



# THE FAT BURNER BLUEPRINT

REAL TALK ABOUT  
WHAT WORKS OVER 40

CUT THE FLUFF.  
BURN MORE FAT.  
TRAIN SMARTER

**BY DAVID TODD**

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# DTF Fat Burner Blueprint

## "The No-Nonsense Guide to Boosting Fat Loss Over 40"

*By David Todd | David Todd Fitness*

### Why You're Still Storing Fat Around Your Stomach (Even if You're Training Right)

Let's face it—losing belly fat after 40 is a different game. You might be training hard, lifting weights, and even eating pretty well... yet that stubborn fat around your midsection won't shift. Sound familiar? You're not alone.

That's because, as we age, hormone levels shift, recovery slows, and our metabolism can dip slightly. Add to that the reality of daily stress, sleep disruption, and, yes, the occasional bottle of wine, and your body becomes a little less responsive to fat loss.

But here's the good news: there are a few science-backed fat burners that *can* help—when used wisely. This guide cuts through the noise to give you what actually works.



# The 5 Fat Burners That Are Worth It

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Struggling with stubborn belly fat—even though you're training and eating fairly well?

Here are 5 smart, no-BS supplements that can

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## 1 Caffeine (or Thermogenics)

- Boosts metabolism and energy
- Black coffee or a basic fat burner can work



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## 2 Green Tea Extract (ECGG)

- Cheap, natural, and effective
- When paired with caffeine



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## 3 L-Carnitine (especially Acetyl-L-Carnitine)

- Helps your body turn stored fat into fuel



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- Helps your body turn stored fat into fuel
- Great pre-workout or pre-walk



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## 4 Apple Cider Vinegar (capsules)

- Supports digestion and blood sugar control
- Easy win



### 1. Caffeine (100–300mg daily)

- What it does: Increases energy expenditure, stimulates fat oxidation, and improves exercise performance.
- When to take it: Morning or 30–60 minutes before workouts.
- Pro Tip: Don't rely on caffeine alone—cycle your intake and avoid using it to compensate for poor sleep.

## 2. Green Tea Extract (250–500mg EGCG daily)

- **What it does:** Enhances fat metabolism and works synergistically with caffeine.
- **When to take it:** With meals or with caffeine for best effect.
- **Pro Tip:** Look for standardized extracts with high EGCG content.

## 3. Acetyl-L-Carnitine (1–2g daily)

- **What it does:** Supports fat transport into mitochondria where it's used as energy; also aids brain function and recovery.
- **When to take it:** Morning or pre-workout.
- **Pro Tip:** Especially effective for fasted cardio or low-carb training days. Also known to enhance mental clarity and reduce fatigue.

## 4. Capsaicin (2–10mg or from red pepper extract)

- **What it does:** Increases thermogenesis and helps reduce appetite.
- **When to take it:** With meals.
- **Pro Tip:** Try cayenne pepper capsules if spicy food isn't your thing.

## 5. **Soluble Fibre (5–10g daily)**

- **What it does:** Slows digestion, stabilises blood sugar, and improves gut health—all crucial for long-term fat loss.
- **When to take it:** Spread throughout the day, ideally with meals.
- **Pro Tip:** Psyllium husk or glucomannan are great options.



# Supplements to Avoid

These often get hyped but offer little benefit:

- CLA: Minimal impact on fat loss.
- Raspberry Ketones: Lacks strong evidence.
- Detox Teas: Just no.
- "Fat-Burning" BCAAs: Better to focus on real protein.

## Maximise Your Fat Loss – Daily Checklist

- 7–8 hours of quality sleep
- 3–5 days of strength training
- Protein with every meal
- 8k–12k steps per day or NEAT
- Smart, consistent supplementation
- Accountability & structure (coaching helps!)



# Want More Guidance?

If you're serious about shedding fat and building a leaner, stronger, pain-free body over 40, I can help.

☞ Join My Online Coaching Program

☞ Explore the Signature Series Programs

A large, thin, gold-colored circle is positioned on the right side of the image. Inside the circle, the letters "DTF" are written in a gold-colored, serif font.

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