



34 Simple And Quick Fat Burning Recipes

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Snacks and Sides

Cajun Style Sweet Potatoes (Carb Day Only)

- This recipe comes from Dave Ruel of www.metaboliccooking.com

Ingredients

- 2 medium (5oz) sweet potatoes
- 1 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary
- 1/4 teaspoon garlic powder
- Pinch of cayenne pepper
- 1 teaspoon olive oil

Directions

Preheat oven to 375oF. In a small bowl, stir together paprika, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.

Slice the sweet potatoes in half lengthwise.

Brush each half with olive oil.

Rub the seasoning mix over the cut surface of each half.

Place sweet potatoes on a baking sheet or in a shallow pan.

Bake until tender or about 45 minutes.



Cauliflower Pizza Crust

- submitted by Des LeBaron of Fit For Photos

Ingredients for the crust:

- 1 cup cooked, riced cauliflower
- 1 egg white, beaten
- 1 tsp dried oregano
- 1/2 tsp crushed garlic
- 1/2 tsp garlic salt
- olive oil (optional)

To "Rice" the Cauliflower

Take 1 large head of fresh cauliflower, remove stems and leaves, and chop the florets into chunks. Add to food processor and pulse until it looks like grain. Do not over-do pulse or you will puree it. (If you don't have a food processor, you can grate the whole head with a cheese grater). Place the riced cauliflower into a microwave safe bowl and microwave for 8 minutes. There is no need to add water, as the natural moisture in the cauliflower is enough to cook itself.

One large head should produce approximately 3 cups of riced cauliflower. The remainder can be used to make additional pizza crusts immediately, or can be stored in the refrigerator for up to one week.

To Make the Pizza Crust:

Preheat oven to 450 degrees. Spray a cookie sheet with non-stick cooking spray.

In a medium bowl, stir together 1 cup cauliflower and egg. Add oregano, crushed garlic and garlic salt, stir. Transfer to the cookie sheet, and using your hands, pat out into a 9" round. Optional: Brush olive oil over top of mixture to help with browning.

Bake at 450 degrees for 15 minutes.

Chocolate Granola (Carb Day Only)

- submitted by Anne Westfall McCann of Fit For Photos via www.fitalicious.me

Makes 6 servings

Ingredients and Directions

3 cups old fashioned oatmeal

1/2 cup raw nuts of your choice (or seeds like sunflower or pumpkin)

In a separate small bowl

Mix VERY WELL:

1/2 cup plus 2 tablespoon canned unsweetened coconut milk

3 tablespoon unsweetened cocoa powder

60 drops of stevia or 11-12 servings

Pour over oatmeal and nuts...mix well

Bake on a parchment lined baking sheet

Set the oven for 325f for 1hr- 1:15 take out every 15 min and flip.

Let cool completely and store in a air tight container or bag for up to a month.

ENJOY



Almond Meal "Tortilla" Chips.

- submitted by Gina Bellous of Fit For Photos

I have come up with a recipe that is sure to satisfy that longing for a good crunch of a tortilla chip. This recipe is simple with only 4 easy, clean, ingredients.

Makes 3 servings (1 serving in parenthesis)

Preheat oven to 350 degrees F.

Ingredients:

1 Cup Almond Meal (1/3 cup)

1 Egg (1 Tbs)

1 1/2 tsp Olive Oil (1/2 tsp)

Pinch of Sea Salt (tiny pinch)

Directions:

Mix all of the ingredients together to form a dough. You may need to add a bit more almond meal if the mixture is too wet. You can also use the almond meal as "flour".

Line a baking sheet with parchment paper.

Roll out the dough as thin as possible.

Use a pizza cutter or dough cutter to score/cut the dough into triangles.

Don't try to move them. Leave the dough intact until baked.

Bake in oven at 350 degrees for about 10 - 12 minutes or until crispy and golden.

Break apart into triangles.

Serve with fresh Salsa or guacamole.

Kale Chips

- Submitted by Gina Bellous of Fit For Photos

Great idea for a nutritious snack! They are crunchy like potato chips but low cal, low carb and a great way to get your dark leafy green veggies!

Ingredients

1 Bunch of Kale
1 Tbs (or less) of Olive Oil
Sea Salt

Preheat oven to 350 degrees.

Wash Kale, remove tough stems and cut leaves into bite sized pieces. Be sure to remove as much water as possible. Use a salad spinner or set the kale on a clean towel to remove excess moisture.

Put Kale pieces in a zip lock bag with olive oil and salt, seal it and shake it up to coat the kale evenly.

Spread the kale in a single layer on a cookie sheet covered either with foil or parchment paper.

Don't overcrowd the kale so it can dry out and get crispy.

Bake in the oven for 15 – 30 minutes, check it often and turn as needed and remove the pieces that are ready. I put the chips on a paper towel to remove any excess oil and keep them crisply! You can also add a dash of hot sauce to the ziploc bag to spice them up

ENJOY!

This recipe makes about 6 servings.

Homemade Guacamole

- This recipe comes from Isabel De Los Rios of www.beyonddiet.com

I absolutely love guacamole as an appetizer or an addition to pretty much any meal (even breakfast!) Here is my quick and easy homemade guacamole recipe that we enjoy at my house at least 2-3 times per week.

Makes 6 Servings

Ingredients

2 avocados
1/2 tomato, chopped
1/4 onion, chopped (you might want to use less)
chopped cilantro
Celtic sea sal

Directions

I mixed all the ingredients together. While I was chopping the contents of the guacamole I sliced up some cucumbers and tomatoes and got out a bag of baby carrots. This is what I used for the guacamole instead of chips.



Herbed Chili-Lime Cauliflower

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Introduction:

Recipe contributes fibrous carbs. See below for variations.

Servings: 6 Serving size: 8 ounces Prep Time: 10-12 minutes Cook Time: 6-8 minutes

Ingredients:

1 medium head cauliflower
2 fresh limes
1/4 cup chopped fresh cilantro
1/4 cup chopped fresh parsley
1 pinch crushed red pepper flakes
To taste salt
To taste freshly ground black pepper
and parsley.

Directions:

Place a steamer basket into an appropriate saucepan. Add water to within 1/2-inch of the bottom of the steamer; set aside. (Or follow directions that come with your steamer).



Remove and discard the outer leaves and core of the cauliflower. Break the cauliflower into florets (you should get about 4 cups). Transfer the florets to the steamer basket. Cover the saucepan; bring the water to a boil over high heat, then reduce the heat to medium- low and steam the florets for about 10 minutes, or until they have reached the desired doneness.

Meanwhile, use a fine grater held over a medium mixing or serving bowl to zest ONE of the limes. Halve and juice both limes, adding the juice to the bowl. Also, add the cilantro and parsley.

When the cauliflower is done, lift the steamer basket from the saucepan and allow the cauliflower to drain. Add the cauliflower to the lime and herb mixture. Season to taste with salt, if desired, pepper and red pepper flakes; toss lightly until the herbs are evenly distributed.

Serve the cauliflower warm, or cover and refrigerate.

Note: If purple or orange cauliflower and/or green broccoflower are available, use a combination of colors for a colorful presentation. While steaming the cauliflower yields a lovely, light vegetable dish, for variation, the cauliflower may be roasted in the oven, which brings out a richer, nutty flavor. Allow at least 30 minutes at 400 degrees for roasting.

Breakfasts

Blueberry Protein Pancakes

- This comes from Betty Rucker <http://thebettyrocker.com> and her healthy 30-day eating program <http://fuel.thebettyrocker.com>

Yield: 5-6 pancakes

You will need: medium size mixing bowl, whisk or fork, measuring cups and spoons, saute pan, spatula, cooking oil spray

Ingredients

1/4 cup flaxseed meal
1/4 cup almond meal flour
1/4 cup vanilla, plain, egg white or
raw protein powder
1/2 tsp cinnamon
1/2 tsp vanilla extract
1/2 cup egg whites
2 T coconut oil
1/2 cup blueberries

Directions

1. Mix the flaxseed meal, protein powder, almond flour and cinnamon together in a bowl.
2. Add in the egg whites and vanilla.
3. Melt coconut oil and add it to the mixture; stir everything together.
4. Add blueberries.
5. Heat a saute pan or skillet to medium heat and spray with cooking oil.
6. Ladle batter onto heated skillet and cook evenly on both sides until done.



*notes: this is a thick batter. I use the ladle to flatten the batter out a bit once I've got it in the pan. Be sure to cook them all the way through – I keep the heat medium so they don't burn on the outside.

Top with your choice of butter, almond butter, walnuts or enjoy them hot out of the pan just as they are.

Avocado and Tomato Omelette

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Introduction:

This recipe is primarily a protein and fibrous carb. Adapted from Oxygen magazine, March, 2009.

Servings: 2 Serving size: 6.6 ounces Prep Time: n/a Cook Time: 15 minutes

Ingredients:

No-stick cooking spray
4 egg whites whisked with a splash of water
1/2 avocado cubed
6 grape tomatoes halved
1/4 cup red onion chopped (measured after chopping)

Directions:

Spray a small skillet with no-stick cooking spray. Pour in whisked egg whites and water, then cook over medium-heat, without stirring, until eggs are opaque.

Add avocado, tomatoes, and onion, if using, then carefully flip omelette over continue cooking for 2 more minutes, until eggs reach desired doneness.

Washed and dried baby spinach leaves, added along with the avocado and tomatoes would give a colorful and nutritious boost to this omelette.



and
or

Peanut Butter Protein Pancakes

This recipe comes from Isabel De Los Rios of www.beyonddiet.com

Great! Simple! Great tasting and very easy to do pancakes, which can be used as a snack or for breakfast.

- Prep Time: 8 min
- Cook Time: 15 min
- Servings: 6

Ingredients

12 organic eggs
12 tbsp organic coconut flour
2 tbsp coconut milk
6 tbsp cinnamon
6 tbsp 100% raw organic peanut butter
100% organic coconut oil (for cooking)



12
12
2
6

Directions

Mix the eggs, coconut milk and peanut butter all together.

Then add the cinnamon as well as the coconut flour. If you want (optional) you could add 1 tbsp of vanilla extract. Make sure to mix very well.

Turn the stove on to medium heat.

Add a little coconut oil to the pan.

Using 1/4 cup, make 3 pancakes and cook for about 1 minute each side.

Make sure you always put coconut oil in between batches, so that they don't burn and they cook well.

The whole batch makes about 13 pancakes, which gives you approx. 1.5 protein/pancake.

Therefore, 1 serving of 2 pancakes gives you 3 proteins.

Great tasting! Enjoy!

Flower Power - Peppers and Eggs

This recipe comes from Isabel De Los Rios of www.beyonddiet.com

Colourful breakfast that's yummy too!

- Cook Time: 2-5 min
- Servings: 1

Ingredients

Organic/ free-range eggs
Bell Peppers
Oil

Directions

Cut bell peppers into 1/2 inch rings non-stick lightly oiled skillet egg in the middle of each ring and cover over low heat until done. You can add seasoning if you want. (I personally love powder in my eggs!) If you like your runny, just cook over low heat until are done. If you like your yolks firm, break the yolks and then cook over low heat until both whites and yolks are firm. Serve and enjoy!



Organic
Coconut

Place in a
Crack an
and cook

chili
yolks
whites

Turkey Bacon Frittata with Sauteed Onions, Mushrooms and Bell Pepper

This recipe comes from Isabel De Los Rios of www.beyonddiet.com

- Prep Time: 10min
- Cook Time: 25 mins
- Servings: 4

Ingredients

4 organic eggs
salt and pepper to taste
sprinkle of parsley
6 slices of turkey bacon
TBSP diced onion
TBSP diced mushroom
TBSP diced Green bell pepper
TBSP diced tomato
Coconut oil
TBSP unsweetened almond milk
garlic powder (just a few sprinkles)
Fresh or dried parsley



3
3
3
1
1

Preheat oven to 375° F. Over medium heat saute onions, mushrooms, and bell pepper in about 1 Tbsp coconut oil, until water from mushrooms has evaporated but the vegetables are still semi crisp. Remove from heat. Grease a muffin tin lightly with olive oil or coconut oil. Place 1/2 slice of turkey bacon at the bottom of each muffin well. Wrap muffin wells with one whole piece of turkey bacon until the sides are covered. (it's ok if they aren't flush with the pan. just make a circle with the turkey bacon) Beat 4 eggs with 1 Tbsp of milk, garlic powder, salt and pepper. Gently fold in vegetables. Pour egg mixture into muffin cups, it's ok if it goes on the outside of the turkey bacon.

Cook for about 20-25 minutes or until eggs are set.
Sprinkle with parsley
Serve immediately.

Blueberry Baked Oatmeal (Carb Day Only)

This recipe comes from Isabel De Los Rios of www.beyonddiet.com. Originally from <http://www.healthforthewholeself.com>)

- Prep Time: 10 Min
- Cook Time: 30 Minutes
- Servings: 4

Ingredients

1/2 cup oats
1 cup water
1/2 scoop Prograde vanilla protein powder
1/8 tsp baking powder
small handful of blueberries
dash of cinnamon
egg whites

Directions

You can put it all in to a pie pan. Bake at 350F for 30 min. And that's it! You're done! sugars no oils.



3

no

Vegetable Hash Browns (Carb Day Only)

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Servings:

2 Serving size: 2 (4-oz.) hash browns

Prep Time: 10 minutes

Cook Time: 5 -10 minutes

Ingredients:

3 egg whites

1 small carrot well-scrubbed and grated

1 small sweet potato well-scrubbed and grated

1 small zucchini grated

1/2 small onion finely chopped

1/2 red bell pepper seeded and finely chopped

2 cloves garlic minced (1 teaspoon)

To taste fresh or dried herbs (

To taste salt To taste ground black pepper



Directions:

Into a large mixing bowl, separate the egg whites, discarding or saving yolks for another use. Whisk whites until frothy.

Press grated carrot, potato, and zucchini firmly between several layers of paper towel to absorb the excess moisture, then add to the egg whites. Stir in chopped onion and pepper until mixed well. Season to taste with herbs, salt and pepper.

Spray a large, flat-bottomed skillet or griddle generously with no-stick cooking spray and preheat to medium. When the skillet is hot, spoon the hash brown mixture into the skillet, forming two patties; press firmly with the back of a spatula to aid browning. Reduce heat to medium low and cook patties for about 5 to 7 minutes, or until browned on the first side, then use spatula to turn and continue cooking until the second sides are browned, about 3 to 5 minutes.

Serve hot.

Notes:

Alternatively, hash brown mixture can be cooked in one large mound, then in cut 4 wedges to serve; two wedges per serving.

For perfectly round patties, spoon mixture into egg rings when frying. If speed is more important than beauty, a panini press works great and browns both sides at once!

Mini Frittatas

- submitted by Jennifer Prymek of Fit For Photos;
Recipe courtesy Giada De Laurentiis

Prep Time: 12 min

Cook Time: 10 min

Serves: about 40 mini frittatas

Ingredients

Nonstick vegetable oil cooking spray
8 large eggs
1/2 cup unsweetened coconut milk
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
4 ounces thinly sliced ham, chopped
2 tablespoons chopped fresh Italian parsley leaves



Directions

Preheat the oven to 375 degrees F.

Spray 2 mini muffin tins (each with 24 cups) with nonstick spray. Whisk the eggs, milk, pepper, and salt in a large bowl to blend well. Stir in the ham and parsley. Fill prepared muffin cups almost to the top with the egg mixture. Bake until the egg mixture puffs and is just set in the center, about 8 to 10 minutes. Using a rubber spatula, loosen the frittatas from the muffin cups and slide the frittatas onto a platter. Serve immediately.

Note: I added spinach and onion and sometimes mushrooms. I made them ahead of time and would just reheat in the morning.

Zucchini Hash Browns

- submitted by Gina Bellous of Fit For Photos

Ingredients

2 medium eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
1 dash salt
1 tbsp olive oil
1 1/2 cups shredded zucchini

Directions

1. Heat oil in skillet.
2. Mix together zucchini, slightly beaten eggs, salt, pepper, garlic powder and onion powder.
3. Drop by spoonfuls into the hot skillet.
4. After browning on one side flip and brown the other side.
5. Note: you can substitute egg whites to lower calorie, cholesterol, and fat counts. (1 egg white is about 3 Tbs)
6. You can also add a bit of shredded onion to the mix if you want them to be more like a potato latke

Power Bowl (Carb Day Only)

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Adapted from a yahoo.com article.

Servings: 1
Serving size: 10 ounces
Prep Time: 5-7 minutes
Cook Time: 0 minutes



Ingredients:

1/3 cup old-fashioned rolled oats
uncooked
1 tablespoon English walnuts chopped
(measured after chopping)
1 tablespoon ground flax seeds (flaxseed meal)
1/2 teaspoon ground cinnamon
2/3 cup unsweetened almond milk
1/2 cup fresh blueberries (or preferred fresh fruit)

Directions:

In an individual cereal bowl, stir together the oats, walnuts, flax seed and cinnamon.
Add milk.
Top with fresh fruit.

Notes:

For a softer consistency, the oats may be soaked in the almond milk overnight before adding the remaining ingredients.

Lunches

Tuna Salad on Sliced Cucumbers

- This comes from Betty Rucker <http://thebettyrocker.com> and her healthy 30-day eating program <http://fuel.thebettyrocker.com>

Ingredients

1-5oz can albacore tuna,
packed in water, no salt added
1/2 ripe avocado
2 T spicy mustard
Assorted veggies you have on
hand – tomatoes, celery, shallots
ground pepper

Directions

1. Mix everything in a bowl.
 2. Cut 1/2 a cucumber in thin slices, and spread tuna salad on top.
- I also love the tuna salad on gluten free
over a bowl of baby kale, or you just
straight out of the bowl!



Fresh

toast,

Crockpot Taco Chicken

This recipe comes from Isabel De Los Rios of www.beyonddiet.com.

Super easy and does well in the refrigerator - this is one of those things I make on the weekend so we can eat it throughout the week.

- Prep Time: 3 minutes
- Cook Time: 6-7 hours

Ingredients

1-2 pounds boneless skinless chicken breasts
3 tablespoons freshly squeezed lime juice
1 tablespoon chili powder (I used a little more than this)
1 cup fresh salsa (also used a little more of this)



Place the chicken in crockpot.
Add lime juice and chili powder (spread out over all the chicken).
Cover and cook on low for 5-6 hours or until chicken is tender.
Remove chicken from crockpot. Shred meat with two forks and return to the crockpot.
Stir in salsa.
Cover and cook on low for about 30 minutes.

There are so many ways to eat this - add it to a salad for some protein, eat it in a lettuce wrap like a taco, use celery sticks and eat it like a dip, etc. So good!

*Each ounce is 1 protein serving.

Guacamole Chicken Salad

This recipe comes from Isabel De Los Rios of www.beyonddiet.com.

A delicious way to use your left over chicken and guacamole to make a creamy and satisfying chicken salad.

- Prep Time: 10 minutes
- Cook Time:0
- Servings: 4

Ingredients

8 oz cooked chicken diced or pulled
green pepper diced
tomato diced
prepared guacamole (mine was one avocado



1/2
Small
1/2 cup
worth)

Directions

Mix ingredients and eat on lettuce.

"Breaded" Baked Chicken

This recipe comes from Isabel De Los Rios of www.beyonddiet.com.

Ingredients

3 eggs
1 cup almond meal
1 cup coconut flour
1 tbsp garlic powder
Black Pepper to taste
2 lbs chicken thighs, chicken legs, or chicken breast
Coconut Oil

Directions

1. Preheat oven to 350 degrees F. Whisk the eggs in one dish and in a separate dish mix almond meal, coconut flour, garlic powder and black pepper.
2. Dip chicken pieces one at a time into the egg. Next, roll the chicken in the breading mixture until both sides are covered.
3. Place the chicken in a glass baking dish that has been lightly greased with coconut oil. Bake for 45 minutes to 1 hour or until the chicken juices run clear.

Tex-Mex Hamburgers

This recipe comes from Isabel De Los Rios of www.beyonddiet.com.

- Prep Time: 5 minutes
- Cook Time: Under 10 minutes
- Servings: 4

Ingredients

1 pound lean grass fed organic ground beef
1/2 to 1 teaspoon sea salt *or to taste*
2 to 3 Tablespoons onion, finely minced
1 teaspoon chili powder *or to taste*
1/4 teaspoon black pepper *or to taste*
2 Tablespoons organic salsa
1/4 teaspoon garlic powder *or to taste*

Directions

In a small bowl, mix together salt, onion, chili powder, pepper, salsa and garlic powder.



Combine the onion/seasonings mixture with the ground beef, just until blended. Do NOT over mix or the hamburger patties will be tough. Shape into 4 patties, each about 3/4 inch thick.

Heat a large skillet. Melt a bit of coconut oil and then add the patties. Cook about 4 minutes per side for medium or until they are done to your liking.

Makes 4 servings. Optional: Serve in big lettuce leaves (no bun)

Dinners

Gluten-Free Turkey Meatballs

- This comes from Betty Rucker <http://thebettyrocker.com> and her healthy 30-day eating program <http://fuel.thebettyrocker.com>

Yield: 16 meatballs

You will need: Grater (or food processor), garlic press (optional), medium-sized mixing bowl, knife and cutting board, measuring cups, cookie sheet, olive oil cooking spray

Ingredients

1 lb ground turkey (I get half breast and half thigh ground mixed)
1/2 cup almond flour
2 eggs
1 small yellow onion
1/2 cup baby carrots, grated
3-4 cloves garlic, peeled and pressed (or minced)
1/2 cup parsley
1/2 cup fresh basil
1/4 tsp salt
Fresh black pepper to taste

Directions

1. Preheat oven to 350.
 2. Prepare vegetables: peel the onions and grate them. Grate the carrots. Finely chop parsley and basil. Peel and press (or mince) garlic.
 3. Add ground turkey to a medium sized bowl, and add in the onions, carrots, parsley, basil and garlic. Season with fresh ground pepper and a little salt.
 4. Beat the eggs in a separate bowl and add them to the meat mixture.
 5. Add the almond flour, and mix everything together.
 6. Form meat mixture into 16 evenly sized meatballs with your hands.
- **hot tip:** be very aware when handling raw meat to use either a separate cutting board that's just for meat, or be sure to thoroughly wash everything with soap and water.



7. Spray a cookie sheet with olive oil cooking spray and evenly distribute meat balls.

8. Bake for 35-40 minutes.

I serve my meatballs over a bed of mixed greens.

Turkey Meatloaf Muffins

- submitted by Jane Westreich. Adapted from www.bodybuilding.com

Ingredients:

2 lbs ground turkey (or chicken)
3 egg whites
1 cup quick cooking oats (use less if you want them to be moister)
1/2 tsp ground cumin
1/2 tsp dried thyme
2 tsp dry yellow mustard
2 tsp black pepper
2 tsp chipotle pepper spice
1 tsp salt
2 tbsp garlic powder (2 cloves minced)
1 small onion (finely chopped)
2 celery stalks (finely chopped)

I season with Cholula to give it more moisture



Directions:

1. Preheat oven to 375 degrees.
 2. Spray muffin pan with canola or olive oil.
 3. Mix all your ingredients together in one large bowl.
 4. Roll the mixture into balls and place in muffin pan. Muffins should be about the size of a racquetball.
 5. Bake for 40 minutes.
- Makes 12 muffins.

Serving Size:

Women: 2 muffins

Dairy Free, Gluten Free, Grain Free Veggie Quiche with Flax Crust

- submitted by Gina Bellous

Here is my recipe for a Dairy Free, Gluten Free, Grain Free Veggie Quiche. You can make it crustless if you don't want to eat the flax meal.

You can use any veggies you like or have on hand. Just be sure to saute them first to soften them and to remove the excess water in them.

Ingredients:

Crust:

1 cup Flax Meal
1 Tbs softened Butter (Olive oil can also be used)
1 Large Egg
pinch of salt

Filling:

7 Large Eggs
1 cup of broccoli, cut in small pieces
1 cup onion diced
1 cup grape, cherry or baby heirloom tomatoes diced
1 cup fresh baby spinach (packed)
2 cloves fresh garlic minced or pressed
Olive oil to saute the vegetables in
pinch of ground nutmeg
pinch of salt
pinch of pepper

Directions:

Preheat oven to 350 degrees F.

In medium bowl, beat 1 egg with softened butter & salt. Mix flax meal into the mixture.

Knead until well combined and forms a ball.

Press the mixture into a 9" pie pan. Start by pressing the dough into the bottom and working it up to the sides of the pan. It will take some time and work, but you will end up with a nice even crust.

Pre-bake crust in 350 degree oven for about 10 minutes to firm it up.

While crust is baking, saute the chopped and diced vegetables in a small amount of olive oil until softened. Set aside to cool a bit

In a medium bowl beat the remaining 6 eggs together with a whisk

Season to taste with fresh grated nutmeg, salt and pepper

Add the sauteed vegetables

Pour this mixture evenly into the pre-baked pie crust

Bake for 30 - 35 minutes (or until firmed up and done)
Cool for at least 25 minutes before serving.

Yields 6 Servings!

Note: Based on eating a low carb low sugar meal this quiche is considered a healthy choice. The flax meal along with the little bit of butter & olive oil added makes it a higher fat food, but it is a healthy fat choice, you must be sure to control your portion. This quiche makes 6 servings.

You can add any vegetables you like but be sure to saute them first before adding to the filling.

You can also prepare this quiche without the crust and bake in a greased pie pan or casserole dish and save a lot of calories and fat. (See nutritional values below)

White Chicken Chili (Carb Day Only (If You Use Beans))

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Servings: 8 Serving size: 8 ounces Prep Time: 20 minutes Cook Time: 20-25 minutes

Ingredients:

1 Tablespoon olive oil
1 medium to large white onion, chopped
4 cloves garlic, minced
1/2 jalapeno pepper seeded and deveined, then chopped (see Notes)
2 teaspoons ground cumin
1 teaspoon dried oregano
1/2 teaspoon red (cayenne) pepper (see Notes)
2 (15-ounce) cans reduced sodium chicken broth
3 (15-ounce) cans white beans (such as navy, cannellini or great northern; see Notes)
3 cups cooked boneless, skinless chicken breast chopped (measured after chopping)
1/2 cup minced fresh cilantro



Directions:

In a large saucepan, heat the olive oil over medium-high heat. Add the onions; sauté about 4-6 minutes, or until tender, stirring occasionally. Add the garlic, chopped jalapeno, cumin, oregano and cayenne pepper; sauté another minute or two, stirring frequently. Stir in the chicken broth, beans, chicken, and green chilies; bring to a boil, then reduce the heat to medium-low and cook gently for 15 minutes, stirring occasionally. Adjust the seasonings to taste. Serve hot, garnished with minced cilantro, or cover and refrigerate.

Notes:

To avoid burning your skin, wear gloves while preparing the jalapeno pepper, taking care not to touch your face until the gloves are removed. We are such a chili-loving family. This may have enough pepper in it to make your mouth fall off! Adjust the spiciness to taste.

To reduce the sodium, rinse and drain the canned beans before adding them to the soup, then add additional chicken broth or water to obtain the desired

consistency.

Tilapia Saute

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Introduction:

Servings: 2
Serving size: 8 ounces
Prep Time: Less than 10 minutes
Cook Time: 20 minutes

Ingredients:

No-stick cooking spray (divided use)
1 1/2 cups (total) chopped bell pepper
assorted colors (green, red, yellow)
1/2 cup chopped red or yellow onion
1/2 teaspoon ground cumin
1/4 teaspoon garlic powder
2 (3.5 ounce) tilapia fillets
1/4 teaspoon sweet paprika
2 teaspoons fresh lemon juice
2 teaspoons fresh chopped cilantro (coriander)
To taste sea salt



of

Directions:

Spray a medium skillet generously with no-stick cooking spray. (Set spray aside for later use).

Over medium-high heat, saute the chopped peppers and onions for 3 to 4 minutes, or until tender-crisp. Stir in the cumin and garlic powder; continue sauteing for another minute or two. Transfer the sauteed vegetables to a side dish.

Respray the skillet generously with no-stick cooking spray; saute the fillets for about 5 minutes, or until browned on the first side; turn the fillets over, then continue sauteing for about 5 more minutes, or until browned on the second side. Sprinkle the fillets with the paprika.

Return the sauteed vegetables to the skillet. drizzle the fillets and vegetables with the lemon juice; reduce the heat to medium-low, then cook gently for about 3 minutes, or until the vegetables are well heated.

Transfer the fish and vegetables to a serving platter or divide evenly between two individual serving plates. Sprinkle each fillet with about 1 teaspoon of chopped cilantro.

Serve immediately.

Almond-Crusted Chicken

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Introduction:

Adapted from New York Body Plan by david kirsch.

Servings: 2

Serving size: 4 ounces

Prep Time: <10 minutes

Cook Time: 6-8 minutes

Ingredients:

2 (3-ounce) boneless, skinless chicken breast halves

1/3 cup natural (raw) sliced almonds

1 egg white

1 tablespoon water

To taste salt

To taste ground black pepper

No-stick cooking spray

Directions:

Thinly pound the chicken breasts; set aside.

Chop the sliced almonds, then place in a saucer or shallow bowl large enough to dip chicken breast halves.

In a small bowl, whisk together the egg white, water and salt and pepper to taste, then pour into a second small saucer or shallow bowl large enough to dip the chicken breast halves.

Generously spray a flat-bottomed skillet with no-stick cooking spray, then preheat to medium.

dip each chicken breast half first in the egg white mixture, coating both sides, then in the chopped almonds, again coating both sides.

Arrange the coated chicken in a single layer in the preheated skillet; saute on the first side for 3 to 4 minutes, then turn and cook on the second side for another 3 to 4 minutes, or until the chicken is cooked through.



the

Buffalo Burgers

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Servings: 4

Ingredients:

1 pound ground buffalo
1 tablespoon finely chopped onion
1 egg
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions:

Mix all ingredients in a bowl.
Shape into patties and grill on high heat, 5 minutes per side (or until fully cooked).



Venison Meatballs

This recipe comes from Chad Tackett. For more than 500 delicious, fat-burning recipes like this one, [please click here!](#)

Servings: 4

Ingredients:

1 pound lean ground venison
1/2 small yellow onion, minced
1 medium carrot, grated
1 egg white
1/2 teaspoon cumin

Directions:

Place all ingredients in a large and mix well.

Divide mixture into sixteen equal then form each part into a small

Bring water to a boil in a saucepan. Place meatballs in a single layer in a steamer basket, then cover and steam for 10 minutes or until cooked through.



bowl

parts,
ball.

Desserts

"Tapioca Pudding"

- submitted by Karin Kupp of Fit For Photos

Ingredients:

2T chia seeds
unsweetened vanilla almond milk-enough to cover seeds (1/4 c max)
stevia to taste
cinnamon to taste

Directions:

Mix ingredients in small container and let set for several minutes!

Optional: add some Prograde vanilla protein powder!

Oatmeal Cookies (Carb Day Only)

– submitted by Alex Mirabelli Pass and several others (not sure who originated it)

Ingredients:

1/2 c. oatmeal
1/3-1/2 c. almond milk
1 scoop protein powder,
1T chia seeds
1T flaxseed
1T cacao powder
2 packets stevia
couple drops of vanilla extract.

Directions:

Mix and let sit for 5-10 min. Bake a min.

Before baking, top with an almond cinnamon and stevia. Or, when they

out, you can top with: almond butter and an almond, coconut, cinnamon and stevia, leftover "batter" and coconut/stevia-- get creative and enjoy!



350 for 7

or
come

Chocolate Balls

- submitted by Gina Bellous of Fit For Photos

I was trying to come up with another way to have my almond butter and give my taste buds the illusion they are having decadent candy, lol. Keep in mind this is 1 serving but could be used as 3 small servings throughout the day!

Ingredients:

2 Tbs of Raw Almond Butter
2 tsp of cacao powder (unsweetened cocoa powder)
1 - 2 packets of Stevia
1 packet of Xylitol (optional, but I like it with 1 packet of Stevia)
Small amount of Almond Meal to roll the "Truffles" in
1 Tbs chopped, raw walnuts
1 tsp of unsweetened shredded coconut (Optional)

Directions:

Mix all of the ingredients, except the almond meal together in a small container.
Form, and roll mixture into 3 equal balls
Roll each ball in the almond meal
Refrigerate until firmed up a bit
Enjoy

You can also use the shredded coconut to roll the balls in instead of the almond meal. So simple, so good!



Fat-Burning Chocolate Pudding

A pudding recipe that's high fiber, high protein, full of healthy fats, and low in sugar!! Courtesy of Mike Geary, author of The Truth About Six Pack Abs. www.truthaboutabs.com

- Servings: 2

Ingredients

1/2 of a ripe avocado (soft to touch)
tablespoons of raw almond butter
1/4 cup of unsweetened almond milk or coconut (preferably organic)
tablespoons of organic cocoa powder
1/2 teaspoon of vanilla
1 packet of stevia (or enough to your desired sweetness level)
1/2 to 3/4 of a scoop of chocolate protein powder
small pinch of sea salt



approx 3
approx
milk
2 heaping

Directions

Put the avocado and almond butter into a bowl and mash together with a fork until smooth. Then add all of the other ingredients into the bowl and mix together vigorously until all is mixed and smooth. If you're good with a food processor, you can use that too, but I just mash everything together by hand.

If everything went right, the consistency will be similar to pudding... except normal pudding makes you FAT with loads of sugar! My healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture until the consistency seems right.

If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end. And it tastes great to top this dish with some sliced strawberries!