



Fat-Burning French Toast

INGREDIENTS

- 4 slices bread of your choice
- 200g liquid egg whites
- Dash of cinnamon
- 1/4 tsp. vanilla extract
- 1 tbsp. zero calorie sweetener of your choice

DIRECTIONS

1. In a bowl, mix together all ingredients except for the bread
2. Soak 1 slice of bread in the mixture until coated
3. Cook the french toast on the stove (2-4 minutes per side)
4. Top with zero sugar syrup and low calorie fruit (*blueberries, strawberries, chopped apples*)

Notes

For this recipe, I personally use:

- Sara Lee 45 calorie bread
- Walden Farms zero calorie syrup
- Swerve artificial sweetener



Fat-Burning Pancakes

INGREDIENTS

- 215g fat-free cottage cheese
- 180g egg whites
- 56g. coconut flour
- 7g. zero calorie sweetener
- 2g vanilla extract
- 3g baking powder

DIRECTIONS

1. Mix all ingredients in a bowl or blend in a blender
2. Scoop the pancake batter onto a heated nonstick pan
3. Cook for 1-3 minutes on each side
4. Add syrup and any low-calorie fruit you want
5. Eat up!

Notes

For this recipe, I personally use:

- Walden Farms zero calorie syrup
- Swerve artificial sweetener



Cinnamon Toast Crunch Donuts

DONUT INGREDIENTS

- 60g white flour
- 30g vanilla protein powder
- 95g liquid egg whites
- 10g zero calorie sweetener
- 5g vanilla extract
- 1g cinnamon
- 3g baking powder

FROSTING INGREDIENTS

- 1 cup skim milk
- 1 small package sugar free vanilla pudding mix (1 oz)
- 8 oz sugar free cool whip
- 1 tsp. vanilla extract
- 28g Cinnamon Toast Crunch

DIRECTIONS

1. Mix all of the ingredients together in a bowl until thick.
2. Add 30g of water and continue mixing.
3. Pour the batter into a non-stick donut pan (serves 6).
4. Bake at 350F for 6-8 minutes.
5. For the frosting, whisk the milk and pudding mix together until the pudding mix is completely dissolved and starts to thicken.
6. Next, add in the vanilla extract.
7. Then add in the cool whip and fold it in until the mixture is smooth.
8. Cover and refrigerate the frosting for at least 30 minutes.
9. Put the Cinnamon Toast Crunch in a ziplock bag and crush into smaller pieces.
10. Frost the donuts and top with Cinnamon Toast Crunch



Chocolate Donuts

DRY INGREDIENTS

- 75g all purpose flour
- 75g casein chocolate protein powder
- 40g Swerve artificial sweetener
- 20g cocoa powder
- 2g baking soda
- 4g baking powder
- 3g salt

WET INGREDIENTS

- 28g melted butter
- 140g nonfat plain Greek yogurt
- 8g vanilla extract

DIRECTIONS

1. Add all the dry ingredients to a mixing bowl and whisk together.
2. Add all the wet ingredients in a separate mixing bowl and whisk together.
3. Combine the wet and dry ingredients together.
4. Once combined, we're going to add in the unsweetened almond milk 50g at a time. Add in the first 50g of almond milk and whisk thoroughly.
5. Repeat this two more times, you'll use 150g unsweetened almond milk total.
6. Fold in 21g of unsweetened chocolate chips
7. Spray your donut tray with nonstick, then add the donut batter to each. Makes 6 donuts.
8. Bake at 350F for 8-11 minutes.
9. Drizzle with sugar-free chocolate syrup.

Notes

For this recipe, I personally use:

- PE Science chocolate protein powder. **Use casein instead of whey protein because it bakes much better.**
- Walden Farms sugar free chocolate syrup



Blueberry French Toast Bake

INGREDIENTS

- 110g bread (about 5 pieces)
- 230g egg whites
- 100g unsweetened almond milk
- 15g protein powder (any flavor)
- 15g sugar free syrup
- 5g vanilla extract
- 5g cinnamon
- 1 tbsp. baking powder
- 5g zero calorie sweetener
- Pinch of salt
- 50g. blueberries

DIRECTIONS

1. Tear up the bread by hand into small pieces
2. Add the torn up bread and all other ingredients into a bowl. Mix together with a large spoon
3. Pour the mixture into a baking dish.
4. Add blueberries on top.
5. Bake at 400F for 20-25 minutes.
6. For the glaze, add 50g. plain greek yogurt and 30g sugar free syrup into a bowl and mix.
7. Drizzle the glaze on top of the french toast bake.
8. Eat up!

Notes

For this recipe, I personally use:

- Sara Lee Delight 45 calorie bread
- Walden Farms zero calorie syrup
- Swerve artificial sweetener



Buffalo Chicken Wraps

INGREDIENTS

- 250g cooked chicken breast (cubed)
- 28g. fat free cream cheese (softened)
- Low-carb tortillas
- 40g buffalo sauce
- Shredded lettuce

DIRECTIONS

1. In a large bowl, combine the cooked chicken, cream cheese and buffalo sauce.
2. Scoop the mixture into a tortilla and add lettuce.
3. Eat up!

Notes

For this recipe, I personally use:

- Frank's Red Hot wing sauce
- Carb Counter tortillas



Grilled Cheese

INGREDIENTS

- 2 slices bread
- Butter
- Cheddar cheese
- 1 slice turkey breast

DIRECTIONS

1. Lightly butter one slice of bread and place it face down on a heated pan.
2. Add one slice of cheddar cheese and one slice of turkey breast on top of the heated bread.
3. Lightly butter the other slice of bread and place the buttered side face up on top of the cheese and turkey.
4. Flip after 1-2 minutes.
5. Eat up!

Notes

For this recipe, I personally use:

- Sara Lee Delight 45 calorie bread
- Thin slices of cheddar cheese (usually around half an ounce total).
- You can also use deli chicken breast



Philly Cheesesteak Sandwiches

INGREDIENTS

- 1 hamburger bun or mini hoagie roll
- 110g top sirloin steak
- 25g white onions (chopped)
- 25g green peppers (chopped)
- 5g Worcestershire sauce
- 1 slice American cheese
- Salt

DIRECTIONS

1. Thinly slice the top sirloin steak into small strips and lightly salt.
2. Cook the onions and peppers in a nonstick pan until softened (3-5 min.)
3. Put the cooked onions and peppers on a plate.
4. Cooked the steak strips on medium high for 2-3 minutes.
5. Add the Worcestershire sauce and cook for another 1-2 minutes.
6. Reduce the heat, combine the onions and peppers with the steak and let cook for another minute.
7. Place the slice of cheese on top of the steak and veggie mixture until the cheese melts.
8. Using a spatula, put the steak, veggie and cheese mixture onto your bun.



Fat-Burning Mac n Cheese

INGREDIENTS

- 224g chickpea pasta
- Salt
- 160g unsweetened almond milk
- 85g fat-free cream cheese
- 112g fat-free shredded cheddar cheese

Notes

For this recipe, I personally use:

- Banza chickpea pasta
- You can use regular cheddar cheese/cream cheese if you'd like. It'll just increase the calories a bit.

DIRECTIONS

1. Boil 4 cups water on the stove
2. Once the water is boiling, add in the pasta and a pinch of salt.
3. Boil for 7-8 minutes, stirring occasionally
4. Strain the pasta then pour into a bowl
5. For the cheese sauce, put your pot on the stove over medium heat and add in the almond milk
6. When the almond milk starts to steam, add in the cream cheese and whisk until the cream cheese is melted.
7. Add in the cheddar cheese and whisk until it turns into a creamy cheese sauce.
8. Turn off the heat on your stove and add the macaroni to the cheese sauce.
9. Stir and enjoy!



Fat-Burning Sloppy Joes

INGREDIENTS

- 1lb lean ground beef
- 50g onion
- 50g bell pepper
- 200g sugar free ketchup
- 10g mustard
- 5g garlic powder

DIRECTIONS

1. In a pot over medium heat, cook the chopped onion and bell pepper for 1-2 minutes.
2. In a separate pan, brown the ground beef.
3. Once the ground beef is browned, drain any excess fat.
4. Add the onions and peppers and cook for 1-2 minutes.
5. Add in the ketchup, mustard and garlic powder. Stir to combine.
6. Serve on a hamburger bun, bread, or you can simply eat it with a fork.

Notes

For this recipe, I personally use:

- 96/4 lean ground beef. 93/7 or 90/10 are also great options.
- Heinz sugar-free ketchup
- For hamburger buns, I look for the lowest calorie option available at the grocery store



Fat-Burning Big Mac

SAUCE INGREDIENTS

- 3 tbsp. light mayo
- 1 tsp mustard
- 1 tbsp. diced pickles
- 1 tbsp. diced onion
- 1 tsp. white vinegar
- 1 pack stevia
- 1/4 tsp. paprika
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder

BURGER INGREDIENTS

- 6 oz. lean ground beef
- 1.5 hamburger buns
- 25g cheddar cheese
- 1/2 cup shredded lettuce
- Pickles (optional)

DIRECTIONS

1. Combine all the sauce ingredients and mix together.
2. For the burger, form the ground beef into two 3 oz. patties and cook to your liking.
3. Melt cheese on the burgers.
4. Spread some sauce on the bottom bun, then add lettuce and one burger patty.
5. Repeat this process to create the rest of your Big Mac.
6. Eat up!

Notes

For this recipe, I personally use:

- 96/4 lean ground beef. 93/7 or 90/10 are also great options.
- For hamburger buns, I look for the lowest calorie option available at the grocery store



Fat-Burning Soft Shell Tacos

INGREDIENTS

- Soft taco shells
- 1lb lean ground beef
- Shredded cheese
- Shredded lettuce
- Taco seasoning
- Tomato (chopped)
- Low-sugar salsa

DIRECTIONS

1. Brown the lean ground beef over medium heat.
2. Once browned, add taco seasoning and mix well.
3. Scoop the ground beef into the taco shell
4. Add in the shredded cheese, lettuce, tomato and salsa.
5. Eat up!

Notes

For this recipe, I personally use:

- 96/4 lean ground beef. 93/7 or 90/10 are also great options.
- Carb counter tortilla wraps



Fat-Burning Pizza

INGREDIENTS

- Store bought thin crust pizza crust or flat bread
- Sugar free marinara sauce
- 150g shredded mozzarella
- Turkey pepperoni

DIRECTIONS

1. Put your crust/flat bread on a baking sheet and bake at 350F for 5-8 minutes to make it crispy.
2. Add a thin layer of marinara and spread throughout the crust.
3. Add the mozzarella evenly on the crust
4. Top with turkey pepperoni
5. Bake at 350F for 15-20 minutes

Notes

For this recipe, I personally use:

- Joseph's Whole Wheat Lavish Flatbread - 120 calories
- Additional toppings you can add are shredded chicken, mushrooms, black olives and/or peppers.



Tuna Pasta Salad

INGREDIENTS

- 4 cups dried pasta
- 1 cup frozen or fresh peas
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 (4 oz) cans tuna, drained
- 1/3 cup non-fat plain Greek yogurt
- 1/3 cup light mayo
- 1 tbsp. red wine vinegar
- 1 tbsp. dijon mustard
- 1 tsp. salt
- 1/2 tsp. pepper

DIRECTIONS

1. Bring 4 cups of water to a boil.
2. Reduce to a simmer and add in the pasta.
3. Cook for 7-8 minutes, then drain the pasta.
4. Mix in the peas
5. In a large bowl, add the tuna and chopped vegetables.
6. Whisk together the yogurt, mayo, vinegar, mustard, salt and pepper.
7. Add the pasta to your bowl and pour the dressing on top. Mix to combine.
8. Eat up!

Notes

For this recipe, I personally use:

- Banza chickpea pasta
- Primal Kitchen avocado mayo



Sirloin Steak Stew

INGREDIENTS

- 1/2 cup flour
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1lb cubed sirloin steak
- 1 small onion
- 1 clove garlic
- 1 can diced tomato
- 1 green pepper, diced
- 3 tbsp. beef broth
- 1.5 tsp. Worcestershire sauce

DIRECTIONS

1. In a bowl, combine flour, salt and pepper.
2. Add the cubed sirloin steak and gently toss.
3. Preheat the pan with some nonstick spray, then brown your beef.
4. Add in garlic and cook for 1 minute.
5. Add in tomatoes and bring to a boil
6. Reduce heat, add in diced peppers, beef broth and Worcestershire sauce.
7. Cover and let simmer for 10-15 minutes.
8. Eat up!



Fat-Burning Chocolate Chip Cookies

INGREDIENTS

- 35g butter
- 40g unsweetened almond milk
- 80g brown Swerve sweetener
- 40g granular Swerve sweetener
- 6g vanilla extract
- 10g zero calorie sweetener
- 120g white flour
- Pinch of baking powder
- Pinch of salt
- 45g chocolate chips

Notes

For this recipe, I personally use:

- Lily's chocolate chips
- The Swerve sweeteners can be found in most grocery stores or on Amazon.

DIRECTIONS

1. In a bowl, combine the butter and almond milk. Microwave for 30 seconds or until the butter melts.
2. Add in both Swerve sweeteners to your bowl
3. Add in the vanilla extract and whisk all the ingredients together. Once combined, set the bowl aside.
4. In a separate bowl, add in the white flour, a pinch of baking powder and a pinch of salt.
5. Whisk the dry ingredients to combine.
6. Once combined, pour the wet ingredients into the dry ingredient bowl.
7. Add in the chocolate chips.
8. Use a spatula to combine the ingredients.
9. Once combined, roll the dough into a ball and set in the fridge for 30 minutes.
10. After 30 minutes, on a baking sheet, take about 1 tbsp. of cookie dough and form it into a small flat cookie. This recipe makes 12-15 cookies.
11. Bake at 325F for 6 minutes.



Oreo McFlurry

INGREDIENTS

DIRECTIONS

- 65g unsweetened almond milk
- 90g plain fat-free Greek yogurt
- 45g vanilla protein powder
- 2g xanthan gum
- 5g zero calorie sweetener
- 7g sugar free vanilla pudding mix
- 40g Oreo O's Cereal
- Two handfuls of ice

1. Add all the ingredients into your blender.
2. Blend for 2-3 minutes on high.
3. Once the texture is smooth, pour into a bowl.
4. Add some crushed Oreo O's cereal pieces on top and enjoy!

Notes

For this recipe, I personally use:

- PE Science vanilla protein powder. You can use any brand, just make sure it's not vegan (won't mix well).
- Walden Farm's zero calorie syrup
- Swerve zero calorie sweetener
- We're using Oreo O's cereal because you get much more volume for fewer calories.



Fat-Burning Brownie Bites

INGREDIENTS

- 200g canned pumpkin
- 50g sugar free chocolate syrup
- 60g chocolate protein powder
- 20g unsweetened cocoa powder
- 15g zero calorie sweetener

DIRECTIONS

1. Add all the ingredients into your blender.
2. Blend until the texture is smooth.
3. Use a 24 cup mini muffin pan, spray with nonstick, and scoop a spoonful into each.
4. Bake at 350F for 15-18 minutes.
5. Drizzle some chocolate syrup on top and enjoy!

Notes

For this recipe, I personally use:

- PE Science chocolate cupcake protein powder.
You can use any brand, just make sure it's not vegan (won't mix well).
- Walden Farm's zero calorie chocolate syrup
- Swerve zero calorie sweetener



Cinnamon Toast Crunch Blizzard

INGREDIENTS

- 65g unsweetened almond milk
- 90g plain fat-free Greek yogurt
- 40g vanilla protein powder
- 2g xanthan gum
- 30g sugar free syrup
- 5g zero calorie sweetener
- 7g sugar free vanilla pudding mix
- 30g Cinnamon Toast Crunch
- Two handfuls of ice

DIRECTIONS

1. Add all the ingredients into your blender.
2. Blend for 2-3 minutes on high.
3. Once the texture is smooth, pour into a bowl.
4. Add some crushed Cinnamon Toast Crunch pieces on top and enjoy!

Notes

For this recipe, I personally use:

- PE Science vanilla protein powder. You can use any brand, just make sure it's not vegan (won't mix well).
- Walden Farm's zero calorie syrup
- Swerve zero calorie sweetener



Fat-Burning Chocolate Cake

INGREDIENTS

- 25g chocolate protein powder
- 5g unsweetened cocoa powder
- 5g baking powder
- 80g water

DIRECTIONS

1. Combine all the dry ingredients into a microwavable bowl.
2. Slowly add in water and stir.
3. Once combined, microwave for 1 minute.

Notes

For this recipe, I personally use:

- PE Science chocolate cupcake protein powder.
You can use any brand, just make sure it's not vegan (won't mix well).
- If the cake comes out too runny, use a little less water next time.