

# THE FIT GIRL'S FAT LOSS RECIPE BOOK



## PUMPKIN PROTEIN PANCAKE

1/2 cup of uncooked oatmeal  
5 egg whites  
1/2 teaspoon cinnamon  
1/3 cup canned pumpkin  
1/2 teaspoon vanilla extract  
1 scoop vanilla protein powder (optional)

Blend it up till it makes a batter and then cook in a frying pan.

## CHOCOLATE OATMEAL PROTEIN PANCAKE

1/2 cup of uncooked oatmeal  
5 egg whites  
1/2 teaspoon cinnamon  
1 scoop chocolate protein powder  
optional 1/2 teaspoon stevia and/or dash of vanilla extract.

Blend all ingredients until it makes a batter. Use coconut oil to coat a frying pan. Scoop 2 tablespoon of pancake batter into heated frying pan, cooking both sides evenly. Should make 3-4 pancakes.

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## BLUEBERRY PANCAKE

- 1 cup almond flour
- 1/2 cup unsweetened applesauce
- 2 large eggs
- 1/4 cup water
- 1/4 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/4 teaspoon sea salt
- 1 to 2 tablespoons coconut oil

Combine all ingredients in a bowl except the blueberries and mix until thoroughly blended together. Add in blueberries and gently fold them into the mixture.

Heat 1 tablespoon of coconut oil in a large skillet over medium heat. Drop batter into pan by the tablespoonful and flip when small bubbles appear on the surface of the pancake. Cook evenly on both sides. Add more coconut oil as needed while cooking the batches.

## BREAKFAST EGG CUPS

- 8 egg
- 1/2 lb of turkey bacon
- 1 red bell pepper diced
- 1/2 onion diced
- 1/2 cup of diced asparagus
- 1/4 tsp salt
- 1/8 tsp pepper

Preheat oven to 350 degrees F. Grease 8 muffin tins with coconut oil spray. Beat the eggs in a bowl and add bacon, diced veggies and salt and pepper. Pour mixture into the muffin tins. Bake for 18-20 mins.

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## GREEN SMOOTHIE

- 2 cups water
- 1/2 cup of organic spinach
- 1/2 cup of kale
- juice of 1/2 lemon
- 3 sticks of organic celery
- 1 organic apple (chopped into pieces)

Directions:

Fill your blender with 2 cups water and blend the spinach and kale until smooth. Add the celery and apple and blend until smooth. Finally add the lemon and blend until all ingredients are mixed well and smooth. Pour and drink!

## PROTEIN PUMPKIN SMOOTHIE

- 1/3 cup canned pumpkin
- 1 scoop of vanilla protein powder
- 1/2 frozen banana
- 8 oz almond milk
- 1 teaspoon pumpkin pie spice

Mix all ingredients in a blender and serve. Garnish with cinnamon.

## ORANGE CREAMSICLE SMOOTHIE

- 12 cup orange juice
- 1/2 cup coconut milk
- 1/2 frozen banana
- 1 scoop vanilla protein powder

Mix all ingredients in a blender, blend and serve!

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## COFFEE PROTEIN SMOOTHIE

6 oz glass of coffee  
2 oz coconut milk (or almond milk)  
1 scoop vanilla protein powder  
2 drops of vanilla creme liquid stevia  
1 cup of coffee ice\* (you can also use regular ice)

\*Pour left over coffee into ice cube trays and freeze.

Put all ingredients in a blender, blend until smooth and serve!

## PINA COLADA SMOOTHIE

1 cup (unsweetened) coconut milk  
1/4 cup pineapple chunks (fresh or frozen)  
2 teaspoons shredded coconut  
1 scoop vanilla protein powder

Mix all ingredients in a blender and serve.

## APPLE CHIPS

1 apple  
1 teaspoon ground cinnamon

Preheat the oven to 375 degrees.

Line a cooking sheet with parchment paper.

Core an apple and slice it crossways about 1/8 of an inch thick.

Place slices on a cooke sheet and sprinkle slices with cinnamon.

Bake until the apples are dry and crisp about 30-40 mins.

Cool and serve.

## BACON WRAPPED FIGS

12 fresh figs  
6 pieces of bacon

Wrap 1/2 piece of bacon around each fig.

Place figs on baking sheet and bake until bacon is crispy and hot.

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## A BETTER GRANOLA

- 1 1/2 cup sliced almonds
- 1 1/2 cup oats
- 1/2 cup sunflower seeds
- 1/2 cup dried cranberries or raisins
- 1 1/2 cup unsweetened coconut flakes
- 1/2 cup coconut oil, melted
- 1/3 cup honey
- 2 tsp cinnamon
- 1 tsp nutmeg

Combine almonds, coconut flakes, nuts and fruit in a bowl. Whisk together oil, honey and cinnamon. Pour oil-honey mixture over nuts and fruit and mix well. Spread mixture on lightly oiled baking sheet. Bake for 60 minutes at 275 degrees, stirring every 15 minutes to prevent burning.

## FIG AND GOAT CHEESE SALAD

- 2 cups baby arugula
- 8 figs cut into quarters
- 1 ounce soft goat cheese
- 1/4 cup balsamic vinegar
- 1 tablespoon olive oil

Arrange arugula on a plate, top with figs, goat cheese, oil and vinegar. Toss and serve.

## CUCUMBER AND CRAB MEAT SALAD

- 1 chopped cucumber
- 1 cup crabmeat
- 1 tablespoon grape seed oil
- 2 tablespoons rice vinegar
- 2 large tomatoes

In a medium bowl, combine the cucumber, crabmeat, oil, and vinegar. Cut the tomatoes into thick slices. Serve the crabmeat salad atop the tomato slices.

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## WATERMELON SALAD

- 1 cup diced watermelon
- 1/2 avocado cut into pieces
- 1/2 cup hearts of palms chopped
- 1/2 cup sliced almonds
- 3 tablespoons balsamic vinegar

Mix all ingredients together and serve chilled.

## BUTTERNUT SQUASH SOUP

- 6 cups organic reduced-sodium chicken broth
- 3 pound butternut squash
- 1 medium parsnip, peeled and cut into 1/2-inch slices
- 1 medium Granny Smith apple, peeled, cored and chopped
- 1/4 cup coconut milk
- 1/2 teaspoon sea salt
- 2 tablespoons chopped chives

Slice butternut squash in half; scoop out seeds with a large spoon. Place face down in a glass pan and bake at 350 degrees F for one hour, or until the flesh gives in easily when you press a finger to it. Remove from heat and set aside until cool enough to handle. Scoop out flesh and place in a larger blender with 4 cups of the chicken broth. Blend well until pureed. Pour into a 4- quart stockpot with the remaining 2 cups of chicken broth, parsnip and apple; bring to a boil. Reduce the heat and simmer, cook until the parsnip and apple are soft. Stir in the coconut milk and salt and remove from the heat. Serve immediately and garnish with the chives. This soup will be even better the next day!

## STUFFED PEPPERS

- 4 sweet red peppers, halved and seeded
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 16-ounces package organic ground bison meat 1/2 cup organic chicken stock
- 4 cups torn spinach leaves
- 2 cups diced tomatoes
- 1/2 teaspoon chili powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

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Preheat the oven to 375 degrees F. In a large pot of boiling water, cook the bell peppers until tender, about 4 minutes, then drain. For the filling, heat a large skillet with olive oil over medium heat. Add onion, garlic and bison until cooked. Add in ½ cup organic chicken stock, spinach, tomatoes, chili powder, salt and pepper; bring to a simmer. Reduce the heat and stir occasionally until all flavors are blended; about 10 minutes. Stuff the bison filling into each bell pepper half. Place the stuffed peppers in a shallow 2-quart casserole dish. Cover with foil and bake until heated through, about 20-25 minutes

## GRILLED SALMON WITH TAPENADE

1 pound uncooked Atlantic (wild) salmon fillets; 4 (1/4 pound) skinless  
1/4 tsp table salt  
1/8 tsp black pepper  
8 medium olives, kalamata, pitted (1/4 cup)  
1/4 cups sun-dried tomatoes (without oil), chopped  
3 Tbsp basil, fresh, chopped or parsley  
2 Tbsp pine nuts

Spray a nonstick ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle the salmon with the salt and pepper. Place the salmon on the pan and cook until just opaque in the center, about 4 minutes on each side.

To make the tapenade, put the remaining ingredients in a mini-food processor and process until chopped.

Top the salmon evenly with the tapenade.

## MEDITERRANEAN LAYER DIP

2 cup hummus  
1/2 cup diced tomatoes  
1/2 cup chopped cucumbers  
1/4 cup diced black olives  
1/4 cup diced roasted red peppers  
1/4 cup crumbled feta

Spread hummus across the bottom of a shallow dip. Layer the tomatoes, cucumbers, olives and roasted red peppers and top with crumbled feta.

Serve with fresh vegetables or pita chips.

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## PUMPKIN RISOTTO

- 1 onion diced
- 2 tbsp olive oil
- 2 cups arborio rice
- 2 cups butternut pumpkin, diced
- 2 L vegetable stock
- 1 cup parmesan cheese, grated
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

In a frying pan heat oil over medium heat. Add the diced onion and sauté until translucent.

Add the rice and pumpkin and then sauté for another 5 minutes. Carefully pour the vegetable stock into the pan and continue to stir the rice. Simmer on low heat until all of the liquid is absorbed stirring every few minutes. Add in cheese, cinnamon and nutmeg and stir till the rice mixture. Serve and enjoy!

## PEACAN CRUSTED CHICKEN

- 2 6-ounce chicken breasts
- 1 cup pecans, chopped
- 1 teaspoon olive oil
- 1 large egg
- 2 teaspoon unsweetened almond milk
- 1/2 teaspoon ground black pepper
- 1 tablespoon chopped parsley

Preheat oven to 350 Degrees F. In a medium bowl, beat the egg and almond milk and set aside. In a separate bowl, combine chopped pecans, black pepper and parsley. Dip the chicken breasts into the egg mixture and coat on both sides; then press the chicken into the pecan mixture so that it is fully coated. Place chicken into a shallow baking pan coated with olive oil and bake for 20 minutes or until fully cooked.

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