchers in Canada found dieters who had high concentrations of *organochlorides* (chemicals found in pesticides) stored in their fat cells were more likely to disrupt mitochondrial activity and thyroid function. Which means a slower metabolism. So be sure to fill your body with healthy, organic fruits and vegetables. However, you don't have to purchase everything organic. Just take a look at the list of foods below which contain the most amount of pesticides. If you need any of the foods below, it's best to choose the organic option.

Here's some shocking facts about pesticides in produce:

- More than 98 percent of strawberries, spinach, peaches, nectarines, cherries and apples test positive for at least one pesticide.
- A single sample of strawberries has shown to contain 20 different pesticides.
- Spinach contain an average of twice as much pesticide residue than any other crop.

Go organic with the following produce foods:

STRAWBERRIES	SPINACH	NECTARINES	APPLES
PEACHES	PEARS	CHERRIES	GRAPES
CELERY	TOMATOES	SWEET BELL PEPPERS	POTATOES

High Intensity Workouts

Any type of activity, from walking to sprinting is going to help you burn calories. However, there's only one type of exercise that will keep you burning calories throughout the entire day, even while you sleep. The answer? High Intensity Interval Training. And high intensity interval training workouts are shorter than your traditional cardio workouts (example: walking or jogging). Instead, follow these types of high intensity workouts below:

Sprint Training

Sprint training will help ramp up your metabolism quickly and keep you burning the pounds throughout the day. Sprints can last anywhere from 8 seconds (beginner) to 30 seconds (advanced). After completing a sprint, you then want to follow with a short rest, lasting somewhere between 60-120 seconds. Below is an example below of sprint training workout you can follow to maximize around the clock fat loss and burn calories continuously throughout the day, even when resting:

Sample Sprint Workout:

Sprint for 15 seconds on a seated stationary exercise bike

After completing the sprint, slowly pedal for 75 seconds.

Repeat this same relationship for 4-8 rounds.

Intensity during the sprint should be a 10/10.

Intensity during the resting period should be 1/10

Be sure to warm up and cool down before and after the workout.

High Intensity Bodyweight Circuits

Fast paced, bodyweight circuits like those in the Olympic Abs System will help you ramp up your metabolism at lightning speed. The best part about the Olympic Abs training system is it builds your abdominal muscles while burning through the belly fat sitting atop of your abs. And your body will continue burning fat overnight due to the caloric after burn from the intense exercise. Be sure to follow the Olympic Abs video workouts for maximal fat burning results.

Strength Training

Another important aspect to increasing your metabolism, is building lean muscle mass. It's shown, men and women with greater amounts of muscle mass have a higher, faster running metabolism. There are a couple options you have. You can begin a bodyweight strengthening program. This type of program is great for those who do not have access to a gym, yet still want to build lean muscle and burn fat throughout the day and overnight.

You can also include strength training with weights. This will allow you to add lean muscle to your frame and therefore boost your metabolism. You'll not only have a higher metabolic rate, but stronger bones, and a leaner, more attractive body.

Foods That Boost Metabolism

Hot Peppers

Jalapenos, habanero peppers, cayenne pepper and other forms of spicy peppers directly boost metabolism and circulation. In fact, eating hot peppers also reduce cravings while throwing your metabolism into top gear. Here's how. Hot peppers contain capsaicin, a compound that stimulates the body's pain receptors, temporarily increasing blood circulation and metabolic rate. You may have experienced this happen in physical form before. If you've ever experienced sweating after eating a spicy food product, that's because your metabolism has been fired up and is now working a bit extra. And it's no small feat. Studies show eating hot peppers can boost your metabolism up to 25% and for up to 3 hours.

Cabinet Spices

Cinnamon, black pepper, mustard seeds, powdered garlic, and more have been shown to keep your metabolism riding high. One Canadian study found using spices enabled people to burn up to 1,000 more calories a day compared to those who refused to use spices. So not only are you getting extra flavor in your meals, you're also burning more calories and even while you sleep. These spices also lower blood sugar levels and help curb your appetite so you can stay fuller for a longer period of time. Plain and simple, don't shy away from your cabinet spices.

Calcium Rich Foods

A study performed at the University of Tennessee found people who consumed 1,200-1,300 milligrams of calcium a day lost almost double the amount of weight as those not getting enough calcium in their diet. To help boost your metabolism, eat plenty of foods high in calcium. These foods include fat-free dairy products and dark leafy green vegetables such as spinach, kale, or broccoli. If you are unable to get enough of these foods, then a calcium supplement may be for you.

Eat Enough Protein

The more muscle you have, the more calories you burn. Even while you're sitting or sleeping. Which is why it's important to workout. However, working out breaks down your muscle. Eating high protein meals helps you repair the muscle so you can increase your muscle mass and therefore spike up your metabolism.

Protein intake differs per individual. However a good guideline is this, 0.8 to 1.0 grams of protein per kilogram of body weight per day should be enough to fuel weight loss and support muscle building for an increased metabolism. Here's an example: For a 130-pound (58 kilogram) person, you would consume 46-58 grams of protein. Get this. Research has also found due to the difficulty of your body's ability to break down protein during digestion, it can increase post-meal calorie burn by as much as 35 percent. So aim consume protein into every meal and snack throughout the day.

Some protein sources include, chicken breast, lean ground beef, salmon, tuna, Greek yogurt, cottage cheese, protein supplements, and much more.

Oh, And Avoid These...

Soda (including diet soda)

Sure diet soda may have zero calories, but drinking diet soda can wreak havoc with your goal of having a flat midsection. Research published in the journal *Trends in Endocrinology & Metabolism* shows artificially sweetened beverages can jack with your body's normal metabolic response to sugar and actually increasing appetite. Therefore diet drinks are being linked with weight gain, metabolic syndrome and a host of other potential illnesses.

Alcohol

While drinking in moderation every so often may not do much damage to your midsection, if you do it too often, you can slow down your metabolic rate. You see, when your body ingests alcohol, it takes priority over any food to be digested first. This slows down the entire metabolic process. In fact, researcher shows drinking alcohol often decreases your body's fat-burning ability by up to 73 percent. Here's a tip. If you do decide to drink, alternate your alcohol with water to slow your pace and cut yourself off after two drinks. Avoid ordering high-cal bar food like fries and burgers.

Sweet Tea and Other Sweet Beverages

Caffeine from tea will give you a boost to your metabolism, especially when ingested before exercise, but no amount of metabolic improvements will help you burn off the empty calories that come from sweet tea, energy drinks, or other sweet beverages. According to one study published in *Mayo Clinic Proceedings*, one energy drink feeds you an unnoticeable quarter cup of sugar, triggering fat storage.. So if you want to burn calories and keep your metabolism high and healthy, stick to water. Here's why. According to a study published in *The Journal of Clinical Endocrinology and Metabolism*, after you drink 17 ounces of water, your metabolic rate can increase up to 30 percent!

Now that you have these metabolism boosting tips. Here's a few recipes that help spike metabolism.



BUCKWHEAT OVERNIGHT OATS

And you can always prepare for the day ahead by making one of the following overnight oats recipes so you can wake up, eat, enjoy, and let the metabolism boosting begin from the morning. Sure, this may not burn calories while you sleep. However, it will set you up for fat loss success the next day. Here are some overnight oat recipes you can prepare and have ready to go in the morning.

Quick tip, save these recipes for the morning and make them in bulk. Take one or two of the recipes in this section and make enough so you have these overnight oats recipes ready to go for all mornings of the week. The ingredients help boost your metabolism, enhance fat loss, and keep you full and satisfied throughout the day. Be sure to make any adjustments you need for allergy purposes or if you have particular food preferences.

For the produce, be sure to look at page 14 and make sure you select the organic options for foods high in pesticides.



BUCKWHEAT OVERNIGHT OATS

Nutrition per serving: 360 calories, 9.5 g fat, 51.2 g carbs, 6.2 g fiber, 18.6 g protein

Ingredients:

- 1/2 cup non-fat vanilla greek yogurt
- 1/2 cup old fashioned rolled oats
- 1/2 cup unsweetened almond milk
- 3 teaspoons brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon cream cheese, softened

Instructions:

step 1) Combine greek yogurt, oats, almond milk, brown sugar and cinnamon in a mason jar or sealable container and stir until smooth.

step 2) In a small bowl whisk together softened cream cheese. Add to oat mixture and stir until smooth. Cover and chill overnight. Enjoy chilled.



BUCKWHEAT OVERNIGHT OATS

Nutrition per serving: 199 calories, 7.5 g fat, 27 g carbs, 3.6 g fiber, 6.1 g protein

Ingredients:

- 2 tablespoons creamy peanut butter
- 1/2 teaspoon vanilla extract
- 1/4 cup unsweetened applesauce or vanilla yogurt*
- 1/3 cup unsweetened almond milk or sub another milk
- 1/2 cup old fashioned oats**
- 2 teaspoons sugar-free cheesecake pudding

Instructions:

step 1) Combine peanut butter and vanilla extract in a small bowl. Microwave for 10 seconds, stir for 10 seconds, and microwave for 10 more seconds.

step 2) Add in the applesauce, milk, oats and cheesecake pudding.

step 3) Stir. Make sure the peanut butter is mashed in thoroughly.

step 4) Transfer the mixture into a small jar or sealed container.

step 5) Place in the fridge overnight and enjoy in the morning.



BUCKWHEAT OVERNIGHT OATS

Nutrition per serving: 294 calories, 8.7 g fat, 1.2 g saturated fat, 8.5 g fiber, 11.6 g sugar, 8.7 g protein

Ingredients:

- 1 Tbsp cacao powder
- 1 cup unsweetened almond milk
- 1 Tbsp chia seeds
- 1 cup rolled oats, processed slightly in a blender
- 2-3 tsp all-natural maple syrup
- 1 shot (1oz.) warm espresso
- 1/8 tsp vanilla extract
- 1/8 tsp cinnamon

Instructions:

step 1) Add 1/2 cup almond milk, cacao powder & warm espresso to blender. Blend on low until smooth. Add in remaining almond milk, spices and sweetener. Continue blending

step 2) Add chia seeds, oats and cacao in a liquid in a small bowl or jar. Stir

step 3) Place in the fridge overnight, enjoy chilled in the morning.



BUCKWHEAT OVERNIGHT OATS

Nutrition per serving: 285 calories, 7.9 g fat, 47.7 g carbs, 9.8 g fiber, 9.7 g protein

Ingredients:

- 1/4 cup buckwheat groats
- 1/4 cup ground buckwheat groats (pulse in food processor for 3 seconds)
- 1/2 tablespoon chia seeds
- 1 tablespoon ground flax seed
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 cups cashew milk

Instructions:

step 1) Combine all ingredients in a small bowl and stir.

step 2) Cover and refrigerate overnight.

step 3) Before eating, add 1/4 cup of cashew milk and stir into "oats".



DAILY HACKS TO BURN FAT WHILE YOU SLEEP

When it comes down to the goal of burning fat while you sleep - it includes a daytime effort, some of which you've seen already reading through this manual. In this section, you'll be presented with countless other ways to burn fat, increase your metabolism, boost your fat loss hormones, and more throughout the day so you can fall asleep, knowing your body is still operating as a fat fighting furnace. Other than the techniques used earlier in this manual, here are some other hacks you can perform during the day to keep your burning fat all night long.



EAT WHOLE GRAINS DURING LUNCH

We briefly spoke about the importance of not having a large meal before bedtime, especially a heavy meal which may throw off your REM sleep schedule. However, that doesn't mean you can't have a hefty chunk of whole grain, nutrient dense carbohydrates for lunch. In fact, ideally it will be better to keep your carbohydrate intake around lunch time and keep it light during dinner.

Here's why whole grains are a great idea to have during lunchtime. Other than the high fiber content, which naturally flips the switch on your body into fat burning mode (fiber is a natural thermogenic), you will also have a better rest for optimal overnight fat burning.

You see, serotonin converts into melatonin in your stage 3 REM sleep, and serotonin is sourced from whole-grain complex carbohydrates. So you don't need to have carbs before bed to sleep, just have them at some point through the day.



CASEIN PROTEIN SHAKE

Protein is a natural thermogenic. Meaning, protein acts as a natural fat burner in the body, similarly to how fiber is a natural thermogenic. And remember earlier in the text how we had mentioned the importance of protein for muscle recovery so you can build muscle and thus boost your metabolic rate even more? Well, there's no better time to chug down a fancy protein shake than when your body is resting and repairing itself from a long day of work, workouts, and the other extras that come with every day.

And get this. According to one Florida State University study. Researchers found that men who consumed 30 grams of protein before bed had a higher resting metabolic rate the next morning than when eating nothing. So there you have it. And if you are not a fan of protein shakes, the next best alternative is cottage cheese. Be sure to consume around one cup of cottage cheese before bed for more than 20 grams of protein before bed that will keep you full and ramp up your metabolism throughout the evening for extra fat loss.



THE SCENT OF MINT

Keep mint leaves near you. I know it sounds weird. However, certain scents can make your mouth water, and others can actually suppress your appetite. And mint my friend is a powerful appetite suppressant. In fact, one study published in the *Journal of Neurological and Orthopaedic Medicine* found people who smelled peppermint every two hours lost an average of 5 pounds a month! How about that for some effortless fat burning!

Now, I understand this isn't going to have an effect on your metabolism. And sure won't make a difference in the night time (unless you get cravings in the evening), however it's such an easy tip to help you lose some extra fat throughout the month, I just couldn't pass up sharing it with you.

And if you can't stand the smell of mint, don't worry, there are some other scents that do suppress appetite like, banana, green apple, and vanilla. Yet none of those options are as effective at suppressing appetite as mint is.



KEEP THE HOUSE COLD

Okay, this one helps anytime of the day. An odd new study published in the journal titled, *Diabetes* shows by simply ramping up your air conditioning (or not turning on your heat during the winter time) can help you attack belly fat throughout the entire day, even while you're sleeping. You see, cold temperatures allows our body to store more brown fat. Brown fat is different from the gross and dangerous yellow fat that makes most people sick and flabby. Check out this study:

Participants in the experiment, spent a few weeks sleeping in bedrooms with varying temperatures: 75 degrees was neutral, 66 degrees was cool, and 81 degrees, warm. After four weeks of sleeping at 66 degrees, the subjects had almost doubled their volumes of brown fat, which means they lost belly fat. How about that for a quick and easy fat burning tip you can use all year around to lose more weight and maintain more leanness than fat.



KEEP YOUR BEDROOM DARK

Who would've guessed a change in lightness in your bedroom during sleep would make a difference between being obese or not? Sounds crazy, I know. However, it may result in weight gain according to a new study published in the *American Journal of Epidemiology*. The study showed subjects who slept in the darkest rooms of the experiment were 21 percent less likely to be obese than those sleeping in the lightest rooms.

So here's a tip. Remove any night lights. If you leave any closet lights on, or just sleep in a dim room, then turn it off! Instead, close the curtains around your window and hide any lights. This will allow you to sleep longer and get a deeper, more peaceful sleep in the evening. At the same time you'll promote fat loss while sleeping and avoid the risk of obesity in a small, yet meaningful way.



KEEP THE PHONE OR IPAD FAR AWAY

Research shows the more electronics you bring into the bedroom, the fatter you may become, especially among children. A study in the *Pediatric Obesity* journal found kids who spend more time in front of the TV or computer before bedtime don't get enough rest and suffer from poor lifestyle habits. Researchers also found students with access to one electronic device were 1.47 times as likely to be overweight as kids with no devices in the bedroom.

Moral of these stats, mobile devices, computers, and anything of the like is going to distract you. Keeping you from getting a long night sleep. Here's the thing, if you want to burn fat while you sleep, it won't happen until you actually fall asleep. Laying in bed just won't do the trick. So if you're serious about losing the extra pounds while you sleep, set your phone across the room and keep all other portable devices far away from you in bed.



LIGHTEN UP ON THE TELEVISION

Whether watching the television before bed or throughout the day, it's time to watch less TV. Especially if you are serious about losing body fat. Here's a (maybe) obvious fact. People who watch less television are actually leaner than those who spend more time sitting in front of the tube.

A recent study found for every two hours spent watching TV, the risk of developing diabetes, developing heart disease, and early death increases between 13 and 20 percent. And while researchers are still figuring out why sitting is so detrimental to our health, one obvious and partial explanation is the less we move, the less calories we burn. Making us more overweight and leads us into the storm of other weight related diseases as such as diabetes, heart disease, obesity, and so much more.



WARM SHOWER BEFORE BED

I know we can get stuck in our ways. However, if you normally bathe in the morning then listen up. A hot shower is an easy and simple way to relax your body to help ensure a great night's sleep. Warm showers have been shown to relieve tension and relax sore muscles. Additionally, it can increase the level of oxytocin, also known as one of the “love hormones” in your brain which also stimulates relaxation right before bed, making it easier to fall asleep.

The warm temperature from the shower also gives your body an internal lift, resulting in a quick drop in temp when you get out and dry off. This also relaxes your body. All in all, changing from a morning shower to an evening shower person, or possibly having two showers during the day can be incredibly helpful in burning fat while you sleep by helping your body relax and fall into a deep sleep faster.



ONE MORE REASON TO MAKE LOVE

Well, if you need one more reason to “get it on” in the evening time, this is it. According to a new study published in the *Journal of Sexual Medicine*, having more sex gave you better you sleep, and helps you lose more weight. Let’s face it, it’s a fun calorie burner too. There’s not much more to this one. Have a light dinner. Make love. And watch the pounds begin to fall off.

HERE'S TO BURNING FAT WHILE YOU SLEEP!

What now? You have an entire guide packed with simple to use strategies, you can implement tonight to begin burning fat overnight. The selections of tactics in this text are numerous. Be sure to choose a few strategies that work best for you. All in all, get plenty of sleep. Make some metabolism boosting food selections, and be sure to exercise and at the very least, spend less time in front of the television.

The scientifically proven tips and techniques in this manual are only as good as you make them. Meaning, if you don't use them, they will never work for you. Be consistent. Select the items that suit your lifestyle and will allow you to succeed with your overnight fat burning.

If you have any questions about the Overnight Abs Solution, please email me at joelofitness@gmail.com and I will reply personally as soon as possible. Please understand I am currently helping thousands of men and women achieve their best bodies and it may take 24-48 hours to respond. However I do my best to reply well before then.

Here's to your success!

Joe LoGalbo