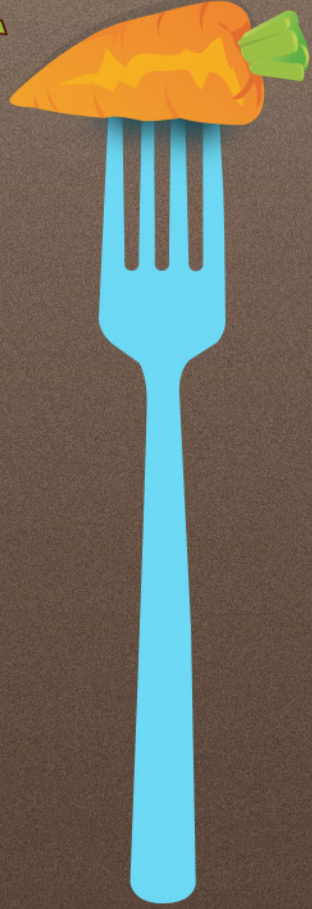
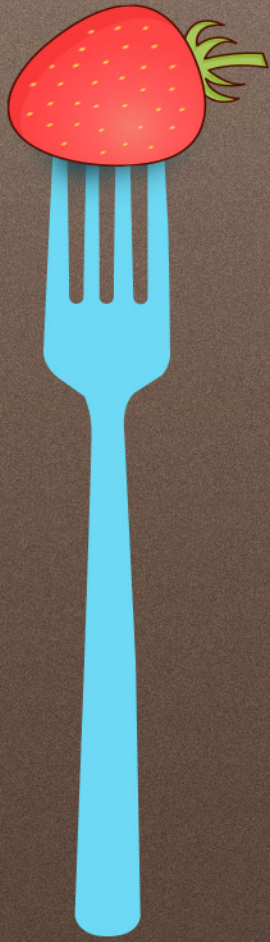


# 28-DAY

## FAT LOSS FORMULA NUTRITION PLAN



## 28-Day Fat Loss Formula Nutrition Plan

## **28-Day Fat Loss Formula Nutrition Plan**

### **Notice**

This manual is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment or professional fitness or diet advice. Do not start any nutrition or exercise program, including this one, without a physician's approval. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of any of the nutrition programs provided.

**28-Day Fat Loss Formula Nutrition Plan**  
**The Fat Loss Formula Meal Plan**

This plan is designed to give you the fastest sustainable results for fat loss in the simplest way possible—in just 28 days! And it's customized according to gender, so men can choose larger portion sizes and women can select more petite plates.

### **The Daily Plan**

- Eat 3 Fat Loss Formula Meals from the list below
- Eat 2 snacks from the lists below (can substitute a shake)
- Choose 1 dessert from the list below

And that's it!

There are dozens of options available to choose from, so you're in total control of what you want. For instance, if you prefer chicken and beef to seafood, you can eat only chicken and beef without feeling guilty for “going off the plan.” You can even eat the same thing every day—or you can choose new options each time.

If you are pressed for time, one of the Meal Replacement Shakes can be substituted for any meal.

### **The Weekly Plan**

There are 2 options for the 28-day plan: a customizable meal plan where you pick your favorite recipes, or a done-for-you plan that saves you time and effort.

#### ***Customizable Plan***

For this option, use the blank template below to design your meals each week. Pick the foods you like, and leave off the ones you don't. Once you have recorded your meal plan for the week, plan your grocery store trip.

#### ***Done-for-You Plan***

The done-for-you plan contains 4 weeks of meals. Choose this option if you don't want to spend the time selecting your meals.

### **Daily Supplementation**

Take Prograde EFA Icon and Prograde VGF+25 Multi-Vitamin for Your Gender immediately upon waking with breakfast. If you want extremely rapid results, add in Prograde Metabolism twice daily.

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If you do not have access to Prograde supplements, fish oil and multivitamin supplements can be purchased at the grocery store. It is highly recommended to use these supplements as a way to boost your success during the program.

### Workout Nutrition

Drink 1 Serving of Prograde Workout or Biotest Surge prior to your workouts, and take 5g of BCAA after your workouts. For Extremely Rapid Fat Loss Results, replace the pre-workout shake with 5g of BCAA

If you do not have access to these supplements, take a protein shake with added carbs following a workout. Without supplements, you can still successfully complete the program. However, you may find your progress is significantly slower than it would be otherwise.

**Note:** Consume your workout nutrition on strength or metabolic training days. If you are using Workout or Surge as your recovery drink, consume it no more than 3 days per week. BCAAs can be taken as many days as needed.

### Hydration Guidelines

- Drink 16-32 oz. (2-4 cups) of cold water immediately upon waking
- Drink 8-16 oz. (1-2 cups) of water before AND between every meal or snack
- Drink 8-16 oz. (1-2 cups) of water for every 10-15 minutes of activity
- Drink 2-3 cups of green, black, or white tea per day (one of these can be black coffee)

**28-Day Fat Loss Formula Nutrition Plan**

**Blank Meal Plan**

28-Day Fat Loss Formula Nutrition Plan

<b>Meal</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<i>Breakfast</i>							
<i>Mid-Morning Snack</i>							
<i>Lunch</i>							
<i>Mid-Afternoon Snack</i>							
<i>Dinner</i>							
<i>Dessert</i>							

**28-Day Fat Loss Formula Nutrition Plan**

**Week 1**



**28-Day Fat Loss Formula Nutrition Plan**

**Week 2**



**28-Day Fat Loss Formula Nutrition Plan**

**Week 3**



**28-Day Fat Loss Formula Nutrition Plan**

**Week 4**



## Essential Grocery List

Once you have made your meal plan for the week, make a grocery list for what you will need for that week's meals, following these guidelines.

### Produce: Fruits and Vegetables

1. Purchase those veggies needed for your meals
2. Then choose as many green and colorful vegetables as you wish
  - a. Green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, kale, Brussels sprouts, bell peppers, avocado, tomato, etc.
3. Limit the amount of starchy vegetables you buy
  - a. Corn, peas, carrots, beets, and potatoes
4. Purchase some fruits for snacks, but buy more vegetables than fruits
  - a. Apples, oranges, bananas, berries, pomegranate, etc.

**Tips for Success:** Try to avoid canned foods, particularly fruit, which may have added sugar. Organic produce is always the best choice if possible. However, regular produce will work fine as well. Frozen veggies are fine, as long as they aren't laden with additives.

### Lean Proteins: Meat, Poultry, Fish, and Seafood

Your weekly lean protein needs will vary based on your gender:

- Women should purchase 4-5 lbs (assuming 9-12 oz. consumed per day)
- Men should purchase 8-12 lbs (assuming 18-24 oz. consumed per day)

Choose from a healthy mix of the following:

- Extra-lean meat (extra lean sirloin, 93% or higher extra lean ground beef, or bison)
- Skinless, boneless chicken breasts
- Turkey or lean ground turkey
- Pork
- Extra-lean lamb
- Fish
  - Salmon, tuna, tilapia, etc.

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- Canned salmon, tuna, sardines, etc., are good choices
- Seafood
  - Shrimp, mussels, squid, scallops, etc.
- Deli cuts
  - Ham, turkey, roast beef
  - Must be unsweetened, low in salt, no nitrates

**Tips for Success:** Try to buy organic protein sources as much as possible, especially for beef. Laura's Lean 96/4 is the best non-organic option. Also, strive for grass-fed meat, if possible. Since meat will be the most costly part of your grocery budget, be sure to buy protein sources that are on sale as much as possible to best mitigate cost.

## Dairy: Eggs, Greek Yogurt, and Cheese

Eggs add high-quality and satisfying protein to your meals, and they are extremely versatile and easy to make. Cheese can fill you up and add protein to your meals or in between as a snack. Greek yogurt and cottage cheese pack plenty of protein and are a great choice for snacks, as long as they are free of added sugar.

- Pre-packaged liquid egg whites
- 1-2 cartons of Omega-3 eggs
- Low-fat cottage cheese
- Low-fat Greek yogurt (no sugar added)
- Mozzarella and other full fat cheeses of choice: we like cheese by the block to save money- you can cut off your designated portion for a snack (2 oz. Female, 4 oz. Male; one ounce equals a slice of cheese or a 1-inch cube) or grate the cheese into your meals where prescribed

**Tips for Success:** Eggs are one of the cheapest protein sources available and can be a great way to offset the cost of the meat you have purchased.

Choose Greek yogurt that is high in protein and has no added sugars. Mixing it with berries can serve as a delicious snack during this program.

## Other Essentials

- Marinara or tomato sauce and stewed tomatoes, the ingredients of which do not include "sugar" or "syrup"
- Mustard
- Canola Mayo
- Low-Sodium Soy Sauce
- Fresh Garlic

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- Unsweetened Cocoa Powder
- White Cooking Wine
- Vinegar
- Italian Seasoning Mix, oregano, and basil
- Paprika
- Chili Powder
- Onion powder
- Butter (organic or pasture-raised is best)
- Green Tea (or any tea you like, but Green, White, and Black are the best)
- Non-stick olive oil cooking spray
- Extra Virgin Olive Oil
- Flax Meal/Ground Flax
- Nut Butters (unsweetened, unroasted, and lightly salted)
- Mixed Raw Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened and unroasted)
- Organic Extra Virgin NUTIVA Coconut oil
- Various flavor extracts (mint, vanilla, almond)
- Cajun Spice to liven up your meats

### **Foods to Avoid**

- Desserts
- Added sugars in your foods
- Breads, grains, pastas
- Vegetable oil (choose butter, olive oil, or coconut oil)
- Any food item with “partially hydrogenated” oils

## Meal Options

The following are recipes for the meal options listed in the example meal plans. Follow these directions when preparing your meals.

**Males:** Stick to the upper end of the portion guidelines

**Females:** Stick to the lower end of the portion guidelines

Remember, you can add as many green veggies as you'd like. However, refrain from adding starchy vegetables, breads, grains, and pastas, beyond what is listed here.

Also, try your best to stick to the portion sizes indicated. If you find yourself still hungry, drink more water or eat extra veggies. If you are still hungry after a few days with the adjustment, use a bigger portion of protein.

However, if you find you are NOT hungry, do not force yourself to eat a full meal; save what is left for the next meal.

### Breakfast

#### Fried Eggs, Greens, and Canadian or Turkey Bacon

- 2–4 whole Omega-3 eggs
- Fresh spinach (and/or other green veggies)
- 2–4 slices Canadian or turkey bacon
- 1 Tbsp of grated cheese (cheddar, mozzarella, or Colby Jack works well)

Spray large skillet with non-stick spray and place on medium heat. On one side, place your slices of Canadian bacon (this can be substituted with a good quality turkey bacon). On the other side, crack your two eggs. Allow them both to cook. Flip the bacon once it is browning on one side and sprinkle the cheese on it. Fry the eggs to your desired level of doneness.

Remove the eggs from the skillet and place them on a plate, side-by-side. Add fresh spinach on top of both eggs. Remove the bacon once the cheese has melted and place each one on top of the egg. Enjoy!

#### Spanish Omelet

- 2–4 whole Omega-3 eggs
- ½ – 1 cup of liquid egg whites
- ½ cup no sugar added salsa or homemade pico de gallo (recipe provided below)
- Non-stick olive oil cooking spray

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Heat skillet on medium heat. Pour egg mixture into the skillet and cook until almost completely firm. Flip the omelet. Place the salsa or pico on one side of the omelet, flip the other side on top, and slide onto a plate to enjoy.

### **Homemade Pico de Gallo**

*This is something great to make early in the week, save in a Tupperware and have it readily available as a snack or ingredient for recipes.*

- 3–4 vine ripened tomatoes, diced
- 1 large red onion, diced
- 3–4 Tbsp of fresh grated cilantro
- Half a lemon or lime
- Salt to taste

Mix all the ingredients except the lemon in a bowl. Squeeze just a little lemon or lime for a tart flavor and add salt to taste. Store in the refrigerator for later use.

### **Scrambled Eggs, Greens, and Turkey Bacon or Sausage**

- 2–4 whole Omega-3 eggs, beaten
- 2–4 large slices of turkey bacon, sliced or 2–4 links of a high-quality, nitrate-free turkey sausage, diced
- Greens of choice (spinach, broccoli, green beans, asparagus, etc.)
- Non-stick olive oil cooking spray
- Salt and pepper, to taste

#### *Optional*

- ¼ red bell pepper, diced
- ¼ green bell pepper, diced
- ¼ red onion, diced

Heat a skillet over medium heat and spray with the non-stick spray. Add in the turkey bacon or sausage. Cook until it reaches the desired level of doneness.

If using the optional ingredients, place them into the skillet and stir around with a spoon until they begin to sweat. Add the eggs and scramble all the ingredients together.

### **The Rapid Fat Loss Meal Replacement Shake**

- 1 cup of ice
- 1 cup of cold water

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- 1-2 scoops whey protein powder (flavor of choice)
- 3-6 Tbsp flax meal
- 2 Tbsp coconut flour

#### *Optional*

- 1 serving Greens+ Supplement (or other greens supplement)

Mix in a blender and enjoy.

Note: See Master MRP's Shake List for a complete list of delicious shakes!

### **The Wonder Bowl**

- ½ – 1 cup of low fat cottage cheese
- ½ – 1 scoop of whey protein powder (flavor of choice)
- 2 Tbsp flax meal

Mix ingredients in a bowl and enjoy!

### **The Protein Waffle House**

- ½ – 1 scoop whey protein powder (flavor of choice)
- ½ – 1 cup of low fat cottage cheese
- 1-2 Tbsp flax meal
- 1 Tbsp coconut flour
- 1 tsp baking soda
- Water to desired consistency

#### *Optional*

- Sugar-free syrup, or:
- 1 Tbsp of mixed berries
- 1 Tbsp sweetener (Splenda or stevia)

Preheat the waffle maker and season it with non-stick olive oil spray, if necessary. Beat the ingredients in a bowl. If too thick, add water to achieve desired consistency. Pour in a circular motion on the waffle maker (amount to pour depends on size of waffles maker). This usually makes me two fluffy waffles on our \$20 waffle maker we purchased at Target. Cook according to your waffle maker directions and watch them expand into fluffy waffles.

To make the berry syrup, place the berries in a microwave-safe small dish. Microwave for about 30 seconds or until berries are warm and have secreted their juices. Add the sweetener. Add water to achieve desired volume. Pour on the waffles.

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### Steak and Eggs

- 2–4 oz. of extra-lean sirloin steak
- 2–4 whole Omega-3 eggs, cracked and beaten in a bowl
- Veggies of choice (spinach, spotlight peppers, onions, mushrooms)
- 2 cloves of fresh garlic
- Salt and pepper to taste
- Non-stick olive oil spray

Turn your oven on the broiler setting. As it heats up, mash the garlic cloves with a knife of spoon and spread on piece of steak, add salt and pepper to taste. Place the steak in the broiler. While the steak cooks, spray a pan with the non-stick spray and apply to medium-high heat. Throw in any veggies that you would like in your scrambled eggs. Allow the vegetables to sizzle in the heat, moving them around with a spatula to cook evenly.

Quickly check on the steak. If it is browned on one side, flip over and close the oven. If not, check periodically until it is browned and flip.

After the veggies have been cooking for about 1-2 minutes, lower the heat to medium and pour the beaten eggs in and scramble until evenly cooked.

Place the eggs on a plate and add salt and pepper to taste. When the steak has browned on the other side, add it to the plate. Enjoy the hearty breakfast!

### Open Faced Tomato, Eggs, and Cheese

- 1–2 Cups of Liquid Egg Whites (approximately 10–20 Egg Whites)
- Two Slices of a Large Tomato (Spinach also works well)
- Two Slices of Cheese (Cheddar or Provolone work best)
- Italian Seasonings or Salt and Pepper

Turn on the oven to the broiler setting. In an oven-safe skillet sprayed with non-stick spray, create two circles with the egg whites (as if they were fried eggs minus the yolks). Flip when the bottom is cooked and remove from heat once they are complete.

Place the tomato and each circle (optional fresh spinach would go underneath the tomato). Place a slice of cheese on each tomato and place in the oven. Remove once the cheese bubbles. Top with salt and pepper or Italian seasoning to taste.

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### Denver Omelet

- 2–4 Whole Omega-3 Eggs and 10–20 Egg Whites, beaten  
OR  
2–4 Whole Omega-3 Eggs and ½ – 1 cup of Liquid Egg Whites, beaten
- ½ Green bell pepper, diced
- ½ Onion, diced
- ¼ cup of Ham or Canadian bacon (no sugar added), chopped into cubes
- Non-stick Olive Oil cooking spray

Heat skillet on medium heat. Add peppers, onions, and ham to skillet and cook for 3–4 minutes. Pour egg mixture into skillet and cook until firm. Flip the omelet and fold. Slide on a plate and enjoy.

### Smoked Salmon and Asparagus

- 4–8 Ounces Smoked Salmon (no added sugar)
- 6-8 Asparagus Stalks
- Salt and Pepper to taste

Spray a medium skillet with non-stick spray and place on medium heat. Add asparagus and cook until thoroughly heated, but non soggy. Add salt and pepper to taste. This should only take a couple of minutes. Place on a plate with salmon and enjoy.

### Greek Omelet

- 2–4 Whole Omega-3 Eggs and 5–10 Egg Whites, beaten  
OR  
2–4 Whole Omega-3 Eggs and ¼ – ½ cup of Liquid Egg Whites, beaten
- 1 Tbsp Feta Cheese
- Grape tomatoes sliced into pieces
- 1 tsp oregano
- 1 cup fresh spinach
- Non-stick olive oil cooking spray
- Black pepper and salt to taste

Heat skillet over medium heat. Add spinach and cook until wilted. Add egg mixture. While cooking, mix tomatoes, oregano, feta, and spinach. Once almost firm, flip the omelet and turn off the burner. Immediately pour the mixture and close the omelet. Allow it to sit for 2-3 minutes for the filling to warm. Slide onto a plate and enjoy.

## Breakfast Quiche

*1 slice is a Female serving; 2 slices is a Male serving*

- 16 oz. frozen, chopped broccoli
- 2 cups liquid egg whites
- 6 whole omega-3 eggs
- 1/2 cup full fat cottage
- 1/2 cup cheddar cheese
- 1/2 cup mozzarella cheese
- 12 slices extra lean turkey bacon
- Mushrooms, spinach, onions, peppers, or any other green vegetables of choice

Preheat the oven to 350 F. Steam broccoli till tender, drain well, and set aside. Coat the skillet with cooking spray, fry bacon until crisp. Lightly coat a 9-inch bread pan with cooking spray and set aside. Combine the egg product, salt and pepper in a large bowl, and then stir in the cottage cheese, broccoli, cheddar cheese, and bacon. Spoon the mixture into the pan. Bake, uncovered, for 40 to 50 minutes or until a knife inserted near the center comes out clean. Remove to a wire rack, and sprinkle with the mozzarella cheese. Cool 5 to 10 minutes before serving.

Slice into eighths. Serving suggestions listed above

## Asian Scramble

- 2–4 Whole Omega-3 Eggs and 5–10 Egg Whites, beaten  
OR  
2–4 Whole Omega-3 Eggs and 1/4 – 1/2 cup of Liquid Egg Whites, beaten
- 1/2 Cup of shitake mushrooms
- 2 Scallions, chopped
- 1/4 Cup Bean Sprouts
- 1 tsp low-sodium soy sauce
- 1 clove garlic, minced

Heat skillet over high heat. Add all the vegetable ingredients and stir. After a minute or two, add the eggs and soy sauce and scramble. Enjoy!

## Lunch

### Beef, Chicken, Shrimp, or Salmon Stir-Fry

- 4–8 oz. of thinly sliced chicken breast, sirloin, shrimp, or salmon (or mixture)
- 1 cup of broccoli

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- 1 cup of sliced bell peppers (red, green and yellow)
- ½ cup of mushrooms
- ½ cup of bean sprouts
- ¼ cup of water chestnuts
- ½ – 1 Tbsp of sesame oil (if using beef, use coconut or canola oil)

#### *Asian Sauce*

- 1 Tbsp low sodium soy sauce
- 1 green onion, diced
- 1 tsp white wine
- fresh grated ginger to taste (powdered ginger not the same)
- 1 mashed garlic clove

Heat oil in seasoned skillet, seasoned wok, or nonstick pan over medium-high heat until hot. Add meat until 80% cooked. Add vegetables in the order listed above, stirring constantly. Once vegetables have cooked slightly, add meat and mix until finished. Add Asian sauce once meat is cooked, and stir one last time before serving.

#### **Naked Sandwich**

- 1 large romaine lettuce leaf or Boston lettuce leaf
- 4–6 oz. oven roasted deli turkey breast, ham, roast beef, or chicken breast (no added sugar, low in salt, no nitrates)
- 2 slices of cheese OR 2 Tbsp canola mayo (omit if using roast beef)

#### *Optional*

- Pickles, sliced onions, olives, tomatoes, etc.

Take ingredients and insert into clean lettuce leaf. Wrap the leaf around the ingredients and enjoy. You can also stick a toothpick in it to keep it closed.

#### **Steak, Chicken, Salmon, or Shrimp Caesar Salad**

- 4–8 oz. steak, chicken, shrimp, or salmon
- Large bowl of romaine lettuce
- 1-2 oz. of grated Parmesan cheese (omit if using steak or salmon)
- Dip fork lightly in Litehouse Caesar dressing on side (or another all natural, low sugar Caesar dressing)
- Salt and Pepper to taste

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Season the protein with salt and pepper. Grill, steam or broil the protein. Prepare the salad in a bowl by mixing the parmesan and romaine. Keep the dressing on the side for dipping as it goes a longer way when it is dipped. Once the protein is complete, slice and place on top of salad. Can be enjoyed warm or saved to be eaten later by storing in the fridge.

### Naked Chicken or Beef Taco Salad

- 4–8 oz. chicken breast or extra-lean ground beef/steak
- ½ tsp salt
- Black pepper to taste
- ¼ tsp cayenne pepper to taste
- ½ tsp chili powder to taste
- 1 clove of fresh garlic, minced OR 1 tsp garlic powder
- Bowl of Romaine Lettuce or any other leafy, dark lettuce
- 1–2 cups of chopped peppers
- 1–2 oz. hot sauce (optional)
- 1/8 – 1/4 cup total shredded cheddar, Colby, and/or Monterey jack cheese (omit if using beef)

Add salt, black pepper, garlic, cayenne pepper, chili powder to chicken and then grill on medium high heat until the center is no longer pink. Add chopped peppers and continue to cook until peppers becomes bright and are still firm. Once chicken is done, place to the side.

Add the other ingredients into the salad bowl. Dice chicken and add to the salad. Top with cheese, toss and enjoy!

### Yogurt Chicken

- 4–8 oz. of chicken breast
- 1 cup of Stonyfield Farm's organic plain full-fat yogurt (for marinade)
- ½ lemon
- 1 Tbsp oregano
- Salt and pepper to taste
- Cucumber

### Greek Dressing

- ½ – 1 Tbsp Extra Virgin Olive Oil
- ¼ – ½ Tbsp of vinegar

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- 1 tsp of oregano
- Juice of half a lemon

Take all the ingredients, except the chicken and lemon and stir in a bowl. Squeeze the lemon juice into the mix. Marinade the chicken in the mixture and let it sit at least 8 hours in the marinade. The longer the better, 24 hours is best. Grill the chicken until thoroughly cooked. Add Greek dressing and enjoy!

### Cobb Salad

- 4–8 oz. grilled chicken, sliced
- 1/2 Tbsp blue cheese crumbles
- 4 scallions/green onions
- 1 tomato, chopped
- 1 whole Omega-3 egg, hard-boiled, sliced
- 1 slice of extra-lean turkey bacon
- Unlimited mixed greens
- 1 Tbsp sherry vinegar
- ½ – 1 Tbsp extra virgin olive oil
- Salt and pepper to taste

*Grilled Chicken:* Season chicken breast with salt and pepper. Place on a grill or on a pan with medium heat. Cook until there is no pink in the center. Allow to cool and then slice into very thin pieces.

*Salad:* Microwave or pan-fry the turkey bacon using no additional oils. Once bacon is done, place it on a paper towel and allow it to cool. Place greens, shallots, eggs, tomato, crumbles and chicken into a bowl. Return to the turkey bacon, roll it up tightly and then mince it. Add the bacon into the mixture. Toss the ingredients in the bowl.

You may then mix the olive oil and sherry vinegar in a small separate container and add it to salad and toss again.

### Bison, Turkey, or Sirloin Burger

- 4–8 oz. of extra-lean ground sirloin, lean ground turkey, or bison
- 2 leafs of Boston butter lettuce (rinsed and dried)
- Sliced onions
- Slices of tomato
- 1 pickle
- Mustard

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- ½ tsp paprika
- 1 clove of minced garlic
- Salt and pepper to taste
- 1 Tbsp dried onions
- Note: I also like Whole Foods Steak and Chop seasoning in the butcher area

Heat grill or pan on medium-high. Mix the ground beef with the seasonings. Place the patty on the grill, as soon as the patty is completely grilled on one side, flip over. Once grilled to your liking, place atop a clean leaf of lettuce, add the tomato, onion and mustard. Top with the other leaf and enjoy.

### **Greek Salad**

- 4–8 oz. of chicken
- 2 Tbsp of Kalamata olives
- 1/2 Tbsp. feta cheese crumbles
- 1–2 sliced tomato
- ¼ cup sliced red onions
- ½ – 1 Tbsp. of extra virgin olive oil
- 1 tsp of water
- ½ tsp vinegar
- ½ tsp dried oregano
- ½ tsp black pepper
- ½ tsp sea salt
- ½ of a green bell pepper, sliced

Grill or broil a chicken breast. Mix all the veggies together. Once the chicken is done, slice and place on salad. Mix the oil, vinegar, water, and spices and pour onto the salad and toss. Top with the feta and enjoy.

### **Naked Sandwich**

- 1 large romaine lettuce leaf or Boston lettuce leaf
- 4–8 oz. oven-roasted deli turkey breast, ham, roast beef, or chicken breast (no added sugar, low in salt, no nitrates)
- 1–2 slices of cheese OR 1–2 Tbsp canola mayo (omit if using roast beef)

#### *Optional*

- Pickles, sliced onions, olives, tomatoes, etc.

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Take ingredients and insert into clean lettuce leaf. Wrap the leaf around the ingredients and enjoy. You can also stick a toothpick in it to keep it closed.

### Chicken Pesto Salad

- 4–8 oz. cooked chicken, chopped into very small pieces
- 1 cup of fresh basil, minced
- 1 tsp extra virgin olive oil
- 2 tsp grated parmesan cheese
- 2–4 tsp canola mayo

*Chicken:* Season chicken breast with salt and pepper. Place on a grill or on a pan with medium-low heat. Cook until there is no pink in the center. Remove chicken before the outside begins to brown. Chop into very small pieces.

*Salad:* Mince basil into tiny pieces. Add to the still-warm chicken along with olive oil and Parmesan cheese. Top off the mixture with the canola mayo. You can eat it over a bed of romaine lettuce or wrap it in romaine leaves to make a naked chicken salad sandwich.

### Tuna Salad

- 4–8 oz. of tuna in water, drained
- 1 stalk of chopped celery
- 1–2 Tbsp Canola Mayo
- ½ – 1 tsp mustard
- Salt and Pepper to taste

Mix ingredients together and eat using a lettuce wrap or placing on top of a salad.

### Beanless Beef Chili

*Makes 16 Female or 8 Male servings*

- 4 lbs extra lean sirloin, cubed or ground
- 32 oz. tomato sauce
- 2 med green or red pepper
- 16 oz. diced tomatoes
- 1/2 bunch celery
- 2 cups beef broth/stock
- 3 medium onions
- 3 Tbsp ground cumin

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- 2 16-oz. cans green chilies
- Salt and pepper to taste
- 2 16-oz. cans chipotle peppers
- 3 packets McCormick chili seasoning
- One 16-oz. can jalapeno peppers
- 8 oz. sliced mushrooms
- 2 Tbsp minced garlic

Cube and brown meat, add chili seasoning and cumin and continue to cook until meat is almost done. Chop and dice all vegetables, place in crock or stove top pot on low. Add all canned items, using the beef broth to rinse all remnants from cans. Cook on low for 5-7 hours, add salt and pepper to taste.

Decrease the amount of jalapeno and chipotle peppers for a less spicy version, or add more for the intense mouthwatering version.

### Seafood Salad

- 4–8 oz. of cooked shrimp, crab, or lobster
- 2 Tbsp of Canola Mayo
- 1 stalk thinly sliced celery
- 1 Tbsp minced green onion
- Salt and pepper to taste

Mix all ingredients together and eat as a naked sandwich or alongside steamed vegetables.

### Eggplant Manicotti

*Three manicotti equals 1 female serving, so this recipe contains 4 Female and 2 Male servings*

- 1 large eggplant, cut lengthwise into 12 1/4" thick slices
- 1 medium onion, chopped
- 1 10-oz. package frozen chopped spinach, thawed and squeezed dry.
- 1 tsp Basil
- 1/4 tsp oregano
- 1/2 tsp Onion powder
- 1/2 tsp Garlic powder
- 2 cups no-sugar-added marinara sauce

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- 2 cups fat-free ricotta cheese

*Manicotti:* Lightly oil a nonstick skillet and cook the first side of the eggplant slices until slightly browned. Turn and cook the second side until easily pierced with a fork.

Heat ¼ cup water in a large, nonstick skillet and cook the onion over medium-high heat until the liquid has evaporated. Stir in 2 Tbsp of water to loosen any bits of onion stuck to the pan. Cook until the liquid evaporates again, then stir in an additional 2 Tbsp water. When the liquid has evaporated, add the spinach and seasonings. Take the spinach mixture and mix with ricotta.

Preheat the oven to 350 degrees. Place a spoonful of the spinach mixture across the center of each eggplant slice (approximately 1.5 Tbsp). Then, beginning with the narrow end of the eggplant, roll around the filling. Arrange in a baking dish, seam-side down. Top with marinara sauce. Cover and bake for 20 minutes.

Note: To add protein, pour 3-4 oz (for women) or 6-8 oz (for men) spaghetti meat or turkey sauce over the manicotti. You can also just serve a grilled protein on the side such as steak or chicken.

*Spaghetti meat:* Brown 1 pound of extra lean ground sirloin OR lean ground turkey and drain. Add a jar of no-sugar-added marinara sauce and allow it to simmer for 10 minutes.

## Dinner

### Juicy Steak and Garlic Green Beans

#### *Steak*

- 4–8 oz. of extra lean steak (Sirloin or Fillet)
- 1-2 cloves of fresh garlic
- 1/2 tsp salt
- Pepper to taste

#### *Garlic Green Beans*

- 4-5 Cloves of garlic
- One bag of frozen green beans (fresh ones work too) Non-stick olive oil cooking spray
- Salt to taste

*Steak:* Preheat the oven on broiler setting. Mince garlic and rub onto both sides of the steak. Season with salt and pepper. Place on a broiler pan and into the oven. Check on the steak after 10 minutes. Once it is brown on one side, flip the steak. Check on the steak again after 5-10 minutes. Once it is brown and slightly crispy on that side, it is

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ready to serve. If you are particular about the level of doneness, you can check by cutting a little into the steak. This steak can also be cooked on a grill.

*Garlic green beans:* Spray a skillet on high heat with the non-stick spray. Throw on the garlic cloves. Allow them to cook until they become golden brown and fragrant (do not char). Throw in the green beans and stir them quickly. They should cook for about 10 minutes. Make sure to move them around every 2 minutes or so to cook the beans evenly. Once they are hot to the touch, they are done. Dash on some salt to taste

### Chicken Parmesan

- 4–8 oz. of chicken breasts
- 1/2 cup of no sugar added marinara sauce
- 1/8 – 1/4 cup of mozzarella cheese
- Spaghetti squash

Preheat the oven to 325 degrees. Beat the chicken breast with a tenderizer or anything heavy enough until the chicken has become widened and flat. On a skillet sprayed with non-stick spray, over medium heat, cook the chicken until both sides are golden brown. Place the chicken in a baking dish, pour the sauce over it and finally sprinkle the cheese. Place it in the oven and remove once the cheese and sauce begin to bubble.

### Turkey or Beef Meatballs and Spaghetti Squash

*Makes 4 Female or 2 Male servings*

- 1 pound of lean ground turkey or extra lean ground sirloin
- 3 Omega-3 eggs
- 1 jar of marinara sauce (no sugar added) Italian Seasonings
- 2 Tbsp of Grated Parmesan cheese
- Salt and pepper to taste
- 3 cloves of crushed garlic
- ½ cup of water

Mix all ingredients together besides the marinara sauce and water. Create meatballs by portioning out 2 oz. of meat. Heat up a jar of marinara sauce and a ½ cup of water in a pot. Drop the meatballs into the pot and cover. Allow it cook over medium heat until meatballs are thoroughly cooked, about 20 minutes.

### Fiesta Chicken or Shrimp

- 4–8 oz. chicken breast, cut into thin strips or 3-4 oz. shrimp
- 3 Tbsp fresh cilantro

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- 1 cup of spotlight bell peppers, cut into strips
- ½ cup of onion, sliced
- 1 clove of garlic
- 2 Tbsp lime juice
- ½ tsp low sodium soy sauce
- Dash of cayenne pepper
- Dash of black pepper
- ½ – 1 Tbsp extra virgin olive oil

Mix all of the ingredients, except for the olive oil. Allow to marinade for several hours. Heat a skillet over medium-high heat and add the olive oil once the skillet is hot.

Throw the meat onto the skillet and move around as it cooks over the high heat. Once the meat is almost done, take the remaining contents of the marinade and throw them into the skillet. Allow them to cook for a few minutes until hot, but not soggy. Serve on a platter, and enjoy. Goes well with cauliflower rice (see Cajun Shrimp recipe).

### Cajun Shrimp w/ Cauliflower Rice

#### *Cajun Shrimp*

- 4–8 oz. of shrimp
- ½ – 1 Tbsp Extra Virgin Olive Oil
- Cajun seasoning mix or (1 tsp salt, ½ tsp black pepper, ½ tsp cayenne pepper, ½ tsp onion powder, ½ tsp garlic powder, ½ tsp chili powder)
- Salt to taste
- Non-stick spray

#### *Cauliflower Rice*

- 1 head of fresh cauliflower
- Salt to taste

*Cajun Shrimp:* Place the skillet over medium heat and spray with the non-stick spray (if they shrimp is frozen, I recommend steaming it for a few minutes so it defrosts). Throw the shrimp in and add olive oil and the Cajun seasoning. The more Cajun seasoning you add, the spicier it is, so proceed with caution. Cook for until shrimp are hot to the touch, it should only be about 5 minutes give or take as shrimp cooks very quickly.

*Cauliflower rice:* Grate the fresh cauliflower. If you do not have a grater, you can chop it, but it will take a lot longer, so go ahead and buy one. It helps to cut the cauliflower into 3-4 large chunks so you can easily hold it as you grate.

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Take grated cauliflower and place in the microwave for 2-3 minutes depending on microwave. Do not add water as cauliflower retains plenty of it and will release moisture as it heats up. Once cooked, add salt to taste. This dish makes a great substitute for rice.

#### **Seafood Piccata**

- 4–8 oz. of tilapia, thinly sliced (or any other fish or seafood of choice)
- 1/8 – 1/4 cup of ground flax meal (coconut flour or nut meal may be substituted)  
salt to taste
- 1 Tbsp Italian seasonings
- Non-stick cooking spray
- 1 fresh lemon or 3 Tbsp of pure lemon juice
- 1 cup of white cooking wine
- 2 Tbsp of jarred capers with juice
- 3 sprigs of parsley
- ½ – 1 Tbsp of extra virgin olive oil

Line a baking sheet with non-stick spray and preheat the oven at 325 degrees. Place egg whites in a small bowl. Take ground flax meal and place in a Ziploc bag. Place fish in it and lightly coat it with the flax. Remove the fish and sprinkle salt and Italian seasonings. Place the olive oil in a pan and place over medium heat. Cook the tilapia until flaky to the touch and remove.

For the sauce, use the same pan over medium heat. Spoon the capers making sure to use as much of the juice as possible. Place them into the pan. Pour the white wine into the pan and stir. Finally cut the lemon in half and pit it and squeeze one half of the lemon into the mixture or pour the 3 Tbsp of pure lemon juice. Stir until little bubbles form and then place on very low heat to keep warm.

Take the tilapia and place into the sauce. Serve by placing the fish on a plate and pouring the remaining sauce on top. For an extra kick, you can grate and sprinkle a little lemon zest and parsley on top of the dish. You may garnish by slicing the other lemon half and/or by using a few sprigs of parsley.

#### **Turkey Italian Meatloaf and Garlic Mashed Cauliflower**

*Makes 4 Female or 2 Male servings*

- 1 pound of Lean Ground Turkey
- 3 Whole Omega-3 Eggs
- 3 Tbsp Grated Parmesan Cheese

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- Italian Seasonings
- 3 Tbsp Almond Meal
- Salt and pepper to taste
- 1 Jar of marinara sauce

Preheat the oven to 325° F. Mix all ingredients except the marinara sauce and create a loaf pour marinara sauce over it. Place it in the oven. Allow it to cook for about 1 hour or until cooked through the center.

### Seared Scallops

*Makes 4 Female or 2 Male servings*

- 1 Tbsp of Italian herb mix
- ¾ cup of extra virgin olive oil
- ¼ cup of vinegar
- 1 pound of scallops
- Salt and pepper to taste

Mix the oil, vinegar, and spices (including salt and pepper) in a bowl. Once thoroughly mixed, take the scallops and coat with the mixture. Heat a skillet to medium-high heat. Remove the scallops with a slotted spoon and allow excess coating to drip. Place the scallops on the skillet. You should immediately hear sizzling. Cook on one side for 3-5 minutes or until brown, turn over and cook the other side for another 3-5 minutes.

### Chicken Surprise

- 4–8 oz. chicken, cut into chunks
- ½ – 1 Tbsp. Extra Virgin Olive Oil
- 1 small can of tomato sauce
- ½ red pepper, sliced
- ½ green pepper, sliced
- ½ yellow pepper, sliced
- ½ red onion, sliced
- Garlic
- ¼ Cup White Cooking Wine
- ½ Cup of water
- Salt to taste

Cook the chicken over medium-low heat. Cook it slowly so the chicken remains white without any browning on the outside. Once the chicken is white on the outside, throw in

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all the pepper and onions and toss. Add white wine, tomato sauce and water. Raise the heat to medium so that the sauce bubbles, stirring occasionally until the sauce thickens. Add salt to taste. Serve with cauliflower rice (see Cajun Shrimp recipe), and enjoy!

### **Steak, Chicken, Salmon, and/or Shrimp Kebabs**

*Makes 4 Female or 2 Male servings*

- 1 lb. of chicken, steak, or lamb, cut into large cubes
- 10 cherry tomatoes
- 1 zucchini, sliced about 1 inch
- 1 yellow squash, sliced about 1 inch
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- 1 onion, cut into chunks
- 3-4 Crushed garlic cloves
- Salt and Pepper to taste
- 4 skewers

Place veggies and proteins on the skewers, making sure to distribute the protein evenly. Season with salt and pepper, and rub with the mashed garlic. Place on a grill or in the oven, and cook thoroughly.

### **Lemon Pepper Salmon and Sautéed Spinach**

- 4–8 oz. salmon fillet
- Lemon pepper to taste
- 1-2 cups frozen or fresh spinach
- 4-5 cloves of garlic
- Salt to taste
- Non-stick olive oil cooking spray

Encrust the salmon with the lemon pepper. Place a skillet on medium heat and spray with a non-stick spray. Place the salmon fillet on it.

On another sprayed skillet on medium heat, throw on the garlic cloves. Allow them to cook until they are browning. Do not allow them to burn. Add spinach and stir. Add salt to taste.

Flip the salmon when it becomes brown on one side. Put the spinach on a plate. Remove the salmon when the other side is brown. Salmon should be flaky but not dry,

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which is the result of overcooking. If the salmon is done quite done, you can always cook it longer.

### **Beef or Lamb Stew**

*Makes 8 Female or 4 Male servings*

- 2 pounds of extra lean beef or lamb, chopped into cubes
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 yellow pepper, chopped
- 1 red onion, chopped
- 2 celery stalks, chopped
- 3 cloves of garlic
- 1 medium can of stewed tomatoes or tomato sauce (no added sugar)
- 1 head of cauliflower, chopped
- 1-2 cups of water
- Salt and pepper to taste

Set a skillet on medium. Take the chopped meat and cook until browned on the outside. Scoop the meat out with a slotted spoon, leaving the excess fat behind. Place in a crockpot set on high. Add all ingredients (except the cauliflower), saving the water for last. Finally add enough water to make it look "soupy" Allow the crockpot to cook the meal for at least four hours (leave it overnight for maximum tenderness and flavor). An hour before you are prepared to serve, add in the cauliflower, chopped into large chunks. The formerly soupy broth should now be thick and "stewy" and the meat very tender.

### **Sensational Stuffed Peppers**

*Makes 4 Female or 2 Male servings*

- 1 lb. of lean ground turkey
- 4 whole green and/or red peppers
- 1 cup chopped mushrooms
- 8 oz. can of tomato paste (no sugar added)
- 1 chopped white onion
- ½ cup mozzarella cheese

Preheat oven to 350 degrees. Cut the peppers in half long-ways and boil them in a large pot on high for 8 minutes. Spray extra virgin olive oil spray on a warm large skillet,

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and then sauté chopped mushrooms and onions using the skillet. Next, add the extra lean ground turkey and cook until it browns. Mix tomato paste with ½ cup water, add to mixture, and heat on low for 2-3 minutes. Dry the peppers and place on a cooking sheet facing up. Take 1 cup of the mix and add it to each of the peppers (or add a ¼ of the mixture to each of the 4 peppers). Top each pepper with 1/8 cup of mozzarella cheese and cook for 10 minutes in oven.

Leftovers from this meal can be frozen for consumption later in the week.

### Cornish Hen and French Onion Soup

*Makes 2 Female and 1 Male serving*

#### *Hen*

- 2 Cornish Hen
- 5 Cloves of garlic
- 2 tsp oregano
- ¼ cup of white cooking wine
- Salt and pepper to taste

#### *Soup*

- 2 large red onions
- 3 ½ cups of beef stock (made or purchased) One clove of minced garlic
- ¼ cup of white cooking wine
- 1 bay leaf
- Salt and pepper to taste
- 2 slices Swiss Gruyere or Parmesan cheese
- 1 tsp extra virgin olive oil

*Hen:* Preheat the oven to 325 degrees. Crush the garlic into a paste and mix with the spices. Stab small holes into the hen. Rub the hen with the spices pushing the paste into the small holes. Top off the hen by pouring the white wine. Place it in the oven. Bake for about 30 minutes or until golden brown on the outside.

*Soup:* Sauté the onions in the olive oil over medium heat. Heat until browned, do not allow to burn. Add garlic for a minute. Add all the other ingredients except the cheese and cover. Allow it to simmer on medium-low heat for about 30 minutes.

Both dishes should be done at about the same time. Remove the hen and set on the stove. Change the oven setting to broil. Pour some soup into a small bowl and cover the bowl with a slice of cheese. Place in the broiler until cheese is brown and bubbly. Remove and enjoy with your hen.

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## Fat Loss Formula Snacks and Desserts: Overview

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Fat Loss Formula Snacks	Fat Loss Formula Desserts
<ul style="list-style-type: none"><li>• Half of any leftover meal (optimal convenience)</li><li>• 2-4 pieces of string cheese</li><li>• 1 package Prograde Fusion</li><li>• 2-4 oz of any cheese</li><li>• 2-4 oz any deli meat (no sugar added, low in salt, no nitrates)</li><li>• 2-4 hard-boiled Omega-3 eggs</li><li>• Side salad with 4 oz cheese or 4 oz meat</li><li>• See Rapid Fat Loss Snack Recipes for more ideas</li></ul> <p><b>Limit to Once/Day:</b></p> <ul style="list-style-type: none"><li>• 1/2 cup or small handful of mixed nuts (unroasted, no sugar added, low in salt)</li><li>• 2-4 Tbsp Nut Butter (unroasted, no sugar added, low in salt) on Celery Sticks</li></ul> <p><b>For SUPER Rapid Fat Loss:</b></p> <ul style="list-style-type: none"><li>• Replace all snacks with 5g of BCAA</li></ul> <p><b>Note-</b> Though not mandatory, please try to add green veggies (or any other veggies <b>besides</b> corn, peas, carrots, potatoes, and beets) to these snacks if at all possible to help neutralize dietary acids and to provide added fiber and micronutrients. Strive to add lettuce wrap to meats and cheese snacks to make a mini naked sandwich.</p>	<ul style="list-style-type: none"><li>• Half of any Meal Replacement Shake</li></ul> <p><b>For SUPER Rapid Fat Loss:</b></p> <ul style="list-style-type: none"><li>• Replace all desserts with 5g BCAA</li></ul>

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**Fat Loss Formula Snack Recipes**

**Note:** For snacks with a listed portion size range, men should select the larger size and women should select the smaller size.

### **Shrimp Cocktail**

- 2-4 oz. shrimp

*Cocktail sauce*

- ¼ cup of chili sauce
- 2 Tbsp of lemon juice
- ½ tsp horseradish
- ¼ tsp onion powder
- 2 drops of Tabasco sauce (for more kick) Salt to taste

Mix cocktail ingredients and enjoy.

### **Mini Naked Meat Sandwich**

- 2-4 oz. of deli meat
- Romaine or Boston Lettuce for wrapping
- Tomato, onions, olives, etc.
- Canola mayo or ½ a slice of cheese

Wrap ingredients in the lettuce and enjoy.

### **Mini Naked Cheese Sandwich**

- 2-4 oz. of cheese
- Romaine or Boston Lettuce for wrapping
- Tomato, onions, olives, etc.

Wrap ingredients in the lettuce and enjoy.

### **Beef on a Stick**

- 2-4 oz. of extra lean beef, thinly sliced
- 1-2 Skewers
- 1 Tbsp soy sauce
- 1 clove crushed garlic

Marinate beef in garlic and soy mixture for at least 10 minutes. Place on a wet skewer and grill or bake.

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### **Egg White and Tomato**

- 2-4 egg whites or 1/4-1/2 cup of liquid egg white
- Once slice of tomato
- 1-2 slices of cheese

Cook egg white, and place cheese on top until it melts. Serve over slice of tomato.

### **Tuna Salad or Chicken Salad on Celery**

Take half of the chicken or tuna salad recipe, and place on celery sticks

### **Side Salad with Cheese**

- 2-4 oz. of cheese
- 1 cup of romaine lettuce
- 1/4 cup of chopped tomatoes
- 10 slices of cucumbers
- 1/8 cup of chopped onion
- 1/4 chopped peppers of any color
- All natural salad dressing that is very low in sugar (3g or less)

Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

### **Side Salad with Meat**

- 2-4 oz. of any grilled protein source (steak, chicken, fish, etc.)
- 1 cup of romaine lettuce
- 1/4 cup of chopped tomatoes
- 10 slices of cucumbers
- 1/8 cup of chopped onion
- 1/4 chopped peppers of any color
- All natural salad dressing that is very low in sugar (3g or less)

Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

### **Buffalo Chicken Bites**

- 2-4 oz. cooked chicken, cubed
- 2 Tbsp Frank's Red Hot Sauce
- 1 Tbsp Litehouse Blue Cheese Dressing OR any other all natural blue cheese

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Mix the warm chicken in the buffalo sauce and dip in the blue cheese. Enjoy with celery on the side.

### Caprese Salad

- 1 tomato
- 2-4 ounces of fresh mozzarella
- 1/4 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Dash of Italian Seasonings
- Salt and Pepper to taste
- Fresh basil (optional)

Slice the tomato into 1/4-inch slices. Slice the mozzarella to match the amount of tomato slices you come up with. Place the slices of mozzarella on top of the tomato slices. Top each one with a basil leaf. Mix the other ingredients and pour over the tomatoes.

### Cheesy Greens

- Broccoli, green beans, or any other green
- 2-4 oz. of cheese

Boil the veggies and drain. Place back in the pot with the cheese and melt and mash together.

### Mozzarella Marinara

- 2-4 pieces of string cheese
- 1 cup of warm marinara sauce (no sugar added)
- Ziploc bag with 1/8-1/4 cup of almond meal
- Non-stick spray

Spray a pan with non-stick spray and put it over medium-low heat. As the pan heats, remove the cheese from its wrapper and throw them in the Ziploc bag. Toss them around so that there is a very thin layer of almond meal coating them.

Add them to the pan. Keep an eye on them and rotate them carefully so that they are brown on each side. Do not turn on the heat too high, as it will become a gooey mess. Keep it at a medium-low heat until all sides are crispy golden brown and the entire stick is cooked.

Remove and enjoy with your warm marinara sauce.

## Master Meal Replacement Shakes List

**Note:** If you are using these shakes to replace a meal, use them as listed. If you are using them as a snack, divide recipe by two.

### Chocolate-Chocolate Mint Shake

- 1 cup of ice
- 1 cup of water
- 2 scoops whey protein powder
- 3 Tbsp of unsweetened cocoa powder
- 2 tsp of natural or organic peppermint extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### Double Chocolate Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoops whey chocolate protein powder
- 3 Tbsp of unsweetened cocoa powder
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### Choco-Java Shake

- 1 cup of ice
- 1 cup of water
- 2 scoops whey chocolate protein powder
- ½ cup of coffee or 3 Tbsp of coffee extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### **Choco-Banana Shake**

- 1 cup of ice
- 1 cup of water
- 1 scoop whey chocolate protein powder
- 1/4 medium banana
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### **Chocolate Peanut Butter Shake**

- 1 cup of ice
  - 1 cup of water
  - 1 scoop chocolate whey protein powder
- OR
- 1 scoop of vanilla or unflavored whey protein powder AND 2 Tbsp cocoa powder
  - 2 Tbsp peanut flour OR 1 TBSP regular peanut butter

Mix in a blender and enjoy.

### **Peanut Butter Maple Shake**

- 1 cup of ice
- 1 cup of water
- 1 scoop whey vanilla protein powder
- 2 Tbsp peanut flour OR 1 TBSP regular peanut butter
- A few drops maple extract
- Optional: 2 tbsp. sugar free butterscotch pudding mix

Mix in a blender and enjoy.

### **Vanilla-Java Shake**

- 1 cup of ice
- 1 cup of water
- 2 scoops whey vanilla protein powder
- ½ cup of coffee or 3 Tbsp of coffee extract
- 6 Tbsp flax meal

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- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### Vanilla Crème Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoops whey vanilla protein powder
- 1 vanilla bean
- 1 Tbsp vanilla extract
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Slice the vanilla bean long ways, and using a dull knife, scrape out the insides. Add to a blender with the other ingredients, blend, and enjoy.

### Strawberries 'n' Cream Shake

- 1 cup of ice
- 1 cup of water
- 1 scoop whey vanilla protein powder
- ½ cup frozen strawberries
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### Strawberry Banana Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoop whey vanilla protein powder
- ½ cup frozen strawberries
- ½ frozen medium banana
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### **Orangesicle Shake**

- 1 cup of ice
- 1 cup of water
- 2 scoops whey vanilla protein powder
- 2 Tbsp orange extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Mix in a blender and enjoy.

### **Pina Colada Shake**

- 1 cup of ice
- 1 cup of water
- 1 scoop whey vanilla protein powder
- 1/2 cup pineapple (Fresh or frozen)
- 1 tbsp. coconut extract (Found in the baking aisle next to the extracts)

Mix in a blender and enjoy.