

28 Day Flat Belly Challenge

Eating Plan & Recipes

Welcome aboard and thanks for taking part in this amazing Rapid, Safe, Fat Loss Challenge. If it's a flat belly you are seeking, then this is the Formula that will get you there in record time!

Please read the following notes FIRST!!

This Fat Loss Food & Fitness Formula IS A DIET.

It's is not a lifestyle-based approach to losing weight and keeping it off permanently.

This is a DIET Formula, a strategic manipulation of food, drink and calories over a 7-day period and then repeated for a total of 2-4 cycles.

If you follow it EXACTLLY will you achieve Massive Fat Loss and Flat Belly success? Absolutely!

However, it is VERY important that you have a supportive lifestyle-based plan in place after the challenge is over to ensure you do not rebound and repeat the Yo-Yo Diet Cycle.

Knowing what you need to do after this program is just as important as knowing what to do while on this plan. As your personal coach I'm right here with your every step of the way to provide the level of support needed for a healthy transition from this program.

Ok, let's dig in and begin this amazing jump start to enjoying a faster fat loss.

Important Notes Before We Begin:

You need to eat smaller more frequent meals to keep your metabolism high and belly fat burning mode switched on. Never eat a big meal late in the evening (except Hyper Load Day). If you have eaten properly throughout the day you should not be too hungry at night.

If you get hungry in the evening it normally means you have not eaten enough earlier in the day. Eat more food earlier in the day and less later in the day. If you do get hungry before bed snack on sliced turkey breast or roast chicken, or a small protein shake (1 scoop) with water.

There are no portion sizes written in this Plan but I'll make it real simple for you. It's always a 'PALM' of your hand size serving of lean protein and then twice as many vegetables/salad as there is protein. Vegetables/salad should always take 2/3 of any plate. Carbs, when allowed, are also measured as 1 'PALM' size serving.

Also, listen to your body's natural hunger signals and take the time, during this Plan, to reconnect to them. Simply put don't over eat and don't under eat. When it comes to salad leaves – you can have as many as you like, a palm is not sufficient lol.

Why does this work? The taller/bigger you are, the bigger your palm and the more calories you need and vice versa so this works well for all women.

Just please be careful here – it is a simple method but it's also easy to eat too much, please don't go over.

Breakfast is falsely associated in society with cereal, toast, fruit juice, etc. These are often sugar laden nightmares and just not good for you generally. There are some great porridge and muesli on the market but commercial cereals are too high in carbs and too low in protein.

Breakfast should be lean protein and vegetables which of course are low carb (oh . . . only if you want a tight, toned, sexy flat belly, that is).

What about energy?

My dear.... let me make one point VERY clear here your energy comes from your fat stores which are probably abundant since you are reading this so on this program, you'll burn fat for energy.

If you do not eat fish, on Day 4 you can have red meat &/or eggs instead since you need the fats (avoid too much saturated fat though – such as highly marbled red meat and too many egg yolks).

You could, if you so desire, consume vegetarian on this day but you MUST take a FISH OIL (pure pharmaceutical grade) supplement - the fish oil is extremely important on this day.

If not consuming fish on this day then please take 9-12 fish oil capsules on this day ONLY. Yes, I know that is a ridiculously large amount but I cannot stress enough how important these fats are today! Trust me.

Pure pharmaceutical grade Fish Oil capsules daily ARE A MUST in my opinion; think of it as nutritional super supplement and you'll also speed your fat burning since your body will have a natural anti-inflammatory working to speed up recovery which in turn speeds up your fat burning results. As for other days please take 6 fish oils caps per day; yes, this is 6 grams of fat but it WILL NOT slow down your results from the Formula.

WHY?

We need extra EPA/DHA from omega 3 fats to assist in recovery which means we can train harder and longer the next day and the next day and so on. You'll burn more in your sessions to offset these 6 grams – ok!

Never skip dinner – ever - thinking this will help – it will not. You should eat aim to every 2 – 4 hrs to keep your metabolism fired up and your body burning fat (except on Super Shake Day).

In this plan some people may find there is simply too much food or too many meals. It is often advised to eat every 2-4 hours to keep metabolism burning BUT the latest research suggests this is not entirely a necessity.

In some cases, a longer break between meals will force the body to dip into fat stores for energy. So, if you get to meal 3 or 4 and are not hungry you do not have to force food in: just listen to your body and wait until you are hungry before you eat again. Just be careful that you do not overeat later if you skip a meal earlier in the day. Ideally you can perform your daily exercise on an empty stomach and you will burn more fat for fuel.

The key to healthy eating and rapid fat loss is to consume the least amount of processed food possible: eat foods as close as possible to their natural sources, as in from the earth/ocean/trees and not from a box/plastic packet. Basically, you aim to shop the fresh food and meat/deli sections of the supermarket and as little as possible from the aisles ;) Nail this and you'll nail the perfect figure/physique.

This is a non-fruit Eating Plan; very little fruit is included. Even though fruit is normally a fantastic food it can be quite acidic and one of the goals of this Plan is to cleanse the body of acid and allow the stored fat to be accessed and burned. The only day you can have fruit is the Low/Moderate Carb Day (OR Hyper Load too is ok). This is very important.

When it comes to health benefits and fat loss, vegetables/salad are ten times as good as fruit.

Fruit contains sugar and will affect our efforts to keep insulin low and fat burning switched on high. Another key point here is that most fruit is acidic and the more acidic the body the more risk of disease, along with new evidence pointing at a slower fat burning in the body. Alkaline foods, like green vegetables/salad, increase oxygen flow in the blood, provide micro-nutrients and cellular nutrition and improve metabolism. They also have other benefits like the fact that cancer cannot thrive in an alkaline environment. Lucky for you I have included loads of alkaline veggies in the meal plan.

There is not much dairy in this Plan either as you will notice. Dairy in my opinion is a very misleading food/drink. NO, you do not need the calcium from dairy; you will get all the calcium you need from green leafy vegetables! But if you are dairy fan then you can have plain Greek yogurt or cottage cheese as meal 2 or 4 for snacks on any day with vegetable sticks.

In saying this however, if you are over 35 and have a family history of osteoporosis then you should consider a daily calcium supplement to be safe. Personally, I prefer dairy alternatives that come from Plant based foods such as Almond Milk, Coconut Milk and Rice Milk.

What about Soy Milk? Although there is conflicting information on Soy, it is suggested the phytoestrogens in the soy can contribute to breast and endometrial cancer, particularly in those with a family history; for that reason alone, I do not recommend it.

Avoid wheat as much as possible, wheat/gluten often cause a lot of digestive distress and bloating. Choose rye bread/spelt bread and rice/gluten free pasta if you can. Most people are more gluten sensitive these days, which (especially in women) will cause the flabby bloating around the mid-section...Since you are on this plan, recipes I have selected are all gluten free or low gluten.

Avoid alcohol except for one or two drinks on your Hyper Load Days. Alcohol completely alters your metabolism and leads you to eat very poorly the next day! A couple drinks a week are ok but for best results on this Formula, please aim to keep alcohol consumption very low and to only 1 day per week.

Drink plenty of lemon water pre-mix (pure filtered water with fresh lemon juice) daily, aim for 10-12 glasses (preferably 2-3 liters). This is a natural detoxifier and will help cleanse your body of toxins, flush waste and assist in creating an alkaline environment internally. Lime is equally as good here but lime is considerably more expensive than lemon.

No soft drinks at all! A good alternative is soda water with fresh lemon or lime squeezed in it if you need some fizz. No fruit juices either, this is also liquid sugar! Drink plenty of organic green tea when able - this also stimulates cleansing and is high in anti-oxidants. Herbal/Detox teas are very good to, just be sure they are organic.

Drink chamomile/sleepy tea half an hour before bed: this aids relaxation and improves sleep. We all need great quality sleep as it is whilst we sleep that we recover, rebuild and repair. Also, the body functions ONLY ON FAT (not sugar/carbs) as you sleep therefore more sleep = more fat loss. BONUS!

Aim for 1 coffee only per day, earlier in the day before 3-4 pm or immediately prior to training, preferably no milk variety but if you must have milk, don't have too much. Coffee late in the day will affect your sleep (even if you have no problem sleeping after drinking it, it will affect your quality of sleep).

Chew your food properly! Do not swallow large chunks. Drink ONLY 200 mls of water with food; sip it between mouthfuls just to wash the food down. Too much fluid with food will dilute your digestive juices and slowdown digestion and even cause indigestion.

This Plan has many yummy recipes but if you are like me, very plain and simple, then you don't need to get creative and you don't have to follow the recipes: just grill, steam and eat, works for me.

The Super Shake Day is EASY; do not think it will be hard and do not think about food; you will not be hungry since you enjoyed your Hyper Loaded the day before. As long as every few hours you get a Super Shake in your system will be fine, not hungry and you will not pass out from lack of food or low blood sugar.

There will be times, days, moments, etc, where you get caught out, cannot have the exact item in the Plan or are eating out. Do not worry too much, just make the best and healthiest choice you can in these situations and then get back on the Plan as soon as you can. With this Plan there is never a need to give up if you make mistakes or get caught out. If you eat big by mistake or have bad meal/day then you simply fast on protein shake and water for the rest of the day or the next day, and you exercise to burn more calories – simple!

NOTE: If you have any medical condition related to your heart or you have diabetes then this Plan is NOT FOR YOU and I strongly suggest you do not undertake it unless you have specific permission from your health care provider or Doctor. Also check first with your Doctor if you are seriously overweight and untrained; always get medical advice before undertaking a detailed exercise and eating plan.

Below is your Eating Plan. I have created this personally based on my 16 years' experience as a weight loss coach and from all my personal research into fat loss, nutrition and health. It truly is a plan which will yield magnificent results and provide tons of nutrition whilst stimulating rapid fat loss.

However, you need to know; I am not a dietician and this plan is my recommendation only, it is not endorsed (yet) by a registered dietician. It is perfectly safe and healthy overall and provides a broad spectrum of nutrition but you should speak with your healthcare provider or dietician if you have any special nutritional needs or concerns related to the recommendations herein.

Formula Recipes

Total Egg White Omelette - P & V Only (Serves 1)

Ingredients:

• 150 g mushrooms (shiitake, or button) • 1 tomato, diced • 2 shallots (green onions) sliced • Handful baby spinach (optional) • Freshly cracked black pepper (to taste) • 4 organic/free range egg whites • Handful arugula leaves mixed with 1/2 tsp cold pressed olive oil, lemon juice & a pinch of Himalayan Salt (optional and delicious)

Instructions:

Pre-heat oven to 200C. Spray your ovenproof/cast iron frying pan with avocado oil and sauté the mushrooms until golden on medium heat. Add shallots and tomato and heat through, add spinach if using and wilt. Add pepper to taste.

Beat the egg whites until frothy and pour over the mushroom mix. Bake in hot oven for 5 minutes until golden and soufflé like. (If you do not have an oven proof pan, simply slide the pan under the grill to finish). Remove from the oven/grill and top with arugula leaves. Serve immediately and enjoy.

OPTIONS: Feel free to get creative with this recipe and adjust the vegetables to suit your tastes, some options include zucchini, eggplant, grated carrot, bell peppers this list is endless. Switch this recipe in the menu for the Spinach Sweet Potato Frittata.

TIP: The egg whites in this recipe are a terrific no fat source of high-quality protein, containing all the essential amino acids needed for fat loss, improved immunity and muscle repair.

Scrambled Eggs, Salmon and Dill - P, V & F (Serves 1)

Ingredients:

- 2 handfuls of mixed vegetables of your choice
- Himalayan salt
- 4 organic/free range eggs, 2 whole and 2 white only
- 2 tablespoon non-dairy milk or filtered water
- 2 teaspoons finely chopped dill (or chives)
- Freshly cracked black pepper (to taste)
- palm of smoked salmon

Instructions:

Heat a non-stick frying over medium heat. Spray frying pan with avocado oil and gently fry vegetables, season with salt to taste and set aside.

In a medium bowl, whisk eggs, non-dairy milk/filtered water, dill (or chives) and black pepper together until a smooth mixture is formed. Spray frying pan with avocado oil spray again and add mixture to the pan. Using a whisk, stir egg mixture constantly over medium heat until it thickens and is a light creamy color, which should take about 2 minutes.

Spoon scrambled egg on top of vegetables, roll smoked salmon and place on top of eggs and garnish with dill (or chives). Serve immediately.

OPTIONS: If you like your salmon warm add it to the pan when stirring the egg mixture. Try using salmon steak instead of smoked salmon, simply squeeze lemon juice over, season with a pinch of cracked black pepper and place under the grill to bake while you prepare the vegetable and eggs. You can also use these ingredients omitting the nondairy milk/filtered water to create a delicious omelet.

Fruit & Toast - L/M Carb (Serves 1)

Ingredients:

- 2 slices of rye or spelt toast
- 2 pieces of fruit OR small fruit salad Digestive Fruit Salad
- 1/4 cup pineapple, diced
- 1/4 cup watermelon, diced
- 1 small kiwi, diced
- 1 strawberry cut in half
- 4 mint leaves, finely sliced
- Squeeze of lemon juice

OPTIONS: Eat your fruit plain or come up with your own fruit salad combination. Remember that tomato is a fruit so you can use one tomato sliced on your toast and eat another piece of fruit on the side.

TIP: Spelt is low gluten bread, which can help those sensitive to bloating from wheat bread.

Beans on Toast - L/M Carb (Serves 1)

Ingredients:

- Palm size serve of low sodium/salt baked beans
- 2 slices of rye or spelt toast Cinnamon

Baked Beans • 1/4 onion, finely chopped • 1/2 clove garlic, crushed • 1 large tomato • Himalayan salt • 1/2 can cannellini beans, rinsed and drained • 1/2-1 tsp cinnamon

Instructions:

Spray frying pan with avocado oil spray and gently fry vegetables, until tomato is mushy and onions transparent, season with salt to taste. Stir in cannellini beans and cinnamon and heat through. Serve immediately.

OPTIONS: Buy your baked beans if you are pressed for time or try this recipe for something new and different. Remember to eat your beans on toast with a banana.

TIP: Cinnamon has been proven to assist with fat lost around the midsection.

Overnight Muesli & Fruit - L/M Carb (Serves 1) Ingredients:

- 4 tablespoon rolled oats (optional gluten free) • 2 tablespoon chia seeds • 1/2 teaspoon vanilla extract • Juice of an orange, (reserve the pulp) OR (use 1/2 cup nondairy milk) • Cinnamon, to taste • 1 fig • 1/2 apple, grated • 2 almonds, chopped • 1 walnut, chopped • 1 tsp pumpkin seeds
- Instructions:

In a bowl combine oat, chia seeds, vanilla, orange juice and pulp, goji berries, and cinnamon. Mix well, cover and refrigerate overnight. Serve cold, or at room temp. Stir in grated apple then top with diced fig, nuts/seeds and a sprinkle of cinnamon.

OPTIONS: Try this recipe or have a bowl of your choice of oats, porridge or muesli topped with fruit.

TIP: Goji berries are a high protein super food, contain loads of vitamin c and boost your immune system. Try drinking a 200ml glass of lemon water with this, very refreshing!

Sweet Potato Frittata with Roasted Tomatoes – P & V Only (Serves 2 - you can freeze the second serve) Ingredients:

- 4 organic/free range egg whites • 3 cherry tomatoes, halved • 1/2 cup sweet potato, grated • 1/4 cup non-dairy milk • Handful baby spinach • Sprinkle oregano/rosemary (or dried herbs) • Himalayan salt & freshly cracked pepper (to taste) • Palm of vegetables of your choice.
- Instructions:

Preheat oven to 200C. While oven is preheating place halved cherry tomatoes on a baking tray lined with baking paper and cook for 15mins. In a large mixing bowl, place eggs, non-dairy milk, spinach, sweet potato, salt and pepper and oregano/rosemary and whisk together.

Line a very small baking dish with a baking paper (with edges protruding so you can lift out when cooked). Spray avocado oil spray around the sides. By this time the oven should be preheated, turn down to 180C, take out tomatoes. Pour your mixture into baking dish; place your halved tomatoes on top. Bake for 25mins in oven, check center to ensure it's cooked. Remove from oven, set aside to cool and set, around 5mins. Lift out of dish, cut in half, sprinkle with herbs and serve immediately (or freeze).

OPTIONS: Serve with vegetables of your choice. This recipe can be used instead of the Total Egg White Omelet.

TIP: This frittata is a great alternative to an omelet or scrambled eggs for breakfast. It can be made in advance and refrigerated or frozen for later use. The spinach and sweet potatoes add to the great taste of the classic egg and roast tomato combination.

Spicy Grilled Chicken & Vegetables – P & V Only (Serves 1)

Ingredients:

- Palm of chopped chicken breast • Pinch of Himalayan salt • Cracked pepper (to taste) • 1/4 tsp mustard seed • Pinch of ground cumin • Pinch of ground coriander • Avocado Oil • 1-2 cups steamed vegetables of your choice (no potato)

Instructions:
Lightly spray the chicken with avocado oil spray and rub with cumin, coriander and mustard seeds. Season lightly with Himalayan salt and cracked pepper. Place under the grill turning occasionally until cooked through. Lightly spray steamed vegetables with avocado oil spray and season with salt and pepper (to taste).

OPTIONS: Try a different seasoning like 1 tbsp. fresh or 1 tsp dried herbs, e.g. oregano, thyme, basil or rosemary.

Swedish Tuna & Vegetables – P & V Only (Serves 1)

Ingredients:

- 1/2 red onion, finely sliced • 1 celery stick, finely chopped • 1/2 tbsp. of capers, strained • Avocado oil • Tuna fillet • Pinch of Himalayan Salt, (to taste) • Pinch of freshly cracked pepper, (to taste) • 1/2-1 tbsp. lemon juice • 1/2 tbsp. fresh dill, chopped • Your choice of vegetables

Instructions:

Lightly spray frying pan with avocado oil. Add onion, celery, capers and stir until onions are transparent. Set aside onion mixture. Season tuna with a pinch of Himalayan salt. Lightly spray frying pan again and add tuna to pan, turn once when cooked half way through. While tuna is cooking, combine lemon juice and dill with the onion mixture. Serve with vegetables and a slice of lemon.

OPTIONS: Switch tuna fillet for salmon fillet. Serve cold with salad instead of vegetables. For a simple option grill your tuna fillet as with per the grilled chicken and vegetable recipe.

TIP: Tuna will become dry if overcooked. Tuna becomes lighter as it cooks; turn just before the light color reaches the middle of the piece.

Poached Salmon & Vegetables – P, V & F (Serves 1)

Ingredients:

- Palm size skinless salmon fillet
- 1 carrot, peeled and chopped
- 1 celery stick, chopped
- 1 shallot, (green onion), halved and sliced
- 1/4 bulb fennel, trimmed and chopped
- 1/4 leek, trimmed and chopped
- freshly cracked pepper
- Filtered water
- 1-2 tbsp. white wine vinegar
- Mixed Vegetables
- Pinch of Himalayan salt, (to taste)

Instructions:

Place salmon, carrots, celery, shallots, fennel, leek, fresh peeper and vinegar in a roasting pan just big enough to fit the ingredients. Add enough water to cover. Place over medium heat and bring to a simmer; cook until salmon is firm to the touch and some of the fat begins to come to the surface of the fish, (about 10 minutes). Drain fish well, reserving the poached vegetables. Serve immediately with mixed vegetables, top with reserved mixture. Season to taste with Himalayan salt.

OPTIONS: Change vegetables in poaching water for different flavours, try dill and garlic for a quick easy option. Switch salmon fillet for tuna fillet. Serve cold with salad instead of vegetables. For a simple option grill your salmon fillet as with per the grilled chicken and vegetable recipe.

Greek Style Tuna Salad (no oil) – P & V Only (Serves 1)

Dressing Ingredients: • Grated zest of 1/4 lime • 2 tbsp. lime juice (to taste) • 1/2 small garlic clove, (minced) • Pinch Himalayan salt • 1 tsp dried or fresh oregano • Pinch freshly cracked pepper

Salad Ingredients: • 10 cherry tomatoes, halved • 1/2-1 small cucumber, diced • 1 tbsp. pitted Calamata olives, halved, optional • 1/4 red onion, thinly sliced • Large serving of mixed organic greens • 1 small can tuna

Instructions:

Put the lime zest, juice, garlic, salt, oregano and pepper to taste into a screw-top jar. Screw on the lid and shake well until blended. Put the remaining vegetables in a large salad bowl and toss. Gently stir in the tuna, then taste the salad and add a bit more dressing if needed.

OPTIONS: Switch Tuna packed in water for Pink Salmon packed in water. Switch lime for lemon in the dressing. Change the mixed greens for your choice of romaine lettuce, baby spinach, Boston lettuce etc. Change the vegetables to your favourites.

TIP: Lemons and limes are acidic foods that become alkaline when processed by the body. They are high in vitamin C and great to add flavour to your meals. Use lime for a slightly sweeter flavoured dressing.

Pink Salmon Salad w Citrus Dressing (no oil) - P, V & F (Serves 1)

Citrus Dressing • 1 tbsp. orange juice (freshly squeezed) • 1/2 tbsp. lemon juice • 1 tsp of fresh coriander • Pinch of Himalayan Salt • Cracked pepper (to taste)

Greens • Large handful of arugula • 1/4 red onion finely diced, • 1-2 cups mixed vegetables of your choice Instructions:

Combine the dressing ingredients in a jar and shake well. Toss the salad ingredients together in a large bowl and dress.

OPTIONS: Switch Pink Salmon packed in water to tuna packed in water. Change the vegetables to your favourites. Change the greens for your choice of romaine lettuce, baby spinach, butter lettuce etc.

TIP: Salmon is high in omega 3 fatty acid which is proven to assist brain function and memory.

Thai Pink Salmon Salad (no oil) – P,V & F (Serves 1)

Salad • Small can tuna packed in water, flaked • Handful purple, finely shredded • 1/2 small carrot, peeled, thinly sliced diagonally • 1/4 cucumber, halved lengthways, thinly sliced diagonally • 1/4 red onion, thinly sliced • 5 cherry tomatoes, halved • Small handful fresh coriander leaves • Small handful fresh Thai basil leaves • Small handful fresh mint leaves

Dressing • Juice of 1 lime • 2 drops Stevia (optional) • 1/2 small clove garlic (minced) • 1/2 tsp fresh ginger, (diced) • 1/4 tsp chilli flakes, (to taste) • 1 tsp lemon grass, (finely diced - optional)

Instructions:

Add all dressing ingredients to a jar, shake well. Place half the salmon in a large bowl with the cabbage, carrot, cucumber, capsicum, tomato, spring onion, coriander, basil and mint. Toss to combine. Top with remaining salmon to serve.

OPTIONS: Adjust salad vegetables and herbs to suit your tastes.

TIP: This salad tastes even better if the dressing is made a day earlier and stored in the fridge letting the flavor marinate.

Tasty Tin Tuna & Vegetables (no oil) – P & V Only (Serves 1)

Ingredients:

- Small can of tuna packed in water • Large serving of vegetables of your choice (steamed or grilled, see options for suggestion) • 1/2 tbsp. lime juice • 1/2 tbsp. lemon juice • 1 red chilli, deseeded, finely diced • 2 drops stevia (optional) • Himalayan salt and freshly cracked pepper, (to taste) Instructions:

In a jar mix together the lemon, lime, chilli and stevia. Season generously with salt and pepper. Place your vegetables in a bowl and toss with dressing. Place on a plate and serve with your tinned tuna and a wedge of lemon.

OPTIONS: This can be served hot or cold. Try this with grilled green beans and asparagus and serve on a bed of fresh mixed greens leaves. Or add 1 tbsp of coriander to the dressing for a twist on the flavour.

TIP: This dressing can be made in advance and stores in the refrigerator for up to 7 days, it goes well with most fish dishes.

Simple Tuna & Avocado Salad (with oil) – P, V & F (Serves 1)

Ingredients:

- ½ of a Ripe Avocado • Small can tuna packed in oil • 1/4 red onion, sliced • 1 celery stick, chopped • 1/4 red capsicum • 1/2 carrot • 1 dill pickle (optional) • 1 tsp capers (optional) • Large handful roman lettuce • Your choice of additional salad vegetables • Lemon or lime • Himalayan salt and freshly cracked pepper, (to taste)

Instructions: Drain excess oil from the tuna (reserving 1 tbsp.) and place in a bowl. Score the avocado lengthwise, remove pit and then scoop with spoon. Add to the bowl and mash the avocado into the tuna with a fork until well mixed. Dice or finely chop remaining ingredients

except lemon or lime. Toss salad vegetables with tuna mix and finish with a squeeze of lemon or lime and reserved oil. Add salt and pepper to taste.

OPTIONS: Change this recipe by adding any selection of vegetables and leafy greens to your avocado and tuna mix.

TIP: Dill pickle and capers add a delicious flavour to most salmon and tuna recipes. The natural healthy fat in the avocado takes the place of mayo, without compromising any taste. Keep the seed when storing avocado to prevent it from browning. A squeeze of fresh lemon will do that same.

Cauliflower & Chicken Bowl – P & V Only (Serves 1)

Ingredients:

- Large serving of cauliflower florets
- Palm size chicken breast, grilled
- 1/2 small garlic clove, minced
- 1/4 cup chopped flat-leaf parsley
- 1/2-1 tablespoons olives, pitted, finely chopped
- 1/2 tablespoon fresh lemon juice
- Himalayan salt and freshly cracked pepper, to taste

Instructions:

In a jar mix together the garlic, parsley, olives, and lemon juice. Season generously with salt and pepper.

Steam cauliflower and drain on paper towels. Dice or slice chicken and combine with cauliflower in a bowl. Add the dressing to cauliflower and chicken, toss until well coated.

OPTIONS: Serve warm, cold, or at room temperature. For a basic dish use chicken from grilled chicken and vegetable recipe and serve with steamed broccoli and cauliflower. Switch chicken for can tuna.

BBQ Beef & Grilled Veg – P & V Only (Serves 1)

Ingredients:

- Large selection of thinly sliced: Zucchini • Bell Peppers • Eggplant • Mushroom • Red onion
- Yellow Squash
- 1 tsp dried oregano
- Olive Oil Spray
- 1 palm size lean beef fillet
- Himalayan salt and freshly cracked pepper, (to taste)

Instructions:

Spray the fillet quickly with avocado oil and grind on pepper, then cover with plastic film and allow to sit for 20 minutes before cooking. Preheat the barbecue to high, (or use a frying pan over a high heat). Add the beef fillet and cook for three minutes on the first side, then turn and cook for another two to three minutes, depending on the thickness of the meat. Allow to rest in a warm spot for a good 6–8 minutes.

While meat is resting lightly spray the sliced vegetables and sprinkle with oregano. Add to the BBQ or frying pan and cook until tender. Serve with the grilled beef immediately.

Herb & Garlic Marinated Beef Steaks served with Beetroot Salad – P & V Only (Serves 4)

Ingredients:

- 4 lean beef steaks • Avocado Oil Spray • Mixed dried herbs • 2 clove garlic, minced
- Salad • 8 baby or 4 medium Beetroot • 4 ripe tomatoes, sliced • 1 red onion, finely sliced • 1 cup fresh basil leaves, shredded • Half a cup fresh sage leaves, chopped • 4 tsp balsamic Vinegar • Lemon Juice, to taste

Instructions:

Rub the beef steaks with herbs and garlic. Cover and let sit while you prepare the beetroot salad. Roast the beetroot by wrapping in foil and placing in a medium oven for about an hour (test with skewer). Unwrap and allow to cool, peel and slice. Arrange beetroot and tomato slices alternately on a long plate. Dress with onion, basil and sage leaves and drizzle balsamic vinegar to taste. Lemon juice can be an alternative to balsamic or added as well.

Spray avocado oil a hot fry pan (or bbq grill), cook marinated steaks to medium rare. Serve steaks with beetroot salad.

OPTIONS: Add a side of steamed green vegetables.

TIP: Roasted beetroot will add zing to any meal.

Balsamic Steak with Garlic Zucchini – P & V Only (Serves 1)

Ingredients:

Avocado Oil Spray 1 clove garlic, thinly sliced 1/2-1 medium zucchini, cut into thin halfmoons Himalayan salt and freshly cracked pepper 1 Rump steak 1/4 cup balsamic vinegar Large serving of steamed vegetables.

Instructions:

Lightly spray a frying pan with avocado oil. Add garlic and zucchini, season with salt and pepper, and sauté until zucchini is tender and browned in spots, (about 6 minutes). Transfer to a bowl.

Respray pan with avocado oil. Season steak with salt and pepper and cook until browned, (4 to 5 minutes per side). Transfer to a plate and loosely cover with foil. Discard fat from skillet; add vinegar, pinch salt, and 1/4 teaspoons pepper. Cook, stirring, until reduced by half, (about 2 minutes). Slice steak; add any accumulated juices from steak to skillet and stir to combine. Drizzle steak with sauce and serve alongside zucchini and your choice of steamed vegetables.

OPTIONS: Switch zucchini with a combination of eggplant, mushroom and red bell pepper.

Sautéed Beef with Asparagus and Corn – P & V Only (Serves 1)

Ingredients:

Avocado Oil Spray 1/2 bunch medium-size asparagus, trimmed and cut diagonally 5 shiitake mushrooms, stems discarded, halved Small Corn, Himalayan salt and freshly cracked pepper 1 top blade chuck steak, sliced into thin strips, gristle removed Large serving of mixed steamed vegetables Instructions:

Lightly spray a frying pan with avocado oil. Add asparagus, mushrooms, and corn; season with salt and pepper. Cook, stirring occasionally until asparagus are lightly browned and tender, (5 to 6 minutes). Remove from heat and transfer vegetables to a bowl.

Rub the steak with salt. Reheat frying pan over high heat and spray with oil. Add beef strips and cook, without stirring, until browned on one side, (about 2 minutes). Add asparagus mixture and 2 tablespoons water; bring to a boil, tossing well, (about 30 seconds). Serve immediately with your vegetables.

OPTION: Switch beef for chicken and use green beans instead of asparagus.

Chilli & Rosemary Beef – P & V Only (Serves 1)

Ingredients:

1 palm size lean beef fillet Fresh sprigs of rosemary, finely diced, to taste 1 red chilli, finely diced, to taste

Avocado oil spray

Your choice of roasted root vegetables to serve (no potato) Instructions:

Marinate beef with the chilli, rosemary and avocado oil spray, leave overnight.

Spray a hot pan with avocado oil and seal the beef fillet. Place the fillet onto a tray and place into a pre heated oven at 200c for ten minutes. Take beef out of the oven and let it rest for a

further 5 minutes. Slice the beef and serve with root vegetables that have been roasted with fresh rosemary, Himalayan salt and avocado oil spray.

OPTIONS: After exercise include potato and sweet potato to the root vegetables.

Pasta with Chicken and Tomato – Low/Moderate Carbs (Serves 1)

Ingredients:

Himalayan salt and freshly cracked pepper 1 serving of gluten free/rice pasta Avocado oil spray 1 tbsp. lemon juice 2-3 roma tomatoes, diced roughly) 1 chicken breast, grilled with salt and pepper, thinly sliced 1/4 cup torn fresh basil leaves Instructions:

In a large pot of boiling salted water, cook pasta until al dente, according to package directions. Drain; rinse well under cold water. Transfer to a large bowl; toss with oil, lemon juice, tomatoes, chicken, and basil; season generously with salt and pepper. Serve at room temperature or chilled.

OPTIONS: Swap chicken for lean beef. Add extra vegetables to the sauce for a bulkier meal, e.g. grated carrots & parsnips.

TIP: Be careful not to overcook your pasta. Perfect spaghetti cooked andante is slightly firm in the centre. This recipe is great with crumbled feta.

Grilled Chicken and Vegetables Bundles – Low/Moderate Carbs (Serves 1)

Ingredients:

1 small potato, thinly sliced 1 skinless chicken breast 1 medium zucchini, sliced 1/2 medium carrot, thinly sliced 1/4 cup whole mushrooms 1/4 medium onion, thinly sliced Himalayan salt and freshly cracked pepper 1 tbsp. apple cider vinegar 2 drops stevia Large handful green mixed salad leaves Instructions:

Preheat the oven to 180C. Precook potatoes in boiling water, drain and cool. Place chicken breast on a large square of heavy-duty foil. Add potatoes, zucchini, carrots, mushrooms, and onion to the foil square; season with salt and pepper. Mix apple cider vinegar and stevia and drizzle over. Seal foil into packets leaving room for steam. Place on a tray in the oven and cook for 20 to 25 minutes or until chicken is done and vegetables are tender, turning once. Open packets and serve with salad leaves.

OPTIONS: You can switch chicken with a thick fillet of fish in this recipe; simply add a slice and squeeze of lemon.

Beef Chilli Con Carne - Low/Moderate Carbs (Serves 1)

Ingredients:

Avocado oil spray Pinch hot paprika Pinch ground cumin 1 beef frying steak 1/4 cup red kidney beans, drained and rinsed 2 ripe tomatoes, roughly diced 1 tbsp. fresh coriander, chopped Large serving mixed salad Instructions:

In a medium bowl, mix together, paprika and ground cumin. Slice steaks, spray with avocado oil and add to the bowl, season well. Heat a large frying pan over a medium heat, add the seasoned beef and stir-fry until browned, (1-2 minutes). Stir in kidney beans, tomatoes and a splash of filtered water. Simmer for 5 minutes, until the tomatoes are softened. Stir in some coriander, divide between plates and top each with a coriander sprig. Serve with side salad.

OPTIONS: Add fresh corn and bell peppers along with tomatoes. Switch beef for chicken and serve with a large serving of your favorite vegetables.

Wow, what absolutely delicious recipes here to keep your taste buds excited and your meal planning fun and creative. See, Fat loss food does not have to be boring and bland at all. I sincerely hope you find these recipes fantastic and use them in your life for years to come!

Ok, there you have it, your 7-day eating plan & delicious. Enjoy!

Your Fat Loss Coach,

Courtney

Super Shake Guide

Ok, Super Shake Day is just that, super! The reason being because you get to take a normally boring, bland and tasteless protein powder and water mixture and turn it into a tantalizing taste bud sensation!

The below recipes not only add flavor to the Super Shakes but each one also provides its own unique health benefits above and beyond weight loss alone.

You get to add:

Cacao

Ginger

Liquid Stevia (or powder is fine)

Orange Zest

Macca powder (Spinach Leaves)

Vanilla

Cinnamon

Nutmeg

Adjust amounts to taste if required, stevia is completely optional but is a natural, no calorie, sweetener. Try your own combinations using the amounts suggested here.

Note: These additional ingredients are low calorie and can assist with fat burning around the mid-section (cinnamon), stimulate the body (cacao), help with hormones (macca), is an antioxidant/fights cancer (vanilla) OR they just taste great!

For those of you thinking that Super Shakes ALL DAY will be impossible and disgusting; these recipes are for you.

SUPER SHAKE OPTION ONE - CHOCOLATE BASICS

Protein powder
Filtered water
1-2 tsp raw cacao powder
2-4 drops liquid stevia

SUPER SHAKE OPTION TWO - CHOC HORMONE HELPER

Protein powder
Filtered water
1-2 tsp raw cacao powder
1 tsp macca powder
2-4 drops liquid stevia

SUPER SHAKE OPTION THREE - VANILLA HORMONE HELPER

Protein powder
Filtered water
1/2 tsp pure vanilla extract (or 1 vanilla bean scraped)
1 tsp macca powder
2-4 drops liquid stevia

SUPER SHAKE OPTION FOUR - CINNAMON RUSH

Protein powder
Filtered water
1 tsp cinnamon powder
1-2 tsp raw cacao powder (optional)

1/2 tsp pure vanilla extract (or 1 vanilla bean scraped)
1 tsp macca powder
2-4 drops liquid stevia

SUPER SHAKE OPTION FIVE - GINGER SPICE

Protein powder
Filtered water
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground ginger
1/2 tsp pure vanilla extract (optional)
2-4 drops liquid stevia

SUPER SHAKE OPTION SIX - FEELING ZESTY

Protein powder
Filtered water
1/2 tsp ground cinnamon
1-2 tsp orange zest
1/2 tsp pure vanilla extract (optional)
2-4 drops liquid stevia
Small handful of baby spinach (optional)

Well, there you have it ladies, some awesome and deliciously healthy Super Shake recipes to make your waist shrink and your lips smile 😊