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# FAT-BURNING SALADS

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## Blood Orange & Roasted Beet



This salad is not only simple and easy-to-make but is nutrient-loaded!

Summer Salad Series

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### Key Fat Burners:

**Blood Orange:** The vitamin-C lowers your overall production of the stress hormone Cortisol. Too much cortisol leads to an increase in belly fat.

**Walnuts:** Packed full of the “good fats” AKA polyunsaturated fats. These fats have a long list of benefits but one key one is that it “turns off” the hormones that cause your body to store body fat.

## Ingredients

- 1 lb. Beets, scrubbed clean
- 1 tsp Olive Oil
- Salt and Pepper to taste
- 4 cups Baby Spinach Leaves
- 4 cups Torn Butter Lettuce Leaves
- 4 Blood Oranges, (serve either as segments, chopped, or thinly sliced)
- 1 Avocado, diced
- 1/4 cup Feta

## Directions

1. Preheat the oven to 400 degrees.
2. Lightly rub Olive Oil over the Beets and sprinkle with salt and pepper. Wrap in aluminum foil and roast for 45-60 minutes, depending on the size of your beets. Remove from oven, let cool slightly and gently rub off the skin using your fingers or a paper towel. Cub and set aside.
3. Toss the spinach and butter leaves together and divide among 4 bowls. Divide the remaining ingredients among the bowls: chopped avocado, blood oranges, beets and feta.



Check out the **BONUS**  
Fat Burning Salad  
Dressing

**“These fats turn off the hormones that cause your body to store fat.”**

4. Make the dressing: Finely chop the walnuts and place in a small bowl along with the thyme leaves, lemon juice, and minced garlic clove. Drizzle the Olive Oil and season to taste with salt and pepper.

5. Drizzle the dressing over the salads and serve immediately.