



Apple Cinnamon French Toast

INGREDIENTS

4 slices bread of your choice
200 g. egg whites
Dash of cinnamon
1/4 tsp. vanilla extract
1 tbsp. zero calorie sweetener
1 apple (diced)

DIRECTIONS

1. In a bowl, mix together all ingredients except the bread and apple.
2. Soak 1 slice of bread in the mixture until coated
3. Spray your pan with nonstick spray.
4. Cook the french toast on the stove (2-4 minutes per side).
5. Cook the diced apple in the same pan, around the french toast until slightly browned.
6. Top with sugar-free syrup and diced apple

Notes

For this recipe, I personally use:

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



French Fry Burger Bowl

INGREDIENTS

- 1lb 96/4 lean ground beef
- 1 medium potato
- Salt and pepper

DIRECTIONS

1. Cook the lean ground beef in a skillet over medium heat.
2. For the french fries, peel one potato and cut into french fries.
3. Season the fries with salt, pepper and any seasonings you prefer.
4. Cook the fries in the air fryer at 390 degrees for 12-15 minutes. You can cook in the oven if you don't have an air fryer.
5. When both are done, add your desired amount of ground beef to a bowl, along with your french fries.
6. Add any condiments you prefer - no sugar ketchup, mustard, relish, pickles, etc.



BBQ Chicken Tacos

INGREDIENTS

- 8 ounces ground chicken
- 60g no-sugar bbq sauce
- 2-3 low carb tortillas

DIRECTIONS

1. Cook the ground chicken in a skillet over medium heat
2. Pour the sugar free bbq sauce in a bowl, then add in the cooked chicken and mix together.
3. Scoop the bbq chicken into each tortilla
4. Add any additional condiments you'd like, some great options are shredded lettuce, cheese and chopped onion.



Fat-Burning Strawberry Ice Cream

INGREDIENTS

- 400g frozen strawberries
- 300g unsweetened almond milk
- 1 tbsp. zero calorie sweetener of your choice
- 1 scoop vanilla protein powder
- 3g xanthum gum
- Ice

DIRECTIONS

1. Add all the ingredients in a blender.
2. Blend until smooth (usually 2-4 minutes)
3. May need to stop and mix up the ice cream with a spoon halfway through

NOTES:

- I use Swerve as my sweetener of choice
- I use PE Science for my protein powder
- This makes A LOT of ice cream, so don't force yourself to eat it all. Once you start feeling full, set the spoon down :)