

\$24.97_{US}

Fat Burning Recipes Revealed

By Michael D. Hill

Specially Introduced To You By: {--name--}
<http://www.{--url--}>

*“Powerful, great
tasting fat loss recipes
for faster results!”*

Fat Burning Recipes Revealed



“Smokin’ meals to melt your gut, increase your energy, and help you pack on lean sculpted muscle!”

This is NOT a Free eBook

DISCLAIMER

While a great deal of care has been taken to provide accurate and current information the tips, ideas, suggestions and principles presented in this publication are for information and educational purposes only and is not medical advice. Please consult a health professional before starting any fitness or nutrition program and or if you have any questions about your own health and or unique circumstances.

Copyright ©2003 ♦ Michael Hill ♦ All Rights Reserved

This publication may not be reproduced in any manner whatsoever in whole or in part including but not limited to electronic transfer, photocopying, audio and or video recording, without the express written permission from the author.

Table Of Contents

Disclaimer	2
Table Of Contents	3
Continued Success & Support	4
Recipe Format Guide	6
Introduction	7
Q & A	9
Melt In Your Mouth Breakfasts	18
Simply Satisfying Lunches and Dinners	30
Flavor Packed Sandwiches, Roll-Ups, and Burritos	69
Fresh and Tangy Salads	83
Sensational Soups and Zesty Sauces	94
Irresistibly Incredible Deserts	104
Closing Remarks	117
Helpful Conversion Tables	118
Recipes Index	119

Continued Success & Support

"Here's How You Can Quickly and Easily Get Access To Vital Information To Build Your Own Incredible Dream Body!"

Unlike anything you'll ever read...

Dear Friend,

Most people want to change... Want a better life... and most of all want to be healthy!

In today's society most cannot see the light at the end of the tunnel because they are being bombarded with schemes, scams, and rip-offs.

The fact that you want to lose weight, look healthier and feel sexier is something not everyone has the guts to do. Most will just accept their overweight, unhealthy bodies forever, and become even fatter!

Who do I trust?

What information will work for me?

Only YOU can answer these questions. I could sit here and write clusters of hype and make you want to change long enough for you to buy the latest contraption.

You'll soon lose the desire to change even before you get what you've already paid for based on artificial promises.

It's human nature to want instant gratification, instant results etc.

False promises and high-pitched salesmanship won't lead you to weight loss success, they'll just make you broke, stressed and less trusting.

Look, I can't promise that you'll lose x-number of pounds in x-number of weeks... BUT I can promise you that if you start making some changes in your life right now, you will see a definite transformation.

Now even if this transformation doesn't produce the "*screen star figure*" we all wish we had, YOU WILL still be far better off and further ahead than by doing nothing at all.

Don't quit on yourself... You're better than that!

I touch on many different aspects of weight loss and healthier living in my monthly diary. It's a no *BS*, no holds barred journal that I fill with quality information you will need if you want to succeed with your own incredible weight loss journey.

Visit my website www.Fat-Burning-Recipes.com/Support and take a look around, then sign up for the free journal, *Fitness Forum Diary*, which will be delivered to you each month via email.

You will also receive a free e-course that will tell you the truth about how you can achieve your own Dream Body Success!

[Click here to visit the Dream Body Success website and start your own incredible, life-changing journey!](#)

Wishing You much Success!

Michael D. Hill

Recipe Format Guide

It's extremely important to know how this ebook has been set-up so you can quickly find, prepare and enjoy the meals you are looking for.

1. Preparation time for each recipe (*not including marinate time*)
2. Appropriate amount of servings the recipe will make
3. Ingredients list required for the recipe
4. Bulleted preparation instructions
5. Nutrition information per serving (*not the entire recipe*)




Indicates marinate time has not been added to preparation time and needs to be taken into account when preparing the recipe.

The diagram illustrates the recipe format with numbered callouts:

- 1**: Points to the 'Prep Time: 20 minutes' field.
- 2**: Points to the 'Makes 6 servings' field.
- 3**: Points to the ingredients list.
- 4**: Points to the bulleted preparation instructions.
- 5**: Points to the nutrition information table.

The recipe card content is as follows:

Quick Breakfast Muffins
Prep Time: 20 minutes  Makes 6 servings

4 egg whites or equivalent in egg substitute (EggBeaters)
2 ready-to-drink protein shakes
1 1/2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup Splenda

Non-fat cooking spray

- Preheat oven to 350 degrees.
- Mix eggs and protein drinks together in a bowl and set aside.
- Blend flour, baking powder, salt and Splenda in another bowl.
- Add the two liquid ingredients together and stir until slightly moist.
- Spray a 12-cup muffin pan or two 6-cup muffin pans with non-fat cooking spray.
- Add muffin mixture.
- Bake for about 15 minutes or until toothpick comes out clean when inserted into the middle of muffin.

What's In It for you?
Per serving:

138	calories
3.08 g	fat
17.42 g	carbohydrate
17.53 g	protein

Copyright © 2003 Michael D. Hill - All Rights Reserved. www.fatburningrecipes.com
23

Introduction

Welcome, and thank you for ordering Fat Burning Recipes Revealed.

The goal of this entire ebook is...

...for you to enjoy eating healthier foods that will cause you to lose weight faster, tone and shape your body, and increase your energy levels quickly.

But you will get so much more than just that!

Inside this valuable resource you will find amazingly delicious recipes that take little time to prepare.

Within minutes you will be on your way to a better shaped and toned body you can be proud of without a lot of trial-and-error frustrations.

This complete no-brainer approach to burning fat and gaining lean sculpted muscle from the foods you eat will catapult you to your own dream body success, guaranteed!

Take the time right now and quickly peruse the [Table of Contents](#).

You will notice the recipes have been organized for quick and easy access and each category is a clickable link which will instantly direct you to your chosen area within this ebook.

A complete list of recipes has also been added in the back of this ebook titled "[Recipe List](#)" found on page 119 where you will find each recipe categorized for easy reference and they too are clickable links.

All you have to do is select the recipe you desire, point and click, it's

that simple.

The fabulous recipes inside have been tested and proven to help you burn fat faster, increase energy levels, and feed your body with the proper nutrients for rapid muscle growth.

You now have the most powerful recipes at your fingertips, that can make incredible changes to your body that you have been desperately searching for.

Congratulations on your decision to change!

Most Sincerely,

Michael D. Hill and {--name--}
<http://www.{--url--}>

P.S. Feel free to print these recipes for your own personal use.

*"A journey of a
thousand miles begins
with a single step."*

-- Confucius

Q&A

Q: I just started working out. How much protein should I consume everyday?

A: The *recommended dietary allowance* (RDA) for protein is 0.36 grams per pound of bodyweight per day for sedentary (*inactive*) people.

Research over the last 15 to 20 years has indicated that active Individuals, both men and women, benefit from consuming 150% to 175% of protein per day, above the current RDA levels.

Other well noted scientists in the United States recommend protein requirements as high as 0.77 grams per pound of body weight per day for strength training athletes.

This works out to 154 grams of protein per day for a 200-lb man and 100 grams per day for a 130-lb woman.

The chart here calculates weight in pounds times (x) 0.77 grams of protein. The numbers in the right hand column are your daily intake levels of protein in grams.

Body Weight	Grams of Protein
100 lbs	77.00
110 lbs	84.70
120 lbs	92.40
130 lbs	100.10
140 lbs	107.80
150 lbs	115.50
160 lbs	123.20
170 lbs	130.90
180 lbs	138.60
190 lbs	146.30
200 lbs	154.00
210 lbs	161.70
220 lbs	169.40
230 lbs	177.10

This information is calculated using 0.77 grams of protein times your body weight.

Q: Once I've reached my desired weight loss goals and got everything under control, do I have to stay on my diet?

A: For starters, these recipes are not a diet. These recipes are designed to feed your body efficiently with a good balance of proteins, carbohydrates, fats and essential nutrients.

You should always continue to move forward, even when you do reach your desired weight loss goals. It is highly recommended that you set new goals and continue with your new found lifestyle.

Failing to do so could very likely result in returning to your old habits and regaining the weight you have worked so hard to lose.

When setting new goals they don't always have to focus on weight loss. Once you reach your ideal weight think of other goals with nutrition and weight loss as the corner stone to your success.

Here are some ideas.

Get the word out about your amazing achievements. Let your family and friends know how you've found success.

You could even continue by becoming a success coach. Inspiring others to achieve their goals of successfully shedding the pounds and feeling healthier, sexier and more confident.

It's important to tell others how you have reached your incredible success because not everyone believes it's possible.

Once they see someone they know and trust whole-heartedly, transform into a sexier, healthier, more confident person they too will believe it's possible for them.

So show them how and enjoy their success too!

Q: What's the best way to eat for maximum fat burning?

A: The best proven way to burn fat efficiently is through a better balance of protein, carbohydrates, and fat.

The current federal dietary guidelines (*The Food Guide Pyramid*) are a lousy way to eat if you want to burn fat, and increase lean muscle.

And here's why.

The Food Guide Pyramid recommends you eat six to twelve servings of grains and hardly any protein. It recommends a diet made of 60 percent carbohydrates, 30 percent fat and a measly 10 percent protein.

Studies conducted by Dr. Donald Layman, professor of nutrition at the University of Illinois found that people who had better balance in their daily meals reported to having more energy and felt more satisfied between meals.

They also lost 12.3 pounds of body fat and only 1.7 pounds of muscle mass, compared to 10.4 pounds of body fat and 3 pounds of muscle mass lost from the group that followed the Food Guide Pyramid, over a 10 week period.

The balance Dr. Layman is recommending for losing and maintaining fat loss is 40 percent carbohydrates, 30 percent fat and 30 percent protein.

Q: The carbohydrate cravings are unbearable — How can I overcome this?

A: There could be several reasons why your experiencing intense carbohydrate cravings.

From low serotonin levels in the brain, to a lack of rest could increase cravings for foods high in carbohydrates and sugars such as cereals, sugary snacks, ice cream, and cookies.

Even your mood state could result in very intense food cravings, according to L. Christensen, co-author of “Mood and Carbohydrate Cravings”

High stress, worry and anxiety are also contributors to intense food cravings, and can be significantly reduced through proper nutrition and balance in your eating habits.

A good way to overcome these intense cravings is to eat balanced meals, rich in protein, low in sugar and nutrient-deficient carbohydrates.

High quality proteins such as chicken, turkey or fish; quality carbohydrates such as brown rice, sweet potatoes, and oatmeal; and healthy fats such as fish and flax seed oils.

You should also increase the number of meals you have through the day, and decrease the portion size of each meal.

Getting enough rest and relaxation can also help to improve your carbohydrate cravings by keeping your serotonin levels consistent.

Q: How does the number of times I eat in a day affect my ability to lose fat?

A: Eating five or six balanced meals every day will increase your metabolism's efficiency and results in more fat loss while also increasing muscle growth.

When we restrict our calorie intake through a low calorie diet our body responds by storing more calories and this storage will turn to fat.

Our metabolism also slows down during a lack of calories ingested and will go into a “*survival*” mode and burn less calories.

By eating less calories you will become fatter instead of thinner. The resulted weight loss from a low calorie diet is mostly water being depleted from your body which will cause dehydration.

It's also important to understand that the timing of your meals can mean the difference between successful fat loss and just another failed attempt.

Skipping breakfast, consuming lots of sugary carbohydrates, and missing meals will result in sure fat loss failure.

By eating five to six meals per day, with a protein to carbohydrate balance will help you:

- Reduce cravings
- Support your metabolic rate
- Consistent energy levels
- More efficient fat loss

DID YOU KNOW?

Your body expends calories to digest food. The more often your body is required to break down food, the more efficient your body becomes resulting in burning more fat, faster.

Q: Are natural fruit juices a good alternative instead of all that water?

A: Natural fruit juices are very high in calories and should be avoided before your daily workout.

BUT...

After your workout you may drink natural fruit juices but keep it in moderation due to the increase in calories from the natural sugars found in these juices.

It's also important to select a natural fruit juice that helps promote fat loss such as an all natural pink grapefruit juice.

The most important factor to remember is to look at the label. Ensure that you are in fact getting a 100% natural fruit juice and not a 100% fruit beverage.

The fruit beverage will have artificial flavors added and loaded with sugars and other preservatives.

One of the most reliable ways to ensure that you are getting 100% natural fruit juice is by using a juice machine, which will extract the natural juices and vitamin rich pulps quite efficiently.

There are several top quality juice machines on the market, as well as several step-by-step juicing books available at www.amazon.com

Q: Can I consume the same amount of soft drinks in a day if I make the switch to diet soft drinks?

A: The amount of soft drinks you consume will have an affect on your fat loss success rate.

First, there are large amounts of sugars in each serving including the diet or reduced calorie varieties.

Most consider diet soft drinks to be fine, however there are still sugars present in the caramel coloring and are also loaded with artificial sweeteners to make up for the remaining lack of added sugars.

The largest problem with the consumption of soft drinks is that it replaces healthier alternatives such as milk or water.

Therefore, by continuing to consume soft drinks at your current rate you are injecting an influx of sugars into your body as well as reducing the benefits found in healthier alternatives such as milk or water.

Another problem with soft drinks is in the artificial sweetener found in diet sodas which should raise concerns.

Saccharin, which has been replaced by aspartame in all but a few brands of soft drinks, has been linked in human studies to urinary-bladder cancer, and in animal studies to cancers of the bladder and other organs.

Congress has required products made with saccharin to bear a warning label. The safety of *acesulfame-K*, which was approved in 1998 for use in soft drinks, has been questioned by several cancer experts.

Q: How much water should I drink everyday and is it better to spread it out or drink larger amounts at meal times?

A: Most of us DO NOT drink enough water, nor do we realize the importance of water in our bodies.

Without water our bodies would not function properly, having an effect on our ability to digest foods, carry the proper amount of oxygen to our cells through the blood, and poor regulation of proper body temperature levels to name a few.

Common problems associated with not consuming enough water are:

- Poor muscle tone and size
- Joint and muscle soreness
- Excess body fat
- Decreased organ functions
- Increased toxicity
- Constipation
- Dehydration

Proper water intake is the key to successful fat loss and can even contribute to faster fat loss because your body is able to function more efficiently.

To say that 8 glasses of water a day is enough is not completely accurate. Everyone is of a different size and shape, therefore the amount of water you require is determined by your weight.

Here is a simple formula to calculate the approximate amounts of water you should be drinking every day. Body Weight times .55

equals number, in ounces of water you should be drinking per day.

$$\underline{\hspace{2cm}} \times .55 = \underline{\hspace{2cm}} \text{ ounces of water per day}$$

Body Weight

The amount of water you drink should be spread out evenly throughout the course of the day.

Consuming larger amounts of water at one time just to intake the proper amounts will result in unnecessary and frequent urination resulting in less absorption of water throughout your body.

By consuming water all day long you will give your body a chance to absorb it and function more efficiently.

It's also important to note that when you first start consuming your daily water intake levels you will experience more frequent bathroom breaks which is completely normal, and should level off within a couple of weeks, once your bladder is used to the increase in the amount of fluids.

DID YOU KNOW?

Your muscle composition is made of 70% water which aids and enhances various metabolic reactions in the body.

Melt In Your Mouth Breakfasts

Breakfast is the most important meal of the day because your body has been in a fasting state while you were sleeping.

Making the right food choices for your breakfast meal will go a long way in reducing your waist line.

Before I discovered the right foods to eat my typical breakfast was a bowl of Corn Pops and a large coffee. After the bowl of cereal my stomach would immediately have a sick feeling.

The only reason I could think of as to why I felt sick after breakfast was because I was making the wrong food choices. At first I thought it was because of the particular type of cereal, so I switched to a different brand but still, the same thing was happening.

I later discovered that it was because I was eating a ton of carbohydrates first thing in the morning combined with lots and lots of sugars and next to no protein.

Immediately I changed the choices I made at breakfast time and focused on a protein, carbohydrate, and fat balanced meals. Within a day I felt 100% better and had much more energy before I even started work.

So just by making the right food choices first thing in the morning will help you gain more energy, slim your waist line faster, and make you feel completely enthusiastic and positive about the day ahead.

The recipes I have included in this section have proven to be the absolute best combination of protein, carbohydrates and fat that will literally kick-start your day and make you feel absolutely satisfied and in control of your body. -- *Heck they even taste good too!* --

Energy Supreme Oatmeal

Prep Time: 3 minutes

Makes 1 serving

- ½ cup oatmeal (or rolled oats)**
- 1 cup skim milk**
- 1 tablespoon all-natural peanut butter**
- 1 packet Splenda**
- 1 Sprinkle of cinnamon**
- 1 scoop vanilla or chocolate protein powder**

- Mix oatmeal, milk, peanut butter, Splenda and cinnamon in a bowl.
- Microwave on high for one minute or until cooked.
- Mix in protein powder, stir and enjoy.

What's in it for you?

Per serving:

565.27	calories
14.03 g	fat
62.46 g	carbohydrate
56.69 g	protein

Power-Packed Oatmeal

Prep Time: 3 minutes

Makes 1 serving

- 1 packet instant oatmeal**
- ½ cup skim milk**
- 1 scoop protein powder**
- ½ ounce sunflower seeds (de-shelled)**

- Prepare instant oatmeal following directions on package.
- While it's cooking, blend together milk and protein powder.
- When the oatmeal is cooked, stir in milk with the protein powder and add the sunflower seeds.

What's in it for you?

Per serving:

328	calories
10 grams	fat
30 grams	carbohydrate
31 grams	protein

Amazing Breakfast Burritos

Prep Time: 15 minutes

Makes 2 servings

2 cups egg substitute (such as EggBeaters)
½ cup non-fat cottage cheese
½ cup mushrooms
½ cup onion, diced
½ red bell pepper, trimmed and diced
2 whole-wheat tortillas
2 ounces (¼ cup) low-fat cheddar cheese, grated

Low-fat Salsa

Black pepper to taste

Non-stick, low-fat cooking spray

- Whisk together the eggs, cottage cheese and pepper in a small bowl and set aside.
- Place tortillas in a warm oven.
- Coat a medium saucepan with cooking spray and place over medium-high heat until hot.
- Sauté mushrooms, onions and red pepper until soft.
- Pour egg mixture over vegetables and cook until firm.
- Place half the egg and vegetable mixture down the center of each warm burrito.
- Roll, then top with cheese and salsa.

What's in it for you?

Per serving:

304.41	calories
2.64 g	fat
27.05 g	carbohydrate
41 g	protein

Quick Breakfast Muffins

Prep Time: 20 minutes

Makes 6 servings

- 4 egg whites or equivalent in egg substitute (EggBeaters)**
- 2 ready-to-drink protein shakes**
- 1½ cups flour**
- 1½ teaspoons baking powder**
- ½ teaspoon salt**
- ½ cup Splenda**

Non-fat cooking spray

- Preheat oven to 350 degrees.
- Mix eggs and protein drinks together in a bowl and set aside.
- Blend flour, baking powder, salt and Splenda in another bowl.
- Add the two liquid ingredients together and stir until slightly moist.
- Spray a 12-cup muffin pan or two 6-cup muffin pans with non-fat cooking spray.
- Add muffin mixture.
- Bake for about 15 minutes or until toothpick comes out clean when inserted into the middle of muffin.

What's in it for you?

Per serving:

138	calories
3.08 g	fat
17.42 g	carbohydrate
17.53 g	protein

Egg-White Pancake Roll-Ups

Prep Time: 25 minutes

Makes 1 serving

6 jumbo egg whites
1 rounded teaspoon pancake mix
1 tablespoon oatmeal
1 tablespoon Splenda
½ to 1 scoop vanilla protein powder

Sprinkle of cinnamon
Splash of calcium enriched orange juice
Non-stick cooking spray

- Mix the egg whites, pancake mix, oatmeal, cinnamon and Splenda in a blender or bowl.
- Add orange juice and protein powder.
- Blend ingredients until smooth.
- Pour mixture onto a heated frying pan sprayed with cooking spray.
- Cook on medium heat for 11 minutes.
- Flip and cook until nice golden brown.
- Top with low-calorie syrup or sugar-free jam and roll-up.

What's in it for you?

Per serving:

592.64	calories
9.8 g	fat
72.13 g	carbohydrate
74.73 g	protein

Ultra-Fast Egg-White Omelette

Prep Time: 10 minutes

Makes 1 serving

- 4 egg whites**
- 1 whole egg**
- 1 tablespoon shredded low-fat cheddar cheese**
- 2 tablespoons skim milk**
- 1 small whole-wheat bagel**

Non-fat cooking spray

- Beat egg whites and whole egg with skim milk.
- Pour eggs into a lightly coated skillet and cook until firm, then flip over and continue for about another 30 seconds to 1 minute.
- Top with cheese and melt
- Serve with a toasted whole-wheat bagel.

What's in it for you?

Per serving:

298	calories
6 grams	fat
34 grams	carbohydrate
27 grams	protein

Hearty Cheese-Crusted Potato Slices and Egg

Prep Time: 15 minutes

Makes 1 serving

- 1 medium sized baking potato**
- 1 tablespoon low-fat shredded cheddar cheese**
- 4 scrambled egg whites**

- Cut the potato into half-inch slices, and microwave for two minutes or until tender.
- Arrange sliced potato on broiling pan or oven-safe plate. Top with low-fat shredded cheddar cheese and place under broiler until cheese is brown and bubbly.
- Accompany with four cooked scrambled egg whites and enjoy.

What's in it for you?

Per serving:

311	calories
1 gram	fat
53 grams	carbohydrate
22 grams	protein

French Toast with Yogurt Delight

Prep Time: 10 minutes

Makes 1 serving

- 1 egg white**
- 1 whole egg**
- 1 tablespoon skim milk**
- 2 slices whole-wheat bread**
- 1 tablespoon fat-free vanilla yogurt**

Cinnamon

Vanilla extract

Non-fat cooking spray

- Beat together the skim milk, a dash of cinnamon, a few drops of vanilla extract flavouring, egg white, and a whole egg.
- Dip the slices of whole-wheat bread into the mixture, coating both sides.
- Spray a hot skillet with non-fat cooking spray, then place the coated slices of bread in the skillet. Brown both sides.
- Serve hot with a generous dollop of fat-free vanilla yogurt.

What's in it for you?

Per serving:

421	calories
8 grams	fat
41 grams	carbohydrate
44 grams	protein

Egg-White Pancakes

Prep Time: 20 minutes

Makes 1 serving

- 6 jumbo egg whites**
- 1 rounded teaspoon pancake mix**
- 1 packet instant oatmeal or grits**

non-stick cooking spray

- Put egg whites, pancake mix, and oatmeal in a blender and blend until smooth.
- Pour mixture into a heated Teflon pan sprayed with non-stick cooking spray.
- Cook on medium heat for 11 minutes. Flip it over and cook until done.

What's in it for you?

Per serving:

315.18	calories
4.29 g	fat
41.94 g	carbohydrate
26.84 g	protein

Breakfast Turkey Hash Extraordinaire

Prep Time: 20 minutes

Makes 6 servings

- 1 large (2 cups) red onion, diced 1/4-inch**
- 3 large red potatoes, diced 1/4-inch**
- 1 medium (1 cup) red bell pepper, diced 1/4-inch**
- 1 medium (1 cup) yellow bell pepper, diced 1/4-inch**
- 3 cups cooked turkey, chopped**
- 1 tablespoon paprika**
- 1 teaspoon garlic salt**
- 6 egg whites**

- In a large non-stick skillet, over medium heat, cook the onion in water until browned.
- Add potato and continue to cook, stirring often for five minutes.
- Add peppers, seasoning and turkey.
- Cook until potatoes are soft and peppers are tender.
- Serve with poached, basted or fried egg on top.

What's in it for you?

Per serving:

328.34	calories
15.22 g	fat
10.45 g	carbohydrate
36.55 g	protein

Simply Satisfying Lunches and Dinners

These fabulous lunches and dinners are sure to keep you motivated to stick with your eating lifestyle because they are so simple to make and the taste is nothing short of amazing.

It's almost hard to believe that you can eat this good and still be able to burn fat faster than you ever have before... but it's true!

Getting the right kinds of nutrients, proteins and carbohydrates is the key to rapid fat loss.

These recipes are sure to save you so much time because everything has already been pre-planned. All you have to do is choose a meal you feel like eating and follow the step-by-step instructions.

During the week I find that I am extremely busy and still able to commit more of my time, due to these time saving recipes, in things that I wasn't able to do before.

Every Sunday afternoon I go grocery shopping for the entire week, taking all the ingredients I'll need directly from the recipes I'll be preparing.

Then I start cooking every meal and dividing it into microwave friendly containers once the food has cooled to room temperature (*If you pack food into a container when it's still hot it will become mushy due to the condensation from the steam*).

I take a piece of masking tape and mark each container with the day of the week in which I have planned for that specific meal and put them into the freezer.

Now I can eat healthy, great tasting meals in seconds!

Roast Turkey Breast

Prep Time: 75 minutes

Makes 12 servings

- 1 four pound boneless, skinless turkey breast**
- 2 garlic cloves, cut into slivers**
- ½ teaspoon dried rosemary or fresh rosemary sprigs**
- 1 teaspoon dried, crumbled thyme**
- 2 tablespoons lemon juice**
- ½ teaspoon pepper**
- 1 cup fat-free chicken or turkey broth**
- 1 pinch of salt**

- Rinse turkey breast and pat dry.
- Trim off any excess fat.
- Make small slits in the top of the breast and insert garlic cloves and fresh rosemary sprigs. (If you don't have fresh rosemary, add dried rosemary to the broth mixture.)
- Combine thyme, lemon juice, pepper and broth in a small bowl.
- Brush all over turkey breast and sprinkle with salt.
- Place turkey breast in a baking dish, meaty side up.
- Roast at 350 degrees for 45 minutes to 60 minutes, depending on size of breast.
- Baste every 10 minutes to 15 minutes until done.

What's in it for you?

Per serving:

287	calories
11.21 g	fat
0.36 g	carbohydrate
43.44 g	protein

Sensational Turkey Dinner

Prep Time: 75 minutes

Makes 4 servings

- 4** portioned turkey breast slices, uncooked
- 2** small yellow summer squash, sliced thin
- ½** can cranberry sauce (jelled or whole berry)
- 1** package stuffing mix, prepared with fat-free chicken broth

Salt

Pepper

Cooking spray

- Wash turkey breasts, season with salt and pepper and place into a casserole dish that has been lightly sprayed with cooking spray.
- Layer sliced squash on top of each turkey breast, and add a layer of cranberry sauce on top of the squash.
- Prepare stuffing mix using fat-free chicken broth, and layer the stuffing mix on top of the cranberry sauce.
- Cover and bake at 350 for 35 minutes to 40 minutes until everything is bubbly.

What's in it for you?

Per serving:

269.03	calories
7.94 g	fat
23.02 g	carbohydrate
26.54 g	protein

Chicken Shish-Kebabs

Prep Time: 45 minutes



Makes 4 servings

4 boneless chicken breasts
1 green bell pepper
1 red bell pepper
1 red onion
1 zucchini

Teriyaki or soy sauce (marinate)

Whole mushrooms

Baby tomatoes

- Marinate chicken breasts in teriyaki or soy sauce for one hour in the refrigerator.
- Remove chicken from marinate and slice into large cubes.
- Dice green pepper, red pepper, and red onion into 1- 1 ½ inch strips. Slice zucchini into ½ inch slices (coins).
- Place chicken, onion, peppers, zucchini, mushroom, and baby tomatoes on skewers, alternating each food for a colorful presentation.
- Place shish kebabs on the grill, and cook for approximately 10 minutes.
- Serve over brown wild rice, and garnish with fresh melon.

What's in it for you?

Per serving:

207.17	calories
4.48 g	fat
12.88 g	carbohydrate
30.65 g	protein

Melt-In-Your-Mouth Eye Of Round Steaks

Prep Time: 25 minutes



Makes 4 servings

- 4 Eye-of-round steaks**
- 2 tablespoons soy sauce**
- 1 tablespoon minced fresh ginger**
- 1 tablespoon lemon zest**
- 2 tablespoons Asian sesame oil**
- 1 clove garlic minced**
- 1 teaspoon black pepper**
- 1 teaspoon brown sugar**

- Prepare marinade by mixing together soy sauce, minced fresh ginger, lemon zest, Asian sesame oil, clove of minced garlic, black pepper, and brown sugar.
- Pour marinade into a Ziploc bag and add four one-inch-thick eye of round steaks.
- Store in fridge for one to four hours.
- Remove the steaks from the bag and place on heated grill for four minutes each side or until cooked to desired wellness.
- Serve with sweet potatoes and green beans.

What's in it for you?

Per serving:

249.06	calories
13.7 g	fat
2.12 g	carbohydrate
27.13 g	protein

Savoury Chicken and Chili

Prep Time: 30 minutes

Makes 4 servings

2 pounds chicken (white meat)
1 jar (48 ounces) white beans
2 jars (16 ounces) medium salsa
2 tablespoons cumin

- Steam chicken and cut into small cubes.
- Place chicken into saucepot and add white beans, medium salsa, and cumin.
- Stir ingredients together over medium heat until thoroughly heated.
- Serve with a fresh garden salad.

What's in it for you?

Per serving:

788.08	calories
11.73 g	fat
70.9 g	carbohydrate
97.06 g	protein

Pork Tenderloin with Bourbon Glaze

Prep Time: 30 minutes



Makes 4 servings

- 1 $\frac{1}{4}$ pound pork tenderloin**
- 3 tablespoons Dijon mustard**
- 3 tablespoons bourbon**
- $\frac{1}{4}$ cup soy sauce**
- 1 tablespoon Worcestershire sauce**

Brown sugar

Salt

Pepper

- Cut pork tenderloin into 1-inch cubes, season with salt and pepper, and set aside.
- In a small bowl, combine Dijon mustard, Bourbon, soy sauce, a sprinkle of brown sugar, and Worcestershire sauce.
- Add cubed tenderloin to mixture, making sure the meat is covered.
- Marinate for one to four hours in the fridge.
- Place cubes on skewers and grill for 10 to 12 minutes, turning frequently.
- Serve over brown wild rice with a green vegetable.

What's in it for you?

Per serving:

374.78	calories
13.83 g	fat
2.6 g	carbohydrate
53.6 g	protein

Teriyaki Salmon

Prep Time: 20 minutes

Makes 2 servings

2 six ounce salmon steaks
6 tablespoons Teriyaki sauce
2 tablespoons brown sugar

Olive oil
Salt
Pepper

- Combine Teriyaki sauce and brown sugar.
- Brush the salmon steaks with olive oil and sprinkle with salt and pepper.
- Place fillets, skin side down, in a hot non-stick skillet.
- Sear for three minutes on each side.
- Add Teriyaki sauce mixture and cook one minute on each side.
- Serve over brown wild rice and cooked spinach.

What's in it for you?

Per serving:

146.54	calories
8.76 g	fat
4.92 g	carbohydrate
12.02 g	protein

Grilled Tuna Steaks

Prep Time: 20 minutes



Makes 2 servings

- 2 six ounce tuna steaks**
- 1/3 cup dry white wine**
- 1 tablespoon extra virgin olive oil**
- 2 teaspoons dried oregano**
- 1 teaspoon salt**
- 1/2 teaspoon pepper**
- 2 garlic cloves, minced**

- In a small bowl, combine wine, olive oil, oregano, salt, pepper, and minced garlic cloves.
- Pour mixture into a Ziploc bag, add the tuna steaks, seal the bag, and shake.
- Marinate in the refrigerator for 30 minutes to two hours.
- Grill tuna steaks or broil for four minutes on each side.
- Serve with new potatoes and broccoli.

What's in it for you?

Per serving:

292.72	calories
9.29 g	fat
3.81 g	carbohydrate
40.41 g	protein

Tasty Black Beans and Tuna

Prep Time: 20 minutes

Makes 2 servings

2 cans water packed tuna
½ cup black beans (rinsed and drained)
½ ripe tomato
½ cup onion

Black olives
Salsa

- Drain the two cans of tuna and place into bowl.
- Chop the tomato, onion, and olives.
- Mix everything into the tuna, and add the black beans.
- When ready to serve, top with your favorite salsa.

What's in it for you?

Per serving:

323.11	calories
2.71 g	fat
40.13 g	carbohydrate
38.91 g	protein

Chicken Kebabs

Prep Time: 45 minutes



Makes 1 serving

1 chicken breast (boneless, skinless)

½ green pepper

½ red bell pepper

¼ onion

4 mushrooms

Garlic powder or garlic herb seasoning

Black pepper

Lemon juice

- Marinate chicken breast in lemon juice and black pepper for one to six hours.
- Cut chicken breast into one-inch cubes.
- Cut green pepper, red pepper and onion into one-inch pieces.
- On a skewer, thread a piece of chicken, then green pepper, red pepper, mushroom, onion, and repeat until all ingredients have been skewered. *(You may need to use two skewers)*
- Place skewers onto grill and sprinkle with garlic powder or garlic herb and black pepper to taste.
- Grill until chicken is cooked through.
- Serve over a portion of cooked brown wild rice.

What's in it for you?

Per serving:

226.34	calories
4.32 g	fat
18.3 g	carbohydrate
30.53 g	protein

Grilled Shrimp

Prep Time: 20 minutes

Makes 1 serving

1 lemon
6 fresh shrimp

Low-fat cooking spray
Mrs. Dash Extra Spicy or Mrs. Dash Garlic Herb

- Wash and de-vein shrimp. Skewer the shrimp, leaving a space between each one and spray lightly with cooking spray.
- Sprinkle Mrs. Dash Extra Spicy or Mrs. Dash Garlic Herb on both sides.
- Cook on grill or barbecue on high for 3 minutes per side. *(May take less time if shrimp is smaller)*
- Spritz shrimp with fresh lemon juice, and serve on top of cooked brown wild rice.
- Add a portion of steamed vegetables on the side and serve with a glass of lemon water.

What's in it for you?

Per serving:

260.51	calories
4.06 g	fat
9.13 g	carbohydrate
46.53 g	protein

Grilled Salmon Steaks

Prep Time: 25 minutes



Makes 2 servings

- 2 salmon steaks or fillets**
- 2 tablespoons peanut oil**
- 2 tablespoons lite soy sauce**
- 2 tablespoons balsamic vinegar**
- 2 tablespoons chopped green onion**
- 1½ teaspoons brown sugar**
- 1 minced clove garlic or garlic powder**
- ¾ teaspoon ground ginger powder**
- ½ teaspoon dried red chili flakes**

- Mix together peanut oil, lite soy sauce, balsamic vinegar, chopped green onion, brown sugar, minced clove garlic or garlic powder, ground ginger powder, and dried red chili flakes.
- Pour mixture over 2 salmon steaks or fillets in a bowl.
- Cover with plastic wrap and refrigerate for 30 minutes to 6 hours, stirring once or twice.
- Grill salmon for 10 to 15 minutes or until salmon flakes easily with a fork.
- Serve with a portion of your favorite fruit.

What's in it for you?

Per serving:

223.51	calories
8 g	fat
12.6 g	carbohydrate
25.36 g	protein

Garlic and Herbs Grilled Chicken in White Wine

Prep Time: 40 minutes



Makes 4 servings

- 4 thin-sliced chicken cutlets**
- ¼ cup safflower oil**
- 5 cloves minced garlic**
- 1 tablespoon rosemary**
- 1 tablespoon parsley**
- 1 teaspoon salt**
- 1 tablespoon fresh black pepper**
- ¼ cup non-alcoholic white wine**

- Heat skillet over medium heat for 5 minutes.
- Add safflower oil, and 5 cloves of garlic. Sauté, being careful not to brown garlic. (*garlic will taste bitter if you let it brown*)
- Add rosemary, parsley, salt, black pepper. Let simmer for 2 minutes to allow flavors to combine.
- Add non-alcoholic white wine, and let reduce and additional 5 minutes. Remove from heat and let cool.
- Pour over chicken cutlets and let marinate for 30 minutes to one hour.
- Grill chicken and serve with grilled potatoes, and your favorite mixed vegetables.

What's in it for you?

Per serving:

189.37	calories
7.33 g	fat
2.74 g	carbohydrate
26.88 g	protein

Grilled Potatoes

Prep Time: 40 minutes

Makes 1 serving

- 1 large potato**
- 1 teaspoon butter buds**
- ½ teaspoon chopped onion (optional)**

Pepper
Garlic seasoning
Non-fat cooking spray

- Thinly slice potato.
- Spray a piece of aluminium foil (*shiny side*) with cooking spray.
- Put potato slices on foil and sprinkle with butter buds, a dash of pepper, a little garlic, and chopped onion (*if desired*).
- Fold the foil and seal.
- Put on the barbecue grill for about 25 to 30 minutes, and enjoy.

What's in it for you?

Per serving:

138	calories
4.17 g	fat
23.98 g	carbohydrate
5.38 g	protein

Grilled Turkey Burgers

Prep Time: 20 minutes

Makes 4 servings

- 1 pound ground turkey**
- ½ packet Lipton Recipes Secret Garlic Mushroom seasoning**
- ½ packet Lipton Recipes Secret Golden Onion seasoning**
- 2 eggs**
- 4 whole-wheat buns**

Lettuce
Tomato
Onion

- Combine ground turkey with Lipton Recipes Secret Garlic Mushroom seasoning, Lipton Recipes Secret Golden Onion seasoning, and 2 egg whites.
- Mix until thoroughly blended together.
- Make into four equal portion-sized patties and cook on grill until desired tenderness.
- Serve on whole-wheat bun with lettuce, a slice of tomato, and onion.

What's in it for you?

Per serving:

392.06	calories
17.84 g	fat
20.83 g	carbohydrate
35.84 g	protein

Barbecued Chicken Packets

Prep Time: 45 minutes

Makes 1 serving

- 1 boneless, skinless chicken breast**
- 1 teaspoon Dijon mustard**
- 1 sliced carrot**
- 3 fresh mushrooms**
- ½ sliced zucchini**
- 1 large potato**

Olive oil
Basil
Paprika

- Place portion of chicken on a large sheet of aluminium foil. (*shiny side up*)
- Spread Dijon mustard over chicken and sprinkle with basil, and paprika.
- Top with sliced carrots, mushrooms, and zucchini.
- Add a portion of cubed potatoes to the packet.
- Dot chicken packet contents with olive oil, wrap foil over and seal.
- Bake 18 to 22 minutes on barbecue grill. After cooking, open ends first to allow release of steam.

What's in it for you?

Per serving:

478.35	calories
20.01 g	fat
41.56 g	carbohydrate
38.72 g	protein

Poached Salmon with Basil Mayonnaise

Prep Time: 15 minutes

Makes 4 servings

- 1 bay leaf**
- 4 peppercorns**
- 4 salmon steaks (1 to 1½ inches thick)**

- Prepare *[Basil Mayonnaise](#), cover, and set aside.
- In a medium skillet, add peppercorns, bay leaf, and enough water to fill a one-inch depth. Bring to a boil.
- Add salmon. Reduce to low heat and cover.
- Simmer for five minutes or until salmon flakes easily when tested with a fork.
- Remove salmon from poaching liquid and serve with *[Basil Mayonnaise](#).

What's in it for you?

Per serving:

127.70	calories
2.92 g	fat
5.95 g	carbohydrate
19.32 g	protein

[Click here](#) for *Basil Mayonnaise recipe.

Ginger Sweet and Spicy Chicken

Prep Time: 35 minutes

Makes 4 servings

2 whole chicken breasts, split, skinned, and boned
2 tablespoons olive oil
1 medium red bell pepper, cut into ¼-inch strips
1 medium green bell pepper, cut into ¼-inch strips
1 can (8 ounce) unsweetened pineapple chunks in juice
½ cup picante sauce
2 tablespoons chopped cilantro or fresh parsley
2-3 teaspoons grated ginger or 1 teaspoon ground ginger

Salt

- Lightly salt chicken breasts.
- Heat oil in large skillet over medium heat.
- Add chicken and cook five minutes on each side or until light brown and tender.
- Remove chicken from pan and keep warm.
- Add pepper strips, pineapple with juice, picante sauce, cilantro, and ginger to skillet.
- Cook, stirring frequently, five to seven minutes or until peppers are tender and sauce is thickened.
- Return chicken to skillet and heat through.
- Serve on a bed of brown wild rice.

What's in it for you?

Per serving:

208.33	calories
8.49 g	fat
18.74 g	carbohydrate
14.08 g	protein

Stuffed Chicken Breasts

Prep Time: 40 minutes

Makes 4 servings

- 4 boneless, skinless chicken breast halves**
- ½ teaspoon ground black pepper**
- ¼ teaspoon salt**
- 1 cup cooked brown rice (cooked in chicken broth)**
- ¼ cup minced tomato**
- 1 ounce finely shredded low-fat mozzarella cheese**
- 3 tablespoons toasted rice bran***
- 1 tablespoon chopped fresh basil**

Non-stick cooking spray

- Season insides of chicken breasts with half the pepper and salt.
- Combine rice, tomato, cheese, bran, basil, and remaining pepper.
- Spoon rice mixture on top of chicken breasts; fold over and secure with wooden water soaked toothpicks.
- Coat a large skillet with non-stick cooking spray and place over medium-high heat until hot.
- Cook stuffed chicken breasts one minute on each side or just until golden brown.
- Transfer chicken to shallow baking pan and bake at 350 degrees for eight to ten minutes or until chicken is tender.

** To toast rice bran, spread on baking sheet and bake at 325 degrees for seven to eight minutes.*

What's in it for you?

Per serving:

273.55	calories
7.63 g	fat
22.07 g	carbohydrate
32.42 g	protein

Thai Turkey Stir Fry

Prep Time: 20 minutes

Makes 6 servings

- 1 large garlic clove, minced**
- 1 tablespoon Serrano chili pepper; seeded, minced**
- ½ cup chicken broth**
- 1 tablespoon Thai fish sauce**
- 2 teaspoons oyster sauce**
- 2 teaspoons sugar**
- 1 medium (1 cup) carrots, peeled, sliced**
- 4 (¾ cup) green onions, cut into 1½-inch pieces**
- 2 cups broccoli flowerets**
- 1 medium (2 cups) bell peppers (red, green, yellow), chopped**
- 2 bunches (2 cups) baby bok choy, chopped**
- 3 cups cooked turkey, chopped**
- 1 cup mung beans**
- ¼ cup peanuts, chopped**

- Combine garlic, Serrano, broth, fish sauce, oyster sauce, and sugar in a small bowl.
- Heat a large non-stick skillet or wok over high heat, then add water to heated skillet.
- Add carrots and onions, stir fry for one minute.
- Stir in broccoli, peppers, turkey and bok choy.
- Continue to cook for two minutes.
- Add broth mixture, basil and mung beans.
- Cook another one to two minutes, until heated through.
- Serve over steamed rice.

What's in it for you?

Per serving:

280.64	calories
10.12 g	fat
29.07 g	carbohydrate
23.74 g	protein

Turkey Vegetable Frittata

Prep Time: 40 minutes

Makes 6 servings

- ¼ cup shallot, minced**
- 1 jar (1 cup) artichoke hearts, marinated, drained**
- 1 cup fresh spinach, (leaves only), chopped**
- 1 cup frozen peas, thawed**
- 1 cup cooked turkey diced ½-inch thick**
- 1 carton (2 cups) egg substitute**
- 4 slices (½ cup) cheddar cheese, fat-free, chopped**
- ¼ cup parmesan cheese; grated**

- Preheat oven to 350 degrees.
- Sauté the shallot with a little water in an 8-inch non-stick skillet over medium heat until the shallot begins to brown.
- Add the artichoke hearts, spinach, peas and turkey.
- Continue to cook for another five minutes, stirring often.
- Add the eggs and cheese.
- Cook for five additional minutes stirring mixture, scrapping bottom and sides of pan to loosen cooked egg mixture.
- Stir again to “work in” the cooking parts of the egg mixture.
- Remove from heat and place in oven.
- Bake for 10 minutes or until egg mixture is firm. Test by sticking a toothpick into the middle. If it comes out clean, without uncooked egg on it, the frittata is done.
- Remove from oven, loosen from pan with a plastic spatula and invert on a

serving platter.

- Cut into wedges and serve with the [*Tomato Salsa](#).

What's in it for you?

Per serving:

227.55	calories
11.76 g	fat
6.43 g	carbohydrate
23.08 g	protein

[Click here](#) for *Tomato Salsa Recipe.

Lemon-Parmesan Green Beans with Peppers

Prep Time: 45 minutes

Makes 4 servings

- 1 pound green beans, ends trimmed and strings removed**
- 1 yellow or red bell pepper, cut vertically into 1/4-inch strips**
- 1 tablespoon grated Parmesan cheese**
- 1 teaspoon grated fresh lemon peel**
- 1/4 teaspoon garlic powder**

Salt

Pepper

- Place a steamer rack in the bottom of a medium saucepan.
- Add enough water to come almost up to the bottom of the rack.
- Place saucepan over medium heat.
- When water boils, add green beans, cover saucepan and cook 10 minutes.
- Add peppers and continue to cook 10 more minutes, or until green beans are tender.
- Transfer beans and peppers to a serving bowl. Sprinkle evenly with remaining ingredients. Toss and serve.

What's in it for you?

Per serving:

66.18	calories
0.64 g	fat
13.89 g	carbohydrate
3.68 g	protein

Insanely Tasty Buffalo Burgers

Prep Time: 15 minutes

Makes 4 servings

- 1 pound lean buffalo meat**
- ¼ cup low-fat BBQ or chili sauce**
- 4 whole-wheat buns**
- 4 slices non-fat cheese**
- 1 medium sized tomato**
- 1 small onion**

Salt

Pepper

- Shape buffalo meat into 4 equal patties.
- Throw on the grilling machine or barbeque and cook for four to six minutes or until meat is cooked throughout.
- Remove from grill, toast the whole-wheat buns, and top the burgers with your favorite low-fat toppings.

What's in it for you?

Per serving:

278.8	calories
3.63 g	fat
23.12 g	carbohydrate
37.66 g	protein

Lean and Savory Steaks

Prep Time: 20 minutes



Makes 6 servings

- 6 sirloin tip steaks**
- 1 cup dry red wine**
- 1/4 cup Worcestershire sauce**
- 2 cloves crushed fresh garlic**
- 1/2 teaspoon black pepper**

Canola or olive oil

- Trim all fat from steaks.
- In a medium bowl, combine all ingredients except oil and mix well.
- Cover and refrigerate at least four hours.
- Preheat the grilling machine or barbeque.
- Remove steaks from marinade and pat dry completely with paper towels.
- Brush lightly with oil and grill three to five minutes or until desired tenderness.

What's in it for you?

Per serving:

185.48	calories
6.81 g	fat
2 g	carbohydrate
24.63 g	protein

Grilled Spicy Potatoes

Prep Time: 25 minutes



Makes 6 servings

- 6 potatoes, peeled and sliced lengthwise, 1/2-inch thick**
- 2 tablespoons chopped fresh cilantro**
- 1 tablespoon lemon juice**
- 1 teaspoon chili powder**
- 1/2 teaspoon black pepper**
- 1/2 teaspoon salt**

Canola or olive oil

- Rinse potatoes and pat dry.
- In a large bowl, add the potatoes with all ingredients except the oil.
- Drizzle the potato mixture with oil until the potatoes are lightly coated.
- Allow them to marinate for 30 minutes.
- Preheat the grilling machine for five minutes.
- Grill potatoes, keeping them in a single layer, in batches if necessary, for five to seven minutes.
- Keep cooked potatoes warm by placing them on an uncovered plate in a 200-degree oven.

What's in it for you?

Per serving:

110	calories
1.04 g	fat
24.66 g	carbohydrate
3.22 g	protein

Spicy Turkey Burgers

Prep Time: 15 minutes

Makes 4 servings

- 1 pound fresh ground turkey**
- ¼ cup chili sauce**
- 1 teaspoon chicken-flavor instant bouillon powder**

Salt

Pepper

- Combine all ingredients, mix and shape into four equal patties.
- Throw on the grilling machine or barbeque for four to six minutes or until desired tenderness.

What's in it for you?

Per serving:

268.42	calories
14.81 g	fat
0.75 g	carbohydrate
30.82 g	protein

Quick Grilled Vegetables

Prep Time: 20 minutes

Makes 4 servings

- 2 red bell peppers, seeded and sliced lengthwise**
- 2 onions, peeled and sliced**
- ½ pound fresh mushrooms, sliced**
- 2 yellow squashes, sliced into ¼-inch thick rounds**
- 1 teaspoon garlic powder**
- ½ teaspoon salt**
- ½ teaspoon pepper**

Canola or olive oil

- Toss the vegetables and all remaining ingredients except oil in a large bowl.
- Drizzle mixture with oil until very lightly coated.
- Preheat the grilling machine.
- Grill vegetables in batches if necessary for five to seven minutes.
- Keep cooked vegetables warm by placing them on an uncovered plate in a 200-degree oven. Keeping them in a single layer.

What's in it for you?

Per serving:

105.13	calories
3.11 g	fat
17.52 g	carbohydrate
4.77 g	protein

Chicken Pasta with Tomato-Curry Sauce

Prep Time: 75 minutes

Makes 6 servings

- 6 boneless, skinless chicken breasts**
- 1 cup chopped onion**
- 3 teaspoons curry powder**
- ½ teaspoon ground coriander**
- ¼ teaspoon paprika**
- 1 fifteen ounce (2 cups) can tomato sauce**
- ¼ cup water**
- 2 tablespoons cold water**
- 1 tablespoon flour**
- 1 ten ounce package fusilli or spaghetti, cooked according to package directions**

Non-stick cooking spray

- Slice the chicken breasts into ½ inch-wide strips.
- Spray a large skillet with non-stick cooking spray.
- Cook the chopped onion until tender but not brown. Stir in curry powder, coriander, and paprika.
- Stir in tomato sauce and the ¼ cup water.
- Add the chicken strips, stirring to coat. Bring chicken mixture to a boil.
- Reduce heat. Cover and simmer for 20 minutes or until the chicken is tender and thoroughly cooked.
- Stir together the two tablespoons of cold water and the flour in a small bowl. Add to the chicken mixture in the skillet.
- Cook and stir until the mixture is thickened and bubbly. Cook and stir for

one more minute.

- Serve chicken mixture on top of hot cooked fusilli or spaghetti.

What's in it for you?

Per serving: (*using fusilli*)

361	calories
4.0 grams	fat
45 grams	carbohydrate
35 grams	protein

Quick and Easy Tuna-Stuffed Cherry Tomatoes

Prep Time: 15 minutes

Makes 4 servings

- 1 pint cherry tomatoes**
- 2 cans chunk light tuna packed in water, drain well.**
- 1 tablespoon non-fat mayonnaise**
- 1 tablespoon non-fat sour cream**
- 2 teaspoons horseradish**
- 1/3 cup onions, diced**

Fresh parsley

- Carefully slice the tops from the tomatoes.
- Using a small spoon, remove the pulp from inside of each tomato and drain. Set aside.
- In a small bowl, combine tuna, mayonnaise, sour cream, horseradish, and onions.
- Spoon one tablespoon into each tomato and chill. Garnish with parsley before serving.

What's in it for you?

Per serving:

68.87	calories
0.49 g	fat
3.35 g	carbohydrate
11.82 g	protein

No-Bake Stuffed Peppers

Prep Time: 45 minutes

Makes 4 servings

- 4 green peppers**
- 2 cans chunk light tuna packed in water, drain well**
- 8 ounce can (1 cup) spicy spaghetti sauce**
- 2/3 cup reduced-fat cheese, grated**
- 1 cup short grain brown rice, cooked**

Black pepper to taste

- Remove tops and insides from peppers and place pepper shells in boiling water for 15 minutes or until tender.
- Remove peppers from boiling water and set aside.
- Place tuna in a non-stick skillet and lightly brown.
- Stir in spaghetti sauce, black pepper, and rice onto the tuna. Simmer and stir until mixture is warm.
- Spoon mixture into cooked peppers and place cheese on top. Serve immediately.

What's in it for you?

Per serving:

229.57	calories
4.1 g	fat
32.93 g	carbohydrate
15.07 g	protein

Fresh Steamed Swordfish

Prep Time: 25 minutes

Makes 2 servings

12 ounces swordfish
1 lemon
3 tablespoons dry white wine
1/3 teaspoon garlic powder

Pepper to taste

- In a steamer, steam swordfish covered with lemon juice. White wine, garlic powder, and pepper.
- Steam until fish flakes with a fork.
- Serve with a small baked potato and steamed sliced carrots and snap peas.

What's in it for you?

Per serving:

317	calories
14.13 g	fat
2.15 g	carbohydrate
40.71 g	protein

Flavor Packed Sandwiches, Roll-Ups, and Burritos

I use these recipes quite frequently for my lunches because I'm not always around a microwave to heat up the more elaborate meals in the [lunches and dinners](#) category.

Working construction is a physically demanding job so it's important to eat smarter instead of eating from the coffee truck.

These recipes have carried me along way to ensure that no matter where I am throughout the day I can still eat properly. After the first couple of weeks some of my co-workers took notice of what I was eating and asked me about it.

They were eating from the coffee truck three times a day, spending a fortune on food that was absolutely no good for their bodies.

By late afternoon they were tired from the long day, while I was still feeling quite refreshed and looking forward to my gym time, which comes right after I finish my long hard day at the construction site.

Once I introduced them to my nutrition schedule and these recipes they began making significant changes to their bodies and felt an immediate increase in sustained energy levels throughout the day.

So if you find yourself not being able to heat up every meal then you should be looking at these recipes for those particular meal times.

When preparing these recipes you should pre-cook the ingredients such as chicken, but **DO NOT** put the sandwich together until the night before or the morning before work in order to keep your sandwich as fresh as possible.

Cajun Chicken Sandwiches

Prep Time: 15 minutes

Makes 4 servings

4 whole-wheat rolls
4 grilled boneless chicken breasts
4 slices ripe tomato
4 pieces lettuce
½ cup *Creole Mustard

- Spread [*Creole Mustard](#) on one side of a whole-wheat roll.
- Add the slices of tomato, lettuce and a chicken breast.

What's in it for you?

Per serving:

236.56	calories
4.69 g	fat
18.43 g	carbohydrate
30.09 g	protein

NOTE: Nutrition information above does NOT include Creole Mustard

[Click here](#) for *Creole Mustard recipe.

Open Face Swiss Tuna Melts

Prep Time: 20 minutes

Makes 4 servings

- 1 can (6-ounce) reduced-sodium flaked tuna in water**
- ½ cup non-fat cucumber-ranch salad dressing**
- ½ cup chopped celery**
- ½ cup chopped green onion**
- 1 teaspoon dill weed**
- 4 whole-wheat bread slices**
- 4 tomato slices**
- 4 Low-fat Swiss cheese slices**

- Drain water from tuna and mix with salad dressing, celery, onion and dill.
- Spread tuna mixture on whole-wheat bread.
- Top with tomato and Swiss cheese slices.
- Place on cookie sheet and broil for 1 to 2 minutes or until cheese begins to melt.

What's in it for you?

Per serving:

289.44	calories
8.95 g	fat
25.45 g	carbohydrate
27.39 g	protein

Turkey Tortilla Roll-Ups

Prep Time: 15 minutes

Makes 4 servings

- ½ cup non-fat mayonnaise**
- ½ cup chunky salsa**
- 4 large whole-wheat tortillas**
- ½ cup ground turkey (cooked)**
- ½ cup shredded low-fat cheddar cheese**
- 1 cup shredded lettuce**

- Mix salad dressing and salsa and spread on tortillas.
- Top with meat, cheese and lettuce.
- roll-up and enjoy.

What's in it for you?

Per serving:

208.67	calories
5.89 g	fat
19.92 g	carbohydrate
21.36 g	protein

Turkey and Vegetable Club

Prep Time: 20 minutes

Makes 4 servings

- 12 whole-wheat bread slices, toasted**
- ½ cup non-fat mayonnaise**
- 1 medium tomato, sliced**
- ½ pound roasted turkey breast (fresh deli sliced not cured or packaged)**
- 1 cucumber, sliced**
- 4 slices low-fat cheddar cheese**
- 1 cup alfalfa sprouts**
- 1 green pepper, cut into strips**

- Spread mayonnaise on all toast slices.
- Layer four of the toast slices with tomato, cucumber, turkey then add the second toast slice on top of each.
- Top with cheese, sprouts, pepper strips, more turkey, then add the third toast slice.
- Secure with toothpicks and cut into quarters.

What's in it for you?

Per serving:

371.47	calories
7.06 g	fat
53.86 g	carbohydrate
28.93 g	protein

Roast Beef Ranch Sandwich

Prep Time: 15 minutes

Makes 4 servings

- 4 large Kaiser rolls**
- 12 ounces (³/₄ of a pound) thinly sliced roast-beef (fresh deli-sliced not cured or packaged)**
- 8 thin slices red onion**
- 8 slices ripe tomato**
- 2 cups shredded lettuce**
- ¹/₂ cup Horseradish-Ranch dressing**

- Slice rolls in half.
- Evenly distribute roast beef on bottom halves of Kaiser.
- Drizzle *[Horseradish-Ranch](#) dressing over beef.
- Layer with onion, tomato and lettuce.
- Cover with roll top and secure with toothpick.

What's in it for you?

Per serving:

495.28	calories
14.86 g	fat
40.91 g	carbohydrate
44.93 g	protein

[Click here](#) for *Horseradish-Ranch dressing recipe.

Polynesian Pita with Papaya-Yogurt Sauce

Prep Time: 50 minutes

Makes 4 servings

- 1 pound lean top round beef**
- 1 20-oz can sliced pineapple in juice**
- 2/3 cup pineapple juice (from canned pineapple)**
- 1/3 cup soy sauce (light)**
- 1/4 teaspoon minced garlic**
- 1/2 teaspoon ground ginger**
- 2 tablespoons brown sugar**
- 3 ounces papaya (fresh or canned)**
- 8 ounces non-fat plain yogurt**
- 1 large ripe tomato**
- 4 whole-wheat pitas**

- Trim excess fat from beef and place the meat in a single layer, in a bowl deep enough to fully submerge in marinade.
- Mix pineapple juice, soy sauce, garlic, ginger, and sugar.
- Marinate steak (covered) for at least one hour in the refrigerator. Discard any remaining liquid when it's time to cook the steak.
- Place papaya in food processor and process until smooth. Add yogurt and a dash of pineapple juice and soy sauce and blend until mixed.
- Remove steak from marinade and grill to desired temperature (*approximately 5 minutes on each side*). When steak is cooked half way, add eight pineapple slices and grill until hot and well marked.
- To prepare pita, slice in half and open carefully.
- Slice tomato thinly.
- When steak is finished, slice the meat across the grain into strips that are

Fat Burning Recipes Revealed

about ¼ inch wide. Place steak inside pita with two pineapple slices and two tomato slices.

- Papaya sauce can be added now or put on the side as a dipping sauce.

What's in it for you?

Per serving:

454	calories
6.5 grams	fat
55 grams	carbohydrate
44 grams	protein

Easy Egg-White Salad Sandwiches

Prep Time: 25 minutes

Makes 2 servings

- 6 eggs**
- 1 tablespoon fat-free mayonnaise**
- ½ tablespoon mustard**
- 1 tomato, diced**

Whole-wheat bread
Pepper

- Boil eggs, let cool, remove shells, cut in half, and remove yolks.
- Place egg whites in a bowl and add fat-free mayonnaise and mustard.
- Mash the mixture with a fork and mix.
- Spread over slice of whole-wheat bread and top with diced tomato.
- Sprinkle with pepper to taste.
- Leave open face or place another slice of whole wheat bread on top and enjoy with a tall cool glass of water.

What's in it for you?

Per serving:

211	calories
2.7 g	fat
29.04 g	carbohydrate
26.88g	protein

Zesty Burrito

Prep Time: 15 minutes

Makes 1 serving

- 2 tablespoons fat-free refried black beans**
- 1 whole-wheat tortilla**
- 4 scrambled egg whites**
- 1 tablespoon chopped onion**
- ½ tablespoon low-fat shredded cheddar cheese**
- 1 tablespoon low-fat sour cream**
- 2 tablespoons low-fat salsa**

- Spread the fat-free refried black beans on a whole-wheat tortilla.
- Throw in 4 scrambled egg whites (cooked).
- Add onion, low-fat shredded cheddar cheese, and low-fat sour cream.
- Smother with 2 tablespoons low-fat salsa.
- Roll and eat.

What's in it for you?

Per serving:

213	calories
4.3 g	fat
18.2 g	carbohydrate
24.9 g	protein

Turkey Fajitas

Prep Time: 25 minutes

Makes 6 servings

- 1** tablespoon Worcestershire sauce
- 1** tablespoon cider vinegar
- 1** tablespoon soy sauce
- 1** tablespoon chili powder
- 1** clove garlic, minced
- ½** cup cilantro (fresh) chopped
- 1** dash hot pepper sauce
- 3** cups leftover turkey, chopped
- 2** large bell peppers (red, green, yellow) cored, seeded, cut into strips.
- 1** medium red onion, cut into strips
- 2** medium (1 cup) chilies, Anaheim; cored, seeded, cut into strips
- ½** lemon, juiced

- In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chili powder, garlic, cilantro and hot pepper sauce.
- Place vegetables and turkey in sauce, and turn once coated.
- Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.
- Heat a couple of tablespoons of water in a large skillet over high heat.
- Add turkey/vegetable mixture to the pan, and sauté until vegetables are tender.
- Remove from heat, and sprinkle with lemon juice.
- Serve with prepared low-fat salsa and warm tortillas.

What's in it for you?

Per serving:

129.10	calories
3.79 g	fat
18.7 g	carbohydrate
11.58 g	protein

Luscious Southwest Fajitas

Prep Time: 30 minutes

Makes 4 servings

- 4 chicken breasts, boneless, skinless**
- 1 cup onion, peeled and sliced**
- ½ cup red bell pepper, sliced**
- 2 fresh jalapeno peppers, seeded and sliced**
- ¼ cup lime or lemon juice**
- 2 tablespoons canola oil**
- 2 tablespoons Worcestershire sauce or low-sodium soy sauce**
- ½ teaspoon ground cumin**
- ½ teaspoon garlic powder**
- ½ teaspoon dried oregano**

Salt

Pepper

- Trim chicken of all fat and cut into thin slices.
- Combine all ingredients in a medium bowl and mix thoroughly.
- Cover and refrigerate at least one hour.
- Separate chicken from vegetable mixture. Preheat grilling machine for 5 minutes.
- Spread vegetables on the machine and top with chicken slices.
- Grill for four to five minutes.

What's in it for you?

Per serving:

253.89	calories
10.25 g	fat
11.75 g	carbohydrate
27.97 g	protein

Fresh and Tangy Salads

These amazing salads are a perfect match to many of the recipes throughout this ebook. Simply browse through this section and choose a salad that will compliment your main course. That's all there is to it!

Preparing each salad takes only a few minutes once you have all the ingredients ready, so it's important to prepare any ingredients that require cooking ahead of time, like you did with the [Sandwiches, Roll-Ups, and Burritos](#), then put them together once you are ready to eat.

It's important NOT to combine these ingredients until you are ready to eat the salad within a relative short time period. Otherwise most of these salads will become mushy and less than appealing.

Personally, I don't combine any of the ingredients until the morning before I go to work. I already know which salad I'm going to be having for lunch so I ensure the ingredients are available and prepared individually the night before.

In the morning I combine the ingredients to make my salad, put it into a storage container and pack it into my lunch cooler. By the time lunch time arrives my salad is still fresh and not mushy.

It's also important to note the types of ingredients you have in your salad and take special care if they require to be refrigerated.

I have made and packed all of these salads at one time or another and I don't refrigerate my lunches. On hot summer days I pack a re-freezable ice pack into my lunch cooler, which you can find at any department store in the camping section. These packs keep your lunch fresh and refrigerated.

Chicken-n'-Pasta Yogurt Salad

Prep Time: 25 minutes

Makes 6 servings

- 5 cups cooked seashell pasta**
- 1 cup non-fat plain yogurt**
- 1 tablespoon cider vinegar**
- 2 tablespoons non-fat mayonnaise**
- ½ teaspoon garlic powder**
- ¼ teaspoon white pepper**
- 3 cups cooked chicken breast, cut into pieces**
- ½ cup sliced carrots**
- 1 cup broccoli florets**
- 1 cup sliced zucchini**
- ½ cup sliced green pepper**
- ½ cup sliced red pepper**
- 1 cup sliced, canned artichoke hearts (packed in water), drained**
chopped green onions for garnish

- Cook pasta according to package directions, omitting salt. Drain and rinse under cold water and set aside.
- In a mixing bowl, combine yogurt, vinegar, mayonnaise, garlic powder, and pepper. Mix together thoroughly.
- In a large serving bowl combine chicken, pasta, yogurt mixture, and vegetables and mix well.
- Chill for two to three hours and serve cold. Garnish with chopped green onions.

What's in it for you?

Per serving:

187	calories
3 grams	fat
40 grams	carbohydrate
29 grams	protein

Chunky Chicken Salad Supreme

Prep Time: 25 minutes

Makes 2 servings

- 2 boneless, skinless chicken breasts**
- 2 apples**
- 1 bunch seedless grapes**
- 1 tablespoon lite coleslaw or other low-fat dressing**
- 2 walnuts**

Lettuce leafs

Low-fat cooking spray

- Lightly spray a Teflon pan with cooking spray and sauté the chicken breasts.
- Cool the chicken and chop into small cubes and place in mixing bowl.
- Cut up apples and add to the chicken, along with the bunch of washed seedless grapes.
- Stir in the coleslaw or other lite dressing, and add the walnuts if desired.
- Mix all the ingredients together and serve over bed of lettuce

What's in it for you?

Per serving:

399.2	calories
13.76 g	fat
41.76 g	carbohydrate
44.6 g	protein

Sweet Tuna Pasta Salad

Prep Time: 20 minutes

Makes 2 servings

- 1 cup whole wheat macaroni**
- 2 cans water-packed tuna**
- 1/3 cup chopped celery**
- 1 tablespoon fat-free mayonnaise**
- 1 teaspoon relish**
- 1 chopped onion**

Salt

Pepper

Garlic salt or garlic powder

Romaine Lettuce

- Cook the macaroni according to package directions. Drain and cool.
- Open the cans of tuna, drain and put into bowl.
- Add the macaroni and chopped celery to the tuna.
- Stir in mayonnaise and relish. Add salt and pepper to taste.
- Add a dash of garlic salt or garlic powder, and a chopped onion.
- Serve over bed of lettuce.

What's in it for you?

Per serving:

256.46	calories
1.49 g	fat
32.6 g	carbohydrate
31.09 g	protein

Mexican Black Bean and Rice Salad

Prep Time: 25 minutes

Makes 4 servings

- 1 cup brown rice**
- 4 tablespoons red wine or balsamic vinegar**
- 2 tablespoons olive oil**
- 4 tablespoons water**
- 4 tablespoons chopped red onion**
- 2 medium garlic cloves, crushed**
- 2 cups canned black beans, rinsed and drained**
- 1 cup chopped fresh cilantro**

Salt

Pepper

- Bring a large pot with two to three quarts of water to a boil.
- Add rice and boil, uncovered, about 10 minutes. Test a grain; rice should be cooked through but not soft. Drain.
- Meanwhile whisk vinegar, oil and water together.
- Add onion and garlic.
- Add to rice with the beans and cilantro, and toss with a fork.
- Add salt and pepper to taste.

For a fast alternative, use quick-cooking brown rice.

What's in it for you?

Per serving:

418.59	calories
8.24 g	fat
67.07 g	carbohydrate
21.62 g	protein

Oriental Spaghetti Salad

Prep Time: 30 minutes

Makes 4 servings

- 1 pound thin spaghetti**
- 2 tablespoons roasted sesame oil**
- 4 tablespoons reduced-sodium soy sauce or tamari**
- 1 cup snow peas**
- 2 cucumbers, peeled, seeded and cut into thin strips**
- $\frac{3}{4}$ cup thinly sliced green onions**
- 3 tablespoons chopped fresh parsley**
- 2 tablespoons red wine vinegar**
- 1 teaspoon dry mustard**
- 1 teaspoon hot chili oil**

- Cook the spaghetti according to the package directions and drain.
- Combine half the sesame oil with half the soy sauce, and toss in the warm spaghetti with this mixture. Set aside.
- Steam the snow peas for two minutes. Drain and cool under cold water.
- Combine the snow peas, cucumber strips, green onions and parsley.
- In another bowl stir together the remaining sesame oil, soy sauce, vinegar, mustard and chili oil.
- Toss this sauce with the vegetables. Then toss the vegetables with the spaghetti and chill. Serve cold.

What's in it for you?

Per serving:

321.11	calories
11.41 g	fat
46.20 g	carbohydrate
9.17 g	protein

Sweet Potato Salad

Prep Time: 60 minutes

Makes 4 servings

- 1 pound sweet potatoes or yams**
- 2 green onions, sliced**
- 1 stalk celery, diced**
- ½ cup non-fat mayonnaise**
- 1 tablespoon lemon juice**
- ¼ cup chopped toasted pecans**

Parsley, for garnish

- Peel the potatoes and cut into ½ inch to ¾ inch cubes.
- Place in a pot with water to cover. Simmer until potatoes are tender, about 30 minutes.
- Drain well and cool.
- In a bowl, combine the potatoes with the onion and celery.
- Mix the mayonnaise and lemon juice and blend into the potato mixture.
- Sprinkle with pecans and parsley. Serve immediately, or cover and refrigerate for one hour or more.

What's in it for you?

Per serving:

163.88	calories
10.75 g	fat
16.50 g	carbohydrate
2.26 g	protein

Old-Fashioned Potato Salad

Prep Time: 60 minutes

Makes 6 servings

- 3 pounds red-skinned potatoes**
- 1 cup diced red onion**
- 1 cup diced celery**
- ¼ cup cider vinegar**
- 3 tablespoons sweet pickle relish or dill pickle relish**
- 3 hard-cooked egg whites, chopped**
- ¾ cup non-fat mayonnaise**
- 1½ teaspoons salt**
- ¼ teaspoon pepper**
- 1 tablespoon minced parsley**

- Peel the potatoes and cut into ½ inch to ¾ inch cubes.
- Place in a pot with water to cover and simmer until tender when pierced, about 30 to 40 minutes.
- In a large bowl, stir together potatoes, celery, onion, vinegar, salt and pepper.
- Add relish, egg whites and mayonnaise, and stir gently to combine.
- Taste and adjust with salt and/or pepper. Transfer to serving bowl and sprinkle with parsley.

What's in it for you?

Per serving:

89.18	calories
3.32 g	fat
12.87 g	carbohydrate
3.74 g	protein

Tuna Pasta Salad

Prep Time: 15 minutes

Makes 4 servings

- 6 ounces ($\frac{3}{4}$ cup) fusilli (twisted macaroni)**
- 1 cup non-fat yogurt**
- $\frac{1}{4}$ cup non-fat Italian salad dressing**
- 1 clove garlic, minced**
- $\frac{1}{4}$ cup chopped fresh parsley**
- 1 six-ounce can of tuna packed in water, drain and flake**
- 1 cup fresh or frozen peas**
- 1 cup chopped celery**
- $\frac{1}{2}$ cup chopped red onion**
- 1 tomato, diced**

Salt

Pepper

- Cook fusilli according to package directions. Rinse and drain. Set aside.
- In a large bowl, stir together yogurt, Italian salad dressing, garlic, and parsley.
- Add pasta and remaining ingredients, except for tomato, and toss with two spoons to coat well.
- Cover and chill for two hours. Garnish with diced tomatoes and fresh parsley. Season to taste with salt and pepper. Serve chilled.

What's in it for you?

Per serving:

286	calories
1.48 g	fat
48 g	carbohydrate
23.48 g	protein

Sensational Soups and Zesty Sauces

Just because your eating smarter and leading a healthier lifestyle doesn't mean you can't still enjoy sensational soups and zesty sauces.

Most of us think that when we start to eat right their goes all those mouth watering sauces we absolutely love.

It's true that a good number of your favorite sauces have far too much oil in them, however I'm sure you will love this next section.

You can combine these completely zesty sauces to your favorite recipes and have no fear of losing focus on your fat burning goals.

The soups throughout this section could be substituted as an entire meal or as a perfect appetizer in smaller quantities.

They are jam-packed with flavor, quite easy to make and are a perfect addition to a lunch-time sandwich.

Flavor Packed Guilt-Free Gravy

Prep Time: 20 minutes

Makes 12 servings

¼ cup cornstarch

¼ cup water

4 cups fat-free turkey or chicken broth

Salt

Pepper

- In a small bowl blend together cornstarch and water until smooth.
- In a large saucepan over medium heat, whisking constantly, slowly add cornstarch mixture and continue stirring until gravy is thickened.
- Season to taste with salt and pepper.

What's in it for you?

Per serving:

31.54	calories
1.35 g	fat
4.12 g	carbohydrate
1.4 g	protein

Turkey, Corn, and Sweet Potato Soup

Prep Time: 45 minutes

Makes 4 servings

- 1** teaspoon margarine
- ½** cup chopped onion
- 1** small jalapeno pepper, minced
- 5** cups turkey broth or reduced sodium chicken bouillon
- 1½** pounds sweet potatoes, peeled and cut into 1-inch cubes
- 2** cups cooked turkey, cut into ½-inch cubes
- ½** teaspoon salt
- 1½** cups frozen corn

Fresh cilantro leaves

- Heat margarine in a five-quart saucepan over medium-high heat until melted.
- Add onion and jalapeno and stir. Cook five minutes or until onion is clear.
- Add broth, potatoes, turkey, and salt. Bring to a boil.
- Reduce heat to low, cover and simmer for 25 minutes, or until potatoes are fork tender.
- Stir in corn. Increase heat to medium and cook five to six minutes more.
- Serve in bowls and garnish with cilantro

What's in it for you?

Per serving:

719.75	calories
23.84 g	fat
72.29 g	carbohydrate
52.41 g	protein

Miso Mushroom Turkey Soup

Prep Time: 60 minutes

Makes 6 servings

- 2 cups turkey, diced ½-inch**
- 1 small onion, chopped**
- 1½ cups Shiitake mushrooms, sliced**
- 2 quarts fat-free chicken broth**
- 2 tablespoons Miso paste**
- 2 teaspoons salt**
- 1 tablespoon black pepper**

- In a large pot, sauté the onions in water over medium heat until browned.
- Add mushrooms and cook another five minutes, stirring often.
- Add half cup of the broth and simmer until the liquid had almost evaporated.
- Mix the Miso paste with a little of the broth in a small bowl to dissolve.
- Add to pot with remaining broth, salt and pepper.
- Cover, reduce heat to low and cook for a half hour.
- Taste and adjust seasoning before serving.

What's in it for you?

Per serving:

231.27	calories
10.23 g	fat
9.19 g	carbohydrate
24.51 g	protein

Oriental Chicken Linguine Soup

Prep Time: 75 minutes

Makes 6 servings

- 6 boneless, skinless chicken breasts**
- 3 sprigs fresh parsley**
- 2 ¼-inch slices ginger root**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- 6 ounces whole-wheat linguine or spaghetti, uncooked**
- 2 tablespoons dry sherry**
- 2 tablespoons low-sodium soy sauce**
- 1 six-ounce package frozen pea pods, thawed and diagonally sliced lengthwise into four pieces**

Sliced green onions to garnish

- In a large saucepan, place the chicken and enough water to cover (about six cups). Add parsley, ginger root, salt, and pepper.
- Cover and bring to a boil. Reduce heat and simmer for 1 hour or until chicken is tender but thoroughly cooked.
- Remove the chicken and strain the broth into separate bowl or original pan. Allow both to cool slightly. Cut the cooked chicken into small pieces.
- After the broth has cooled, skim any excess fat off the top. Measure the chicken broth and return to pan. Add enough water, if necessary, to equal six cups.
- Add the linguine, sherry, and soy sauce. Heat to boiling. Reduce heat and simmer uncovered, about eight minutes, or until linguine is cooked. Add more water if needed.
- Stir in chopped chicken and sliced pea pods. Simmer, uncovered, for two more minutes. Sprinkle with sliced green onions.

What's in it for you?

Per serving:

286	calories
1.4 g	fat
48 g	carbohydrate
22 g	protein

Creole Mustard Sauce

Prep Time: 5 minutes



Makes 4 servings

- 8 ounces yellow mustard**
- 1 tablespoon honey or molasses**
- 1 tablespoon minced shallot**
- ½ teaspoon hot sauce**

- In a medium bowl, blend all ingredients together.
- Cover and chill for 1 hour to combine flavours.
- Store unused mustard sauce covered in refrigerator. Will keep for up to 1 week.

What's in it for you?

Per serving:

18.41	calories
0.03 g	fat
4.84 g	carbohydrate
1.12 g	protein

Use this sauce with [Cajun Chicken Sandwiches](#)

Horseradish and Ranch Dressing

Prep Time: 5 minutes

Makes 4 servings

- 1 cup fat-free Ranch salad dressing**
- 8 teaspoons prepared horseradish**
- 4 teaspoons finely chopped parsley**
- 4 teaspoons finely chopped sweet red pepper**

- In a small bowl, blend all ingredients.
- Cover and chill for 30 minutes to combine flavours.
- Store unused sauce covered in refrigerator. Will keep for up to 1 week.

What's in it for you?

Per serving:

74.96	calories
1.95 g	fat
12.66 g	carbohydrate
1.48 g	protein

Use this sauce with [Roast Beef Ranch Sandwich](#)

Basil Mayonnaise Sauce

Prep Time: 8 minutes

Makes 4 servings

- ¼ cup low-fat mayonnaise**
- ¼ cup plain low-fat yogurt**
- 1 green onion, cut into 1-inch pieces**
- 1 tablespoon fresh parsley**
- 1 tablespoon fresh basil**

Salt
Pepper

- Combine mayonnaise, yogurt, parsley, and basil in blender.
- Blend ingredients until thoroughly mixed together.
- Add salt and pepper to taste.
- Cover and refrigerate unused sauce. Will keep for up to 1 week.

What's in it for you?

Per serving:

31.81	calories
1.47 g	fat
3.95 g	carbohydrate
0.99 g	protein

Use this sauce with [Poached Salmon](#)

Tomato Salsa

Prep Time: 15 minutes

Makes 6 servings

- 2 cups tomatoes diced**
- ¼ cup green onion, chopped**
- 1 teaspoon garlic, minced**
- 1 tablespoon basil, chopped**

- In a medium bowl, blend all ingredients.
- Cover and chill for 10 to 20 minutes.
- Store unused salsa covered in refrigerator. Will keep for up to 1 week.

What's in it for you?

Per serving:

14.65	calories
0.21 g	fat
3.25 g	carbohydrate
1.63 g	protein

Use this sauce with [Turkey Vegetable Frittata](#)

Irresistibly Incredible Deserts

Who says you have to give up desserts in order to burn fat fast?

Not me!

Here you will find the most delectable, powerfully irresistible deserts you can enjoy while still maintaining the forward momentum of your fat burning goals.

This section has been a complete life saver for me because I really enjoy desserts. They taste good and leave you begging for more.

When you go on a normal diet, desserts are completely cut from the menu -- but not here. These are the best deserts you can have and enjoy while still being able to lose weight effectively.

Low-Fat Yogurt Fruit Dip

Prep Time: 10 minutes

Makes 24 servings

- 1 package vanilla instant pudding mix (3.5 oz)**
- 1 cup non-fat milk**
- 1 cup non-fat plain yogurt**
- 1 cup non-fat dairy sour cream**
- ½ teaspoon grated orange peel**
- ¼ cup orange juice**

Assortment of fresh fruit such as:

strawberries, seedless green grapes, watermelon, cantaloupe, honeydew melon, pineapple, kiwi fruit, etc.

- Slowly stir pudding mix and milk in mixing bowl with rotary blender until well blended (*about one or two minutes*).
- Gently stir in yogurt and sour cream.
- Fold in orange peel and orange juice.
- Chill for two to three hours.
- Place dip in a serving bowl and place the bowl on a platter.
- Arrange the fresh fruits on platter surrounding bowl of dip.

What's in it for you?

Per serving:

36	calories
0 grams	fat
7 grams	carbohydrate
1 gram	protein

Cottage Cheese and Cukes

Prep Time: 10 minutes

Makes 2 serving

- 1 cucumber**
- 2 scallions**
- 1 large container low-fat or fat-free cottage cheese**

Lemon juice

Salt

Pepper

Fresh fruits (strawberries, kiwi, cantaloupe, etc.)

- Peel and slice cucumber into chunks and place into bowl.
- Chop the green tops of one or two scallions, and add to the cucumber slices.
- Mix in the container of cottage cheese.
- Season to taste with a dash of lemon juice, salt and pepper.
- Scoop onto plates and garnish with fresh fruits.

What's in it for you?

Per serving:

322.47	calories
0.37 g	fat
26.84 g	carbohydrate
57.97 g	protein

Fruity Gelatine Dessert

Prep Time: 20 minutes

Makes 4 servings

1 package gelatin (Low-fat)

1 banana

8 strawberries

- Prepare your favorite gelatine and pour into paper or plastic cups.
- Slice the banana and strawberries.
- Once the gelatine has slightly cooled, add the fruit and chill overnight.

What's in it for you?

Per serving:

59.78	calories
0.41 g	fat
14.58 g	carbohydrate
0.98 g	protein

Cantaloupe-Berry Delight

Prep Time: 15 minutes

Makes 4 servings

1½ cups cantaloupe, peeled, cut into ½-inch to 1-inch pieces

1½ cups quartered strawberries

1 cup green grapes

1/3 cup vanilla non-fat yogurt

Dash ground cinnamon

Few drops of vanilla extract

- Toss the cantaloupe, strawberries, and grapes together in a medium bowl.
- Combine yogurt, cinnamon and vanilla together.
- Add to the fruit, mixing gently.
- Chill thoroughly and enjoy.

What's in it for you?

Per serving:

105.54	calories
0.83 g	fat
24.65 g	carbohydrate
2.51 g	protein

Bread Pudding

Prep Time: 45 minutes

Makes 4 servings

- ½ cup egg substitute (Egg Beaters)**
- 1 cup skim milk**
- 2 tablespoons brown sugar**
- ½ teaspoon vanilla extract**
- 6 slices sour dough bread**

Cinnamon

Non-Stick cooking spray

- Preheat oven to 350 degrees.
- Mix together egg substitute, skim milk, brown sugar, and vanilla extract.
- Spray a muffin tin with non-stick cooking spray.
- Soak one piece of sour dough bread in milk. Then use a glass or cookie cutter to cut round pieces of bread.
- Place bread in bottom of muffin tin (four or eight - depending on the size of your muffin tin).
- Pour egg mixture over bread. Sprinkle with cinnamon and bake for 25 minutes.
- Remove from oven and chill for at least one hour.

What's in it for you?

Per serving:

156.21	calories
1.46 g	fat
26.24 g	carbohydrate
8.69 g	protein

Raspberry - Peach Cobbler

Prep Time: 55 minutes

Makes 6 servings

- ½ cup skim milk**
- ½ cup half-and-half cream**
- 1 egg**
- 2 tablespoons flour**
- ½ teaspoon vanilla extract**
- 1 scoop protein powder**
- 1 can peaches (no syrup) drained**
- 5 tablespoons Just Fruit raspberry preserves**

Non-Stick cooking spray

- Preheat oven to 375 degrees.
- Mix together skim milk, half-and-half cream, egg, flour, vanilla extract, and protein in a medium bowl until there are no lumps. Set aside.
- Heat Just Fruit raspberry preserves in microwave for 30 seconds or until liquid. Spread raspberry reserves in bottom of a nine-inch greased pan.
- Put one layer of peaches on top of the preserves.
- Pour egg and milk mixture over peaches.
- Cook for 35 minutes or until bubbly and golden brown. Chill for one hour, and serve.

What's in it for you?

Per serving:

125.89	calories
7.09 g	fat
9.94 g	carbohydrate
4.9 g	protein

Wild-Strawberry Cravings Gelatine

Prep Time: 20 minutes

Makes 6 servings

- 1 three-ounce package of wild strawberry flavored gelatine**
- 3 scoops vanilla protein powder**
- 8 ounces plain or vanilla fat-free yogurt**
- 12 fresh strawberries**

- Prepare gelatine according to package directions, adding three scoops vanilla protein powder before the hot water.
- Chill for four to six hours.
- Remove gelatine and beat until totally aerated.
- Add eight ounces plain or vanilla fat-free yogurt and beat until smooth.
- Spoon into wine glasses, garnish with 2 strawberries per glass, and serve chilled.

What's in it for you?

Per serving:

293.15	calories
5.14 g	fat
46.13 g	carbohydrate
15.59 g	protein

Irresistible Pineapple Cheesecake

Prep Time: 60 minutes

Makes 12 servings

- 1 cup low-fat vanilla wafers, finely ground**
- 2 tablespoons margarine, melted**
- 4 scoops vanilla protein powder**
- 3 ounces lemon-flavoured gelatine**
- 1 cup boiling water**
- 2½ cups cottage cheese (fat-free)**
- 1 tablespoon granulated sugar**
- 8½ ounces crushed pineapple in juice**
- 1 tablespoon water**
- 2 teaspoons cornstarch**

- Combine one cup finely ground low-fat vanilla wafers and two tablespoons melted margarine in a bowl. Mix well. Press a layer onto the bottom of a medium pie pan.
- Combine four scoops vanilla protein powder, three ounces of lemon-flavoured gelatine, and one cup boiling water in a saucepan. Stir until gelatine has completely dissolved and cooled slightly.
- Combine 2½ cups low-fat or non-fat cottage cheese and one tablespoon granulated sugar in a blender or food processor.
- With motor running, add gelatine mixture in a thin, steady stream, and process until well blended. Pour into prepared wafer crust and chill thoroughly.
- Heat 8½ ounces crushed pineapple in juice in a small saucepan, over medium heat.
- Combine one tablespoon water and two teaspoons cornstarch to make a paste and stir into pineapple.
- Heat and stir until mixture comes just to a boil and thickens.

- Remove from heat and cool completely. Spread on top of cheesecake and chill thoroughly. Serve slightly chilled.

What's in it for you?

Per serving:

115.99	calories
1.89 g	fat
17.15 g	carbohydrate
8.64 g	protein

Rich Chocolate with Wafers

Prep Time: 15 minutes

Makes 1 serving

1 scoop chocolate protein powder

1 tablespoon chocolate pudding (sugar-free, fat-free)

Hot water

- Place a scoop of chocolate protein powder and one tablespoon of chocolate pudding in a stainless steel mixing bowl. Set over, not in, a pan of boiling water.
- Stir in a few drops of hot water to make a thick paste. Heat and stir, scraping the bottom, until mixture becomes smooth. You may need to add a few more drops of hot water to make this mixture smooth but not too runny.
- Remove from heat and spoon into a desert cup.
- Serve warm, with a handful of low-fat vanilla wafers on the side.

What's in it for you?

Per serving:

353.5	calories
7.56 g	fat
45.16 g	carbohydrate
26.54 g	protein

Café Mocha

Prep Time: 10 minutes

Makes 1 serving

- 1 scoop chocolate protein powder**
- 1 tablespoon sugar (optional)**
- 2 ounces skim milk**
- 1 serving espresso**

- Combine one scoop of chocolate protein powder, one tablespoon sugar, and two ounces of milk in a large coffee cup.
- Brew one serving of espresso.
- Froth milk mixture with steamer until sugar and protein powder have been completely mixed and frothed with milk.
- Add espresso. Serve hot.

What's in it for you?

Per serving:

265.66	calories
5.15 g	fat
35.35 g	carbohydrate
19.69 g	protein

Power-Packed Tapioca Pudding

Prep Time: 40 minutes

Makes 6 servings

- ¼ cup sugar**
- 3 scoops vanilla protein powder**
- 3 tablespoons Minute brand tapioca mix**
- 2¾ cups skim milk**
- 1 egg**
- 1 teaspoon vanilla extract**

- Combine ¼ cup sugar, 3 scoops vanilla protein powder, 3 tablespoons Minute brand tapioca, 2¾ cups skim milk, and one well-beaten egg in a saucepan.
- Let stand for four to five minutes.
- Place over medium heat and stir until mixture comes to a full boil.
- Remove from heat. Stir in one teaspoon vanilla extract and allow to stand for 20 minutes.
- Serve warm or chilled.

What's in it for you?

Per serving:

176.45	calories
2.71 g	fat
27.06 g	carbohydrate
10.64 g	protein

Closing Remarks

In closing I would like to remind you how valuable these recipes are IF, and ONLY IF, you follow them.

Great things will happen, your goals will be met and you will have a fabulous body you can be proud of.

Best of all, you will gain the confidence to openly share your success secrets with others and show them it IS possible to make lasting changes.

Finally, I would like to point out that you are not alone. If you haven't done so already, you should take this opportunity to visit my continued support center at www.fat-burning-recipes.com/Support

Take a few minutes to look around, read the free articles, then subscribe to the free monthly Fitness Forum Diary which will deliver, directly to you, valuable information on achieving the dream body YOU were always meant to have!

Helpful Conversion Tables

DRY EQUIVALENTS

Ounces	Pounds	Cups	Grams
0.032 ounces	*	1/4 tsp.	1 gram
1 ounce	1/16 lb.	1/8 cup (2 Tbsp.)	28.35 grams
2 ounces	1/8 lb.	1/4 cup	58 grams
2.66 ounces	*	1/3 cup	75 grams
3.5 ounces	1/5 lb.	*	100 grams
4 ounces	1/4 lb.	1/2 cup	115 grams
6 ounces	3/8 lb.	3/4 cup	170 grams
8 ounces	1/2 lb.	1 cup	227 grams
16 ounces	1 lb.	2 cups	454 grams(.45 kg)
35 ounces and 2 Tbsp.	2.21 lbs.	2 1/4 cups	1 kilogram

LIQUID EQUIVALENTS

Imperial / UK	American	Metric*
1/30 fl. oz.	1/5 tsp.	1 ml
1/6 fl. oz.	1 tsp.	5 ml
1/2 fl. oz.	1/16 cup (1 Tbsp.)	15 ml
1 fl. oz.	1/8 cup (2 Tbsp.)	30 ml
2 fl. oz.	1/4 cup (4 Tbsp.)	60 ml
3 fl. oz.	1/3 cup	90 ml
4 fl. oz.	1/2 cup	120 ml
5 fl. oz.	2/3 cup	150 ml
6 fl. oz.	3/4 cup	180 ml
8 fl. oz.	1 cup (1/2 pt.)	235 ml
12 fl. oz.	1 1/2 cups	355 ml
16 fl. oz.	2 cups (1 pt.)	475 ml
24 fl. oz.	3 cups	710 ml
32 fl. oz.	4 cups (2 pts./1 qt.)	945 ml

1 Tbsp. = 3 tsps. 1 fluid oz. = 29.56 millilitres

***Note:** Measurements have been rounded to the nearest multiple of 5

Recipes Index

Melt In Your Mouth Breakfasts

Energy Supreme Oatmeal	19
Power-Packed Oatmeal	20
Amazing Breakfast Burritos	21
Quick Breakfast Muffins	23
Egg-White Pancake Roll-Ups	24
Ultra-Fast Egg-White Omelette	25
Hearty Cheese-Crusted Potato Slices and Egg	26
French Toast with Yogurt Delight	27
Egg-White Pancakes	28
Breakfast Turkey Hash Extraordinaire	29

Simply Satisfying Lunches and Dinners

Roast Turkey Breast	31
Sensational Turkey Dinner	33
Chicken Shish-Kebabs	34
Melt-In-Your-Mouth Eye Of Round Steaks	35
Savoury Chicken and Chili	36
Pork Tenderloin with Bourbon Glaze	37
Teriyaki Salmon	38
Grilled Tuna Steaks	39
Tasty Black Beans and Tuna	40
Chicken Kabobs	41
Grilled Shrimp	43
Grilled Salmon Steaks	44
Garlic and Herbs Grilled Chicken in White Wine	45
Grilled Potatoes	46
Grilled Turkey Burgers	47
Barbecued Chicken Packets	48

Poached Salmon with Basil Mayonnaise	49
Ginger Sweet and Spicy Chicken	50
Stuffed Chicken Breasts	52
Thai Turkey Stir Fry	54
Turkey Vegetable Frittata	56
Lemon-Parmesan Green Beans with Peppers	58
Insanely Tasty Buffalo Burgers	59
Lean and Savory Steaks	60
Grilled Spicy Potatoes	61
Spicy Turkey Burgers	62
Quick Grilled Vegetables	63
Chicken Pasta with Tomato-Curry Sauce	64
Quick and Easy Tuna-Stuffed Cherry Tomatoes	66
No-Bake Stuffed Peppers	67
Fresh Steamed Swordfish	68

Flavor Packed Sandwiches, Roll-Ups, and Burritos

Cajun Chicken Sandwiches	70
Open Face Swiss Tuna Melts	71
Turkey Tortilla Roll-Ups	72
Turkey and Vegetable Club	73
Roast Beef Ranch Sandwich	74
Polynesian Pita with Papaya-Yogurt Sauce	75
Easy Egg-White Salad Sandwiches	77
Zesty Burrito	78
Turkey Fajitas	79
Luscious Southwest Fajitas	81

Fresh and Tangy Salads

Chicken-n'-Pasta Yogurt Salad	84
Chunky Chicken Salad Supreme	86
Sweet Tuna Pasta Salad	87
Mexican Black Bean and Rice Salad	88
Oriental Spaghetti Salad	90
Sweet Potato Salad	91
Old-Fashioned Potato Salad	92
Tuna Pasta Salad	93

Sensational Soups and Zesty Sauces

Flavor Packed Guilt-Free Gravy	95
Turkey, Corn, and Sweet Potato Soup	96
Miso Mushroom Turkey Soup	97
Oriental Chicken Linguine Soup	98
Creole Mustard Sauce	100
Horseradish and Ranch Dressing	101
Basil Mayonnaise Sauce	102
Tomato Salsa	103

Irresistibly Incredible Deserts

Low-Fat Yogurt Fruit Dip	105
Cottage Cheese and Cukes	106
Fruity Gelatine Dessert	107
Cantaloupe-Berry Delight	108
Bread Pudding	109
Raspberry - Peach Cobbler	110
Wild-Strawberry Cravings Gelatine	111
Irresistible Pineapple Cheesecake	112
Rich Chocolate with Wafers	114
Café Mocha	115
Power-Packed Tapioca Pudding	116