Cake Weight Loss

FAT BURNING SYSTEM
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Please make sure you read every page in this book from beginning to end, very carefully!
The information I am about to give you may go against everything you have learned about weight loss in the past...in fact...I'm positive that it will.

This may frustrate you when you see that losing weight is simple, but you will also feel a sense of relief when you realize that upon completing this program, you will have found the answers you've been searching for. Then you can look in the mirror and run your hands down your slim midsection, turn around and look at that firm bum, and smile as you go about your day.

I'm sure you've tried everything, and so have I. I was just lucky enough to really stumble upon something amazing. Whether it was luck, by chance, or just my willingness to never give up—I was determined to find a solution for myself, my clients, and now YOU.

I'm going to give you the scientifically-proven reasons why you are NOT losing weight, along with real solutions...and not a temporary fixes, not diet pills, and no crazy concoctions. All you need is this book right by your side, and a little motivation from me.

You may have stumbled across my Cake Weight Loss Fat Burning System because it caught your eye, and maybe you've always struggled with sweets. If you don't love warm chocolate cake melting in your mouth with that creamy fudge frosting generously smoothed over the top, then you aren't human! If you don't love the aroma of fresh baked cookies, and those delicious little chocolate morsels dancing on your taste buds, then I'm sorry but I simply can't relate! I tried lying to myself, telling myself I didn't want this or that, and sure, I could go without it for awhile...but it wouldn't be long until I had to give into that little craving, and then once I gave into that...I decided, "Well I might as well get all this bad eating out of my system since I started!" A habit like this can throw away months of hard work in a matter of hours! But the good news is, I'm going to show you how to do the opposite, I'm going to show you how to amplify your weight loss in a matter of hours :-) 

See, I made this program for people like me who have battled with diets over and over again—and I loved sweets, I'm not afraid to admit it nor do I feel guilty when I want them. I didn't understand why I had to deprive myself in order to lose weight.

So when I presented this plan to my clients, they thought I was absolutely crazy...but when it actually worked, they could not thank me enough. I had people calling from all over the world, wanting to know what was in that cake!
My clients were posting pictures, bragging about eating cake, and simultaneously showing off their lean, trimmed, and toned bodies! It was baffling to their friends, family, and co-workers, and that’s when I realized…I had really come up with something incredible, something I had to share with the world. I ENJOY sweets and I ENJOY food, and so should you!

You may be here because you think you have horrible genetics...or that you don’t have the willpower, discipline, or motivation, but the truth is—the solutions out there are not set up for you to succeed, they are set up for you to fail...so you can go buy the next program...and the next...and the next!

You know how I know? Because I have done them! Now, looking back on everything I have done in the past, I laugh! I’m still thankful for those years, because it brought me here, and has allowed me to help thousands of people lose the weight, beat the cravings, and enjoy life. Let me tell you something, you DO have discipline, you DO have willpower, and you DO have motivation, or else you would not have purchased this program in the first place.

So do me a favor and as you read this book...come with a clear open mind...let go of anything you did in your last diet, anything you have heard on TV, read in magazines, or in an article, and make this program your focus for 28 days. After the 28 days, you will be e-mailing me with your before and after pictures...you will be glad you trusted me... and thanking me for this amazing program, just watch!
Hi everyone, I’m Jennifer Walker. I am a Nationally Certified Master Trainer, Elite Nutritionist, and 5X Fitness Bikini Champion. I have traveled the world doing Fitness shows, International Pageants, and have worked with the top fitness and weight loss gurus in the world. Just to name a few: Arnold Schwarzenegger—who has won Mr. Olympia 7 times! He has written many books and articles about the human body and how it works, and has even made his way to becoming a Hollywood star (Terminator…does this ring a bell? haha), but he is considered one of the greatest bodybuilders and fitness enthusiasts of all time. I have also worked with Ronnie Coleman, who has won Mr. Olympia 8X!! He holds the record for the most wins in the world, and is also regarded as one of the greatest bodybuilders of all time. Now you may or may not know who these guys are, and I know you aren’t interested in bodybuilding, but their goal was no different than yours or mine, because they had one goal: to lose weight...FAST!

They knew what worked, and they knew how to get it EFFORTLESSLY. At their degree, their success depended on it! This was their job, their career!

I went through my fitness career learning from everyone, and I had learned many different techniques and styles of losing weight, toning the body, and achieving the greatest fat loss in the shortest amount of time.

I began to train my own clients, and I would experiment with these techniques combining what I learned but also trying to give them something practical that they could enjoy. I found that a lot of my clients really struggled with sticking to their nutrition plan. They would tell me that they went out to dinner with their friends, and they couldn’t resist eating the dessert; or how they went to the movies and dug into some M&Ms and popcorn.

But the truth is…who wouldn’t??! Temptation is all around us, and food is a part of the enjoyment and satisfaction we get out of life. I was determined to find a way for my clients to have quality of life, enjoy their diet, and still attain the body they have always wanted.

This is NOT too much to ask!
From the time I was just a little girl, I could remember my Mom battling with her weight. She would fluctuate like crazy…losing 10-20 lbs and then gaining it back. After having my sister and me, it seemed there was no real solution. As I got older, I became very interested in fitness and weight loss techniques, because I feared what I saw my mother go through. I got started at a very early age, and I actually was quite successful with my career...as I was able to get my body into unreal shape! I learned from the best and was featured in calendars and fitness articles. I participated in International Pageants, and I won many Fitness Championships!

But there was something I hid…a huge secret. I’m actually embarrassed to share it now, because it’s the first time I’ve really put it out on paper.

In that time...I hid the moments I was not in shape. Any time I was not getting ready for one of these events, or these photo shoots, I would put on about 15-20 lbs. I felt so deprived all that time dieting that I needed a break, and I needed to eat the foods I wanted...I was tired of spending hours and hours in the gym!

If you looked online you’d think I was in shape every day of the year! You see, we all have this thing called Facebook, and we can put ANY picture up there that we want! If we want to show a picture from 10 years ago...people will believe that’s what we currently look like! I know we all do it, because we want to look our best at all times, and we want people to remember us at our best and view us as beautiful, fit, sexy, and attractive!

One day I was at a shopping mall, and someone recognized me from online, and I could see the look in their eyes, you know that “What happened to YOU” look! My God, I was so embarrassed about my appearance...because it had been a couple years since I did any sort of fitness related thing.

I honestly had let myself go. I knew how to get in shape again—all the tools were there—but I was tired. The look she gave me led to an awkward hello, and me pretty much rushing out of there as fast as I could.

I was feeling all sorts of emotions! I was embarrassed because of how much I had let myself go, I was disgusted with myself for letting it get this bad, I was mad because I felt like I have such horrible genetics, and it takes SO much for me to be in shape. I was humiliated, fed-up, and determined to figure out a solution.
I tried a number of things, and then I remembered one of my old coaches. He was from Italy, and he would eat very clean and strict all week, and on Sunday, all he would eat all day was chocolate cake! He literally would buy a huge chocolate cake and eat it the whole day.

He explained to me that “shocking the body” with this cake that was completely opposite of what he ate during the week, this helped him keep his lean, chiseled appearance all year long. He explained, “Your body is so used to eating the clean food, that when you introduce this sugary, carb-filled dessert, it completely gets rid of it and takes more fat with it along the way.” This was the 90/10 rule. You eat perfectly clean 90% of the time, and bad 10% of the time.

An article posted in Medical Daily explains. “Constant dieting leads to caloric deficits which causes energy levels to plummet and cravings to rise, this is because leptin levels are at an all time low, and low leptin levels cause weight gain.” I know it sounds like a confusing vicious cycle, and I will explain more about leptin later.

Now this technique is was used best for weightlifters, people who were lifting heavily and religiously 5 days a week or more, and I didn’t want to put that sort of expectation on myself since I was only looking to spend a short amount of time in the gym everyday.

I remembered another technique I learned from my most recent coach, David Schachterle. He coaches the top fitness girls in the world, and he would always have me drink a large shake every single morning.

This shake had 1 cup of oatmeal, 4 tbsp of peanut butter, 1 cup of fruit, 1 scoop of protein powder, and one special ingredient that we will get to later. Now if you don’t notice, that shake has a LOT in it. This nutrient-dense shake was very filling and thick—almost too much to get down in one sitting! But it controlled my appetite for the rest of the day…and he told me the special ingredient acted as a “total body reset” for my hormones. We called this the "Big Breakfast Technique".

A study by Doctor Daniela Jakubowicz at Tel Aviv University works, and how having a nutrient dense breakfast really aids in weight loss. She says that “For effective weight loss, appropriate meal timing is more important than counting calories”. In the study, she divided 74 overweight or obese women into 2 groups. “One group favored a protein- and carbohydrate-heavy breakfast, consuming around 700 calories at the beginning of the day, 500 calories at lunch and 200 calories at dinner. The other group reversed that eating regimen, sticking with a larger dinner and a smaller breakfast. (This is what people typically do.) After following their respective diets for three months, differences had clearly emerged between the two groups: Women who ate the calorie-heavy breakfasts dropped, on average, about 19 pounds—11 pounds more than their big dinner counterparts!"

On top of that, “The waists of the big breakfast-eaters were nearly two inches trimmer than the evening eaters, and their glucose and insulin levels dropped significantly more…the big breakfast group reported feeling less hungry and more satisfied throughout the day.”
In the study, these women were eating about 2 slices of whole wheat bread, 4 ounces of tuna, 16 oz of skim milk, 1/2 cup tomato, basil, and mozzarella salad, and polished off with a small dessert!

Now forgive me if I’m wrong—but I don’t want to be eating tuna for breakfast, or salad! If I’m gonna have a calorie dense breakfast, I’m going to do it right! Calorie for calorie...this added up to the calories of a large dessert, and I remembered the cake, and the special ingredient in my shake...and well you can guess I then combined it all together to bring you this program! Now I didn’t just throw it together, I tested it with tons of clients before I made it available to the public.

First, I experimented on myself and saw amazing results within the first week, and the weight kept coming off, my energy was through the roof, my appetite was under control, and I was so excited that I had really discovered some sort of crazy combination of techniques and ingredients to unlock this weight loss phenomenon!

I gave it a few weeks, because sometimes these techniques work for awhile, then they backfire. But no, it kept working. So I gave it to my mom...she knew about my coach who ate the cake, so she was interested in trying it. She was hooked. My mother could not BELIEVE her weight was going down by the DAY! So then I started giving it to my clients; they had seen my body change rapidly in the last few weeks and wanted answers! I began to share it with more family, friends, and clients, and before I knew it, it was out of control.

My client base went up significantly, I charged a lot to take on new clients, and I made a ton of money! I was working with top celebrities and athletes, and I’ve now made enough to where I no longer have to train people. I spend most my days on a beach, running my online coaching, and changing lives ;-) I wanted to share this program with the world and help people lose weight. I had to get this out on paper and into the hands of people who have been searching and searching, because honestly, I was just tired of seeing all the BS on the internet!

So how would you like to walk into the room and see everyone turning their heads to look at you? Your confidence lights up the room, and you actually intimidate people instead of being the one feeling intimidated. You can wear what you want, look fabulous at all times, and enjoy every aspect of your life.

Let’s face it, if you look good, you feel good, so looking good is important. Don’t let anyone tell you it’s not. So, if you want it bad, and you’re willing to listen, you can have it! I’d like to save you all the time that it took me—trial and error, endless experimenting, hours in the gym—and I’d like to give you my knowledge because I’m so happy, so grateful for what I have done for my friends, family, and clients, and I want to continue to do it, and maybe you can help someone too.
Examples of today’s biggest weight loss issues

I want to share the stories about a few of my clients and their weight problems because I’m sure you can relate! It kills me to see these situations that are all too common when there is such a simple solution. Many people sabotage themselves because there is so much different and conflicting information out there that it’s hard to know what actually works and what doesn’t.

Client #1: “The Post-Pregnancy Pooch”:

My client Ana was 35 years old when she came to me.

Picture a woman who was about 5’4” and weighed 220 lbs. Her body fat was so high that it was becoming detrimental to her health.

High body fat means diabetes, high blood pressure, and high cholesterol.

Ana was married and had 2 kids, and found that she had put on a lot of weight after her first pregnancy, and even though she said she was going to get rid of the weight, she got pregnant again and gained even more weight!

Ana was feeling very depressed and didn't feel sexy around her husband anymore.

Since they had the kids, they barely had any intimate time with their busy lives, but it was never a problem before. She started to worry about losing the interest of her husband, but not only that, she lost a lot of her self-confidence. This insecurity has caused some problems in her relationship, but she also wanted to be a healthy, active mom for her kids. When taking her kids to baseball and soccer practice, she saw how fit the other moms were and how some were even helping out with coaching. She wanted to be able to do that.

Solution: After examining Ana’s lifestyle, I saw that the food she was eating was the main culprit. Ana was doing all the cooking for her family and simply made what she knew how to, and it usually was what was quick and easy. Many of the things she thought were healthy actually weren’t. I showed her what to stay away from, and how she could enjoy the same foods with different ingredients. We also made a simple short workout for her to follow since she wasn’t doing any sort of physical activity, and this sped up her results significantly.
Client #2: “The Yo-Yo Dieter”:

My client Jessica had a much different issue. She was 39, had no kids, but claimed to have bad “genetics”. She had always been a heavy girl, but was constantly trying the next best diet. You probably know a Jessica, someone who is always on some sort of cleanse, detox, or point-counting weight loss program. They all seem so extreme, which is why they don’t last.

She would get results the first month or so, and then gain it all back, sometimes even more. Then she’d start back up on something new.

Jessica was convinced that she was getting older and her metabolism was getting slower so she needed a solution. She was tired of dieting and just wanted to live her life.

Solution: I had to show Jessica that she didn’t have to deprive herself of any foods, she just had to achieve more balance. She loved sweets, so we integrated them into her diet along with a simple workout routine and she started to lose weight. There was no binge or relapse because she was getting everything she wanted in her diet already, which made it easy to stick to long term or pretty much forever! Her weight problem was neither permanent nor genetic.

Client #3: “The Ex-Athlete”: I had another client Andrew.

Everyone knows an Andrew! Great athlete growing up, he played basketball, football, and even played in college. He always had a great body and never had to pay attention to what he was eating. As he got older, married, had kids, and entered the corporate world, he started to notice that he had gained a beer belly and no longer had that nice V-Taper he once did. He would still go to the gym every now and then, but it was more for recreation. He felt like old age had finally caught up with him.

He had always caught the attention of women but noticed it wasn’t happening anymore, and his wife seemed more disinterested as well.

Solution: I noticed that Andrew had fallen into a bad lifestyle routine that he didn’t notice was adding up the pounds and inches fairly quickly. He would go by the bar with co-workers after work and have a few beers, maybe some wings and fried cheese. He would then go home and watch TV, go to bed, then wake up and do it all over again. It seemed every weekend there was something to celebrate like a holiday, birthday, sporting event, and so on. We don’t notice but these things add up quickly. We cut down his drinking and added in some more physical activity. He joined a basketball team at the gym and started to go there after work instead. I showed him some healthy alternatives and it didn’t take long for his body to react and change! His wife was stunned; it was like she had her high-school sweetheart back.
Client #4: “You’ll never be skinny”:

My client, Amy was my biggest weight loss story ever. She was 250 lbs, and 5’6”. She came from a family that had a history of diabetes and thyroid problems. She developed these as well at the age of 26. She was overweight, just like everyone else in her family, and it made her very insecure. She found it hard to date, feel good in her clothes, have friends, or have the motivation to do anything.

Her weight was affecting her life and her self image. This led to her having some eating disorders that were very detrimental to her health, and also severe depression.

Because her thyroid hormone was off, it didn’t matter how much she exercised or stuck to her diet, she wouldn’t lose weight. Amy really did try very hard at one point, very strict diet and had her doing tons of cardio. She figured if that’s what it took, she didn’t even want to live anymore. Her doctor told her that medication wouldn’t be enough and that she would need to make some serious lifestyle changes.

A friend referred Amy to me and thank God I got her into my hands! She was skeptical because of her experience with the last trainer, but I was determined to reverse not only her weight, but her health.

Solution: I had to first show Amy how to change her mind, love herself, and appreciate her body and the fact that she was alive! I don’t know if you have ever felt the feeling of depression and not wanting to live, but it is a very low feeling. I wanted to help her understand that there are so many people out there who feel just as she did. I told her I wanted her to use her weight loss story to inspire and motivate others and that it can be done. I showed her how many of the foods we eat—even the ones people say are “healthy”—are affecting our hormones, making it impossible to lose weight. We actually reversed her thyroid issue simply by watching her food!

Amy loved sweets, so when I showed her my cake weight loss plan, she couldn’t believe it. She had nothing to lose at this point so she tried it. She quickly began to lose weight, lots of it. Today Amy weighs 135 lbs! She no longer has a thyroid issue and is completely healthy. You would not even believe that she is the same person as before. Amy inspired me to only deepen my knowledge on hormones and apply it to more people with this same issue.

My parents were the first to use my cake weight loss plan system and saw incredible results. Helping them was my biggest accomplishment because I truly believe health is the greatest gift you can give or have. It is timeless and priceless.
The reasons you are not seeing results

I'm now going to tell you why you aren't seeing results and how losing weight is all about our hormones and not as much about cutting out foods or doing endless amounts of exercise.

People are always doing these diets where they have to give up the foods they love in order to lose weight. It's not practical! You aren't going to want to give up foods forever, and even if you limit them, it still makes the process so dreadful. It doesn't take long until you go binge on that thing you had to give up and you are back at square one. Every client I have met is fighting the same battle. They just want to have the freedom to eat what they want and still look amazing!

Isn't this what everyone wants but can't seem to achieve? Why is it so freaking hard!?

Well it isn't, and this is why I created the Cake Weight Loss Fat Burning System! In a world where a diet is all about giving up foods, I decided to take the alternate route to prove to you that you don't have to give up anything! This weight loss plan actually requires you to indulge every single day so that you don't feel deprived, EVER!

Indulging is going to ramp up your weight loss. When your body is healthy, you won't crave “bad” foods, and you won't want to overeat when you have had enough.

You are going to be in tune with your hunger and your fullness.

The reason you aren’t seeing results is because the foods you are putting in your body are doing two things:

- **Causing you to feel hungry when you are not.** Therefore, you are no longer in tune or in control of your appetite. The signals that your brain sends to tell you that you are hungry have been hacked. You have no sense of when you have had enough or should have more. There are additives hidden in the food that we are mindlessly eating every single day. Most of these things are even banned in other countries besides America.

- **Making you crave MORE bad things.** It's almost like drugs. When a person has crack, they become instantly addicted. The foods we are eating have developed the same effect in our brain creating a never-ending cycle. All it takes is having one thing, and you are off track. Did you know that the biggest food manufacturers such as Nestlé, Kraft, Nabisco, General Mills, Procter & Gamble, Coca-Cola and Mars have figured out a very carefully engineered ratio of how much salt, sugar, and fat to put into a processed food to make it addictive?

This has consumers hooked on food products just as bad as the cigarette industry has hooked smokers on Nicotine. Despite the exponential growth of childhood obesity—which these companies are completely aware of—they still seem to add more salt, sugar, and fat because the sales just continue to go up. Also, these foods are so over processed that they yield no nutritional value, leaving you still hungry. So what are you going to do? Eat more of course! We have all done this. You eat one chip, and before you know it, you look down and you've eaten the whole bag!
Eating healthy should not make you feel deprived or hungry. You should feel hungry, and then after you eat, you should feel full.

You should be able to eat what you want, and your body should be able to determine when you have had enough. Sadly, the foods that are readily available in our grocery stores, restaurants, and fast food joints, most likely contain something you shouldn’t be putting in your body.

After you start this plan you will notice that you no longer crave the foods you used to. Your taste buds are going to change, your appetite is going to change, and you are going to completely cleanse your body by returning it to being a healthy, fat burning machine!

You weren’t designed to be overweight, and it wasn’t in your genetics, and you aren’t just a person with a big appetite.

Your hormones have been hacked, and it’s time to regain control of your body!
Before I give you this program, I need you to erase everything you have ever been taught or heard about losing weight. It is time to clear your mind and start fresh, which should be relieving! If you catch yourself reading this and think wait, but, I always thought…then stop right there! After reading this entire program from beginning to end, I will be happy to answer any questions you may still have.

You need to understand that losing weight is not hard, it is not some crazy mystery or something that is as unattainable as everyone likes to make it seem!

When you start this program, invest into it 100%. Don’t second guess anything you are doing! When you start this plan, people around you always want to add their 2 cents, it happens every time! That is one of the main reasons people don’t see results.

They start something but then they read an article that says the opposite so they switch to that, and it goes on. Before you know it, they haven’t stuck to anything, and guess what? They haven’t lost weight and neither has the one who gave their 2 cents about it. They’ll say, “Oh, I’ve tried that. Oh, I’ve heard that. Oh, that doesn’t work.” and so on. I’ve been through it myself, and I don’t mean to sound rude, but look at the source! These people most likely aren’t in shape themselves, so they can’t help you much.

Believe in yourself, trust this process, and believe in what you are doing. When you are done, don’t be surprised when they come asking you what you did!
Many people have trouble recognizing actual levels of hunger and we often overeat when we may simply need a snack, or we wait so long to eat our next meal that we feel like we are starving, and then end up eating way too much. There is a lot of gray area when it comes to hunger levels, and even though we will make it easier to understand these feelings through the diet, it is important to practice mindfulness when eating.

Have you ever finished eating and felt absolutely disgusting and bloated, knowing you ate way too much? Or have you ever eaten a nice dinner and said, “That was perfect.” Understand that food isn’t going anywhere! If you really love a food, that doesn’t mean you need to overeat it while it’s in front of you. With this program, you aren’t giving anything up for any period of time so you shouldn’t feel the need to do this.

Be more aware of how hungry or full you actually are. If we could break hunger into levels, they would look like this:

**Level 1:** very hungry to where you are “starving”, weak and maybe light-headed or jittery
**Level 2:** moderately hungry, actual hunger pangs
**Level 3:** mildly hungry, a slight emptiness in the stomach
**Level 4:** neutral, no sensations of hunger or fullness
Level 5: moderately full, you’re not hungry, and you may notice the very first signal of stretch in your stomach
Level 6: very full, your stomach feels a little stretched or protruded
Level 7: much too full, you feel stuffed, slightly sick and your stomach is distended
To be healthy and lose weight, you should only start eating at number 2 and always stop eating at number 5. Pay attention to the sensations that help you find your hunger rating.

I am a strong believer in positive affirmations, and believing you are anything is the first step to being it. If you want to be thin, you must feel and act thin beforehand, you must imagine how it will feel, how you will look, what you will wear, what people will say, and so on!

You must feel you deserve to look and feel great, believe you already have the body you want, and love yourself now! When doing positive affirmations, you must not use words like “I wish I was” or “I hope one day” or “Someday or soon I will”. You have to speak in the NOW! Don’t wish it, BE it now! Someday will never come, it is NOW or NEVER! Here are some positive affirmations you can use and feel free to add them to make them more specifically designed to you.

The more specific you make them, the more you will believe them and the more they will help you because, let’s face it, this is going to be a mental transformation as well!

You can add some for your career, family, or anything!
My weight is not genetic or hereditary.
I am in complete control of my weight.
The weight is falling off effortlessly and it feels so good to have all this energy!
I look so good and everyone is noticing!
I am motivated, hard-working, and disciplined!
I am healthy and slim!
I have the body I have always wanted!
I look young, and I am full of energy and confidence!
I feel amazing, I look amazing, and I get more amazing every single day!
See, notice I am speaking in the NOW. Even if these things aren’t completely true yet, you have to act as if they already are. If you train your mind to be everything you want, your body will follow. These are very broad affirmations, but they are just a start. I want you to create your own, and make them more specific to you. The more specific they are, the faster they happen and the more results you will see.
For example:
“I lost 4 inches on my waist, and I finally got those size 5 Levi’s from Nordstrom’s that I wanted.”
Do you see how specific that was? I included how many inches were lost off my waist, what jeans, and from what store. This still could be even more specific!
“I wore my new dress from JC Penney to work, and when I walked in, everyone was looking at me and complimenting me on how good I looked. Brian, my crush, asked me on a date.”
Call me crazy, but this absolutely works, and I practice it every day! Be sure to also start your day with gratitude, thanking the universe for everything you have, and again, you can speak about the things you may not have yet but want, just go ahead and thank the universe already. Be thankful for your health, your family, friends, your home, the food on your table, the money in your bank account, your pets, the weather, everything!
Alright, so let’s get into the core of what **really** controls your weight after all… It’s beneath the food, the sugar, the fat, the carbs, the ingredients… It’s past the cravings, the will power, the discipline, and so on, it’s actually your **HORMONES**! These three hormones control what foods you put into your mouth on a daily basis and I’m not talking about Estrogen and Testosterone like you may be thinking, but these hormones are less talked about… These have nothing to do with the physiological makeup of your gender, or even genetics.

So how on earth do hormones control whether I eat a salad or a cheeseburger?! Here’s how…

These hormones send very important signals to our brain when it comes to keeping our weight in check, such as: when we are hungry (deprived), when we are full (over-ate). Or when to store fat (survival-mode), and when to burn it (fat-burning zone…our goal!). The things we put in our body can interfere with the signals, causing us to:

- **Overeat when we’ve had enough**…We’ve had enough to give us energy for the entire day….maybe even the week! Why am I so dang hungry still?!
- **Store fat.** When we have quite enough FAT, and our body fat percentage is well above 30%. Why on Earth is my body storing more?!
- **Refuse to burn fat when that’s what we NEED**…Your body believes it’s in survival mode and must hold on to every ounce of fat…When you’re doing everything you can to get RID OF IT!

These are common issues I see every day, and I saw in myself. They are signs you simply have lost control of your body, but it’s not your fault.

In a perfect world, you would eat when you are hungry, and stop eating when you are full, while not being deprived and still enjoying the foods you love. This is how it should be, and it isn’t as impossible as you might think. Our body is capable of incredible things and is always fighting to be its absolute best. It is created to survive and excel!

Have you ever cut yourself and noticed how quickly your body tries to repair itself? It instantly creates a natural scab within hours! Your health and weight work the same way. Your body is meant to be slim, fit, and healthy, but the foods you are putting into your body are doing the opposite. It’s the food we are eating, and the lack of nutrients that are available to us. The foods we are eating have hi-jacked our hormones, and I’m going to show you how to regain control! You were not meant to be overweight, crave bad food, or overeat! These hormones also affect your mood and your energy, and overall attitude…so a lack of determination, lack of motivation, lack of willpower, and sluggishness, are one of the many side-effects. Getting these hormones under control is going to be the **key** to losing weight.
What is Leptin?

Leptin is a hormone produced by the fat cells in your body. This hormone serves two major purposes:

- It sends signals to your brain that you're full, and
- It regulates your body’s energy expenditure

Our first hormone is Leptin. Now I don't want to overwhelm you with too much science as I go over these, but I want you to understand what is going on. Leptin is a hormone produced BY the fat cells in your body, and the more leptin you have, the more you feel full. Now wouldn't that mean that the more fat you have, the more leptin you have, meaning the less hungry you are?

Well yes, that's how it's supposed to work, but almost everyone who is overweight has become leptin resistant, which means the signals in your brain are no longer communicating effectively to your body that you are full and to use your fat as energy expenditure. You continue to eat, and still feel hungry.

So how the heck did THAT happen?

Well, many things we do to lose weight have actually made us leptin resistant, such as dieting itself! Leptin resistance is caused by caloric deprivation. When your body gets the signal you aren't eating enough, it shuts off that signal to your brain and says EAT! I'M STARVING! It slows down your metabolism and refuses to burn fat, because it truly believes you need to hold on to your body fat to survive, making it virtually impossible to lose all the weight you want. Many people misread this as a “plateau”.

When functioning properly and on your side, leptin is the main hormone responsible for losing weight...it is responsible for the feeling of satiety (feeling full). When it is not functioning properly, it does not decrease appetite, nor does it increase energy expenditure (your body's ability to burn fat as energy). According to an article in Self Hacked magazine, "Leptin resistance is now believed to be the leading driver of fat gain in humans."

So besides deprivation, what else is causing leptin resistance? Because there are days, weeks, months, where I don't deprive myself?

Well overeating causes leptin resistance too, because eating too many calories causes inflammation, and when you overeat you decrease your leptin sensitivity, which is your ability to communicate the feeling of fullness from your brain to your body.

You know when you're just going and going, and all of a sudden that feeling of fullness hits you like a brick wall? You could have sworn you were hungry for all that food, and then you feel your stomach stretching, and you feel like you could go into a food coma!

If you were to eat slowly, or wait after eating a small portion, you may see that was all you needed, but we have lost sense of this feeling and ability. We get addicted to the salts, fats, and sugar, and mindlessly eat. Eating at the wrong times can also sabotage leptin sensitivity too, so it's important to have the right amount of food, at the right times of the day!

A body that is producing enough leptin has better metabolic performance, coordination, brain function and mental sharpness, memory, mood, and more balanced emotions. A body that is leptin resistant is the opposite of these things: Poor metabolic performance, lack of mental focus and memory, loss of coordination, low motivation, feeling of hi's and low's in your mood. You may even feel anxiety, and depression. But most of all, weight gain and obesity.
Ok I get it, so how do I get my leptin in check?

So, not eating enough can cause you to become leptin resistant, and eating too much can also cause you to become leptin resistant. Not only that, but after you have become leptin resistant, it can be very hard to break out of it. You only have to do it a few times until your body has had enough. So right now I know it seems impossible to get this leptin hunger thing under control, but here's how I did it.

If you remember what I shared with you about the study of the overweight women who were split into two groups...half of them were given a huge 700 calorie breakfast, and half were given a small breakfast. The women who were given the huge breakfast had more control throughout the day, their appetite was under control, and by dinner, they only needed a small meal to sustain. The women who had the huge breakfast also lost 8 extra pounds and KEPT the weight off, also losing 2 inches off their waist! I used the same techniques in the past, and this is what you are going to do as well.

It is very important to start your day with a large calorie dense breakfast, and I chose cake for a few reasons. First off, when most of us eat something high in calories...it tends to be desserts: cookies, cakes, ice cream, pies— sweet treats we usually only reward ourselves with for sticking to our diet, finishing our dinner, or celebrating a special occasion.

Why not have **cake** every morning for your calorie dense breakfast? You see, I saw that Americans were eating nothing more than a disguised dessert for breakfast anyways. A Dunkin’ Donuts muffin has 46 grams of sugar, a Greek yogurt has 20 grams of sugar, a Starbucks pastry has 34 grams of sugar, even the Quaker Oats & Honey Oatmeal has 26 grams of sugar...and these items are not even eaten by themselves for a typical breakfast. A bowl of cereal is about 25g of sugar...a toaster strudel...a donut or an apple fritter... You get me don't you?

So when people called me crazy for having cake for breakfast, I laid out the facts that they, too, probably have had dessert for breakfast without even realizing it! I'm just being smarter about it, and honestly, mine is much more delicious! Do you want to eat loads of toast and eggs and juice that have just as much sugar and calories as a warm decadent morning pastry? Not only will you tackle your sweet tooth craving in the process, but you will use it to your ADVANTAGE to lose weight, control cravings, and set yourself up for success. I tried this technique time and time again and it worked.

My cake recipe is filled with better ingredients and more nutrients than you can get out of any breakfast sausage, eggs, or toast. Compared to the study, my breakfast cake recipe has **85 more vitamins and minerals**, **40% more good fat**, **100% less trans fat** (meaning none...trans fat is common in bacon, sausage, other breakfast meats), and **100% less processed sugars** (meaning none) than the traditional breakfast.

I also did this to teach my clients that you can reward yourself every day, you should eat without guilt, and you are allowed to enjoy food! So this is the first part of the Cake Weight Loss Fat Burning System...starting your day with a large breakfast, high and calories, and sweet on the taste buds.
What is Ghrelin?

The next hormone responsible for weight loss is ghrelin, also known as the “hunger hormone” and it stimulates your appetite when your stomach is empty. Normal ghrelin levels are high before you eat and low after. Unfortunately, ghrelin is also in charge of the brain’s pleasure reward system when it comes to food. You know that feeling when you eat a huge piece of pizza or cookies and you feel super happy? This is due to ghrelin, and it is also responsible for giving us the feeling of “munchies”.

When not functioning properly, ghrelin is released when we aren’t actually hungry. It’s released more in response to pleasing ourselves. For example:

| Pleasing our taste buds (salty chips, sweet candy, buttery potatoes) |
| Sense of smell (roasted nuts, theatre popcorn, fresh cinnamon rolls and pretzels). |
| Feeling of fullness (Wanting to eat a huge meal and pass out, binge). |
| Need for crunchiness, chewiness, etc. (You simply need to satisfy that need for a crunchy food in your mouth, maybe something soft like pudding or chewy like licorice.) |

In addition, ghrelin is released along with cortisol (our stress hormone which we will discuss next.) So if you have ever been through a stressful situation and felt the tendency to eat, you have experienced a double whammy of ghrelin and cortisol first hand, or “stress eating”.

So what’s the best way to control ghrelin?

Ghrelin is controlled primarily through exercise and stress management. An article in Dr. Axe says, “Burst training is one of the best ways to manage unhealthy hunger behavior, burn belly fat, and manipulate ghrelin and leptin to lose weight.”

A study conducted by the University of Bath (U.K.) on individuals with various hormone levels showed that “total ghrelin concentrations declined after high-intensity sprinting and were significantly lower after 30 minutes of recovery than they were pre-exercise, suggesting that burst training can not only contribute to weight loss, but help curb appetite long term.”

So I created the Beach/Bikini Body System for exactly that! I’ve combined very short workouts that are high intensity, and that’s all you need. Not only are you getting in shape, you are getting your appetite in check by taking 5 minutes out of your day!

So here is your second key. So far we have a large nutrient dense breakfast to control leptin, and a short 5 minute workout to take CHARGE of ghrelin. As far as the stress management, this is something we will get into next…Stick with me here, we have one more key!
What is cortisol?

Let’s go over the last hormone that affects your weight—and these are all equally important so pay close attention. You may have heard of cortisol, and it’s a nasty one since it is used in response to our emotions, so it is much harder to control.

Cortisol is also called the “stress hormone” and is released by the adrenal glands in response to stress, of course. This can be stress at work, stress on your body, or stress from an emotional situation.

Sometimes, we may not even realize that we are releasing cortisol because we are so used to being stressed. Our body’s response to the release of cortisol is to store fat. Even if you are on track with diet and exercise, too much cortisol will make you hold onto your fat for dear life.

Do you feel like the biggest problem area for you is your belly, love handles, or hips? Have you ever had a really stressful day at work, with the kids, or had something very emotional in your life happen, and your response was to eat? Do you ever have trouble sleeping at night, and then find yourself tired all day? These are all responses to raised cortisol levels.

When cortisol levels rise due to physical, emotional, or mental stress, it triggers us to eat, and we gain weight in the worst areas.

This hormone also makes it very difficult to lose weight, and it usually packs it around our belly first, then our hips. Even if you ate healthy food and exercised, you would still gain weight and have trouble losing due to raised cortisol!

So how do you get cortisol in check? I can’t possibly control my emotions 24/7!

First off, exercising regularly makes our adrenal glands very happy along with our mind and body. You release a “feel good” hormone post-workout which keeps the cortisol levels down and balanced.

But I use a unique combination of natural herbs to control my cortisol levels. I went to my doctor, got my blood work, and had him test my cortisol levels when I was weighing the most I had ever weighed. I was working 10 hours a day, eating whatever I could find, skipping the gym, and occasionally drinking. My cortisol levels were at a whopping 24 micrograms per deciliter! A normal level would be between 5 mcg/dL and 19 mcg/dL depending on whether it is morning, mid-day, or night. This is a very easy way to pack on the pounds.

I was determined to get it under control and I experimented with vitamins such as St.John’s Wort, 5-HTP, and Ginseng to name a few, but I got a recommendation from a yoga instructor of mine who had studied meditation and the art of relaxation in exotic islands across Thailand and Indonesia. She told me that stress can make you sick, and is thought to play a part in 90% of all illnesses.

At one of her retreats in Thailand, she told me a shaman recommended a unique combination of “adaptogenic herbs”. These were nothing new, and have been around for thousands of years. Adaptogens have the unique ability to calm you down without the overstimulation, lthat traditional medication can cause. She told me to take Rhodiola Rosea, Ashwaganda, and Reishi mushroom in powder form once a day, preferably in the morning. These herbs have been known to promote calmness, inner peace, reduce anxiety, and even depression. She explained the shamans would drink this before meditation sessions to calm the body and relax the mind…Simply put, these herbs worked wonders for my stress levels and not only that…I was able to
get my cortisol levels down to 15 mcg/dl by the next week, and lost 3 lbs as well!
So let’s go over everything just to touch base on the information I gave you:

There is leptin the “satiety hormone” which makes us feel satisfied and full.
There is ghrelin the “hunger hormone” which tells us when we are hungry.
And thirdly, there is the “stress hormone” cortisol, which is triggered due to stress.

All three play a major role in weight gain but also weight loss. If we can get these hormones in check, we will have the key to weight loss! I’m about to tell you all the things that are in our foods that have made us lose control in the first place, and you will learn to avoid these things after knowing what they actually do to your body.
What do we eat that interferes with hormones?

Now I don’t expect you to remember all of this, and honestly, you don’t have to, it’s a lot of information to keep in…but I’m going to give you a list of foods that are going to optimize your hormone levels and ensure that you stay in control. I just wanted to shed light on some of the foods you have probably been eating and not realizing that it’s actually hurting your progress. When I first brought on a lot of my clients, I would ask them what they were eating on a daily basis…and they honestly thought they were being healthy when they weren’t! It’s not your fault, it’s just a combination of bad information and really good marketing by a consumer-driven world.

**Rule #1:** Read Ingredients not labels: Reading the front of a package can be a dangerous game, many things out there are giving false promises and it’s important not to fall for the tricks. For example, many breads, crackers, and cereals love to use the term “Whole Grain”, “Multi-Grain”, “Whole Wheat” or “Gluten-free” or “Great source of fiber” or “Daily Recommended Value” when they are also loaded with sugar, fat, and chemicals…addicting ones! As a consumer, we gravitate towards these products because we think it’s healthier, we think it is good for us, and from the looks of it, it seems it is! However, if you look at the ingredients list, not the nutrition facts, but the actual ingredients list, you can see if these claims are true. Look for 100% whole wheat, looks for an ingredient list you can READ, not with crazy long words...here is a great example of something that looks healthy but isn’t.

**Rule #2:** Not all sweeteners are created equal: Zero calorie sweeteners have all sorts of rumors: they cause cancer, they are filled with chemicals, they are bad for you and make you gain weight, so I’m going to give you the low down on sweeteners—which are okay and which are not. I’m also going to tell you how “they” try to trick you again and again with their labels. You see labels that say “100% real cane sugar” but this does not make it ANY better! At the end of the day...sugar is sugar, whether it’s coming from fruit, honey, maple syrup, or a candy bar. It raises insulin levels, and if not used correctly, makes you store fat.

The only difference between the refined, processed sugar in a candy bar and the natural sugar in fruits is how our body processes it. The refined sugar causes our insulin levels to skyrocket and leaves us feeling pretty empty, whereas the natural sugar in fruit gives usually comes along with some fiber, vitamins, and minerals. But by the time each of these reaches the small intestine, it does not matter if the sugar came from a soda or a grape; they are no different from each other once it’s broken down.
So sadly, “REAL maple syrup” and “RAW Organic Honey” or even “Naturally Sweetened”, and “Coconut Sugar” are all just sugar at the end of the day. My secret sweetener, that I have been using for years, is called Monk Fruit Extract and this stuff is POTENT…meaning a little goes a very long way. It is 200x sweeter than sugar so be careful when you pour! Monk fruit, also known as lo han guo, is a small round fruit grown in Southeast Asia, it has been used in Eastern Medicine for thousands of years as a cold and digestion aid!, and now most recently as a sweetener. If you were to eliminate sugar and solely use Monk fruit you would reduce your caloric intake by about 33% making it possible for you to lose 33% more weight! I love this sweeter because I can keep a little in my purse, and I know it will go a long way. Anywhere I go, I order unsweetened beverages and add my Monk Fruit Extract. I use it for recipes, and anything I want to add sweetness to, there’s no shame here!

Another great sweetener that is natural and zero calories is Stevia, which is another favorite of mine! Many have issues with the taste, but I have used Truvia and Central Market Brand and find it to taste great. I sometimes use this for baking when I am trying to achieve a thicker consistency for something. There are also Stevia drops which can be conveniently kept in your purse or pocket.

Other very low calorie natural sweeteners include Erythritol and Xylitol. These have a somewhat odd taste and can cause indigestion if taken in high amounts, so you just have to experiment to find what you like. Just know there are plenty of options here!

**Rule #3:** Avoid saturated fat if you can: You probably know this already, but there are SO MANY good fats out there, and you shouldn’t be wasting your time with these. The best fats are monounsaturated fats which are found in olive oil, peanut oil, and other nut oils, avocados, nuts, and seeds; and polyunsaturated fats, which are found in high concentrations in sunflower oil, flaxseed oil, walnuts, and fish. Omega-3 fats are an important type of polyunsaturated fat that the body doesn’t produce, so they must come from these foods or vitamins!

**Rule #4:** Avoid shelf bread: If the bread is not refrigerated or frozen, don’t get it. Did you know that breads we carry in the US are banned in other countries? A real loaf of bread should not be able to sit on a counter for more than a couple days without going bad.

Azodicarbonamide (see what I mean about not being able to pronounce it) is the reason why bread is still soft and fresh after few days. It improves flour’s strength and elasticity. This chemical is banned in other countries and some have severe penalties such as 15 years in jail and a $450,000 fine for using it! It has been linked to asthma and serious food allergies.

Another ingredient in shelf bread is potassium bromate, used to help the bread stand up nicely (think of a fluffy Mc Donald’s bun). Studies have linked potassium bromate to kidney and nervous system damage, thyroid problems, gastrointestinal discomfort, and cancer. Great frozen breads include: Ezekiel Bread, Brown Rice Bread, or pretty much any bread you see there in the frozen section, just remember to read those labels!

Here is a brief list of a few other substances that you should avoid:
MSG: MSG is an acronym for monosodium glutamate, that’s what you need to look for on the ingredients. It makes your appetite spiral out of control. Your body loses its ability to tell that it’s full because MSG suppresses leptin. You end up eating more than you normally would and get hungrier sooner. MSG is in ALL fast food and most processed food. Here are some examples of typical foods loaded with MSG:

- Highly processed, flavorful, salty snack-food such as chips, crackers, flavored nuts.
- Non-organic broths and bouillon cubes, which includes a lot of canned soups and instant soup mixes
- Convenience foods such as Ramen Noodles, frozen dinners, flavor mixes, salad dressings

Corn: Corn has become one of the most widely grown crops in the world with 142 different types of genetically modified corn, the most of any plant species. All genetically modified foods that have been approved by the government are generally unregulated under the FDA. There are several types of health effects that could result from GMOs such as allergies, increased toxicity, decreased nutrition, and antibiotic resistance. Almost 90% of the corn grown in the United States goes into animal feed (animals we eat) and biofuels, while the remainder is processed into various ingredients such as high-fructose corn syrup and corn starch. Research shows that animals that are fed genetically engineered foods, such as corn and soy, suffer a wide range of health issues such as intestinal and organ damage, massive tumors, birth defects, premature death, and almost complete sterility by the third generation of offspring. Opt for GMO-free corn products. It is mostly in over processed foods like chips and cereals. but it’s good to know when reading the ingredients list.

High Fructose Corn Syrup: The main reason why sugar-based sweeteners are unhealthy is because they are derived from corn, and they are also usually implemented in very large quantities.

The liver is the only organ that can metabolize fructose in significant amounts. When the liver gets overloaded, it turns the fructose into fat. Some of that fat can lodge in the liver, contributing to fatty liver. High fructose consumption is also linked to insulin resistance, metabolic syndrome, obesity, and type 2 diabetes, to name a few.

rBGH: Milk and dairy products are laced with rBGH (recombinant bovine growth hormone). rBGH is the largest selling dairy animal drug in America. It’s injected into cows to increase milk production, but it is banned in at least 30 other nations because of its dangers to human health, which include an increased risk for colon, prostate, and breast cancer. rBGH-injected cows suffer at least 16 different adverse health conditions, including very high rates of mastitis that contaminate milk with pus and antibiotics. Buy organic milk or switch to almond milk, cashew milk, coconut milk, or rice milk. There are so many options which taste much better in my opinion!

Preservatives BHA and BHT-BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) are commonly used preservatives that can be found in breakfast cereal, nut mixes, chewing gum, butter spread, meat, dehydrated potatoes, and beer, just to name a few. BHA is known to cause cancer in rats, and may be a cancer-causing agent in humans as well. In fact, according to the US Department of Health and Human Services, National Toxicology Program’s 2011 Report on Carcinogens, BHA “is reasonably anticipated to be a human carcinogen.” The foods on your list will not contain these, yet it’s good to know when reading the ingredients list.

Now I know this seems to rule out…well…pretty much everything! Don’t worry about that though, because the
one special ingredient we put in the cake will cleanse your body of any of these harmful substances instantly. It is a powerful unique ingredient, but you want to avoid putting them back in your body as much as you can to amplify weight loss.

**List of foods that increase leptin sensitivity, reduce ghrelin, balance cortisol**

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<th>Organic, grass-fed, hormone-free protein</th>
<th>Carbs</th>
<th>Fats</th>
<th>Organic Vegetables/Fruits</th>
<th>Oils/Spices</th>
<th>Dairy</th>
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<tr>
<td>Tuna Wild Caught Salmon Turkey Breast/Tenderloin Extra Lean/Lean Ground Turkey Chicken Flank Steak Filet Mignon Bison Mackerel Halibut Trout Redfish Red Snapper Cod Swordfish Haddock Rockfish Sea Bass Sardines Oatmeal Sweet Potato Sprouted Grain bread, pasta, etc. Brown Rice Wild Rice Quinoa Buckwheat Barley Sorghum Whole Grain Pasta Brown Rice Pasta, bread, etc. Quinoa Pasta, bread, etc. Lentilis Kidney Beans Peas Black Beans Pinto Beans Chickpeas Pumpkin Fish Oil Flaxseeds Sunflower Seeds Pumpkin seeds Alfalfa seeds Chia seeds Walnuts Almonds Cashews Avocado Kale Broccoli Cauliflower Cabbage Spinach Squash Zucchini Cucumber Leeks Goji Berries Blueberries Strawberries Banana Apples Pears Kiwi Dates Grapefruit Plums Lemons Limes Pomegranate Tomato Avocado Oil Macadamia Nut Oil Coconut Oil Almond Oil Fish Oil Flaxseed Oil Olive Oil Turmeric African Mango Extract Spirulina Wheatgrass Chlorophyll Chlorella Beet Root Powder Ceylon Cinnamon Cacao Powder Cacao Nibs Cayenne Pepper Stevia Green Tea Ginger Almond milk Coconut milk Rice milk Cashew milk Hemp Any hormone free milk Almond cheese Feta cheese Vegan cheese Any hormone free cheese Fat free Greek yogurt</td>
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Now I know these are ingredients you may have never heard of, and you are probably wondering where the heck am I going to find those, but don’t worry, I have that covered for you in the meal plan. I’ve used all these ingredients to create simple, delicious recipes to follow every day. For special ingredients, I will provide links to where you can purchase everything online! It will save you a trip to the store and searching for everything.
Why the Cake Weight Loss Fat Burning System Works!

Men’s Health Magazine and Health magazine showed a study where researchers looked at 193 obese adults and found that those who ate a high-protein, high-carbohydrate breakfast, along with a dessert, stuck with their diets and kept the weight off longer.

The other adults in the study, who ate a low-carb / low-calorie breakfast without the sweets, didn’t have as much success. The study showed that eating a high calorie and calorie dense breakfast is going to control ghrelin and leptin for the entire day.

Another article on Oprah.com shows the same results! Researchers found that finishing off a protein-rich breakfast with something sweet—like a doughnut, a slice of cake, even chocolate mousse—might be the secret to shedding pounds and keeping them off! During this study, two groups of overweight and obese people were instructed to consume the same number of calories daily (1,400 for women, 1,600 for men) while one group ate a low calorie, normal-sized breakfast each morning, and the other went all out with a high-calorie, high-carb, high-protein meal that included a sugary treat. So, something like a few scrambled eggs, whole wheat toast, fresh fruit, and a slice of cake! Eight months later, the group who had dessert at breakfast had shed 38 more pounds per person than the low calorie dieters!

Another crazy statistic is that, halfway through the study, both groups lost the same amount of weight, but after the halfway mark, the high calorie breakfast eaters continued to slim down (losing another 15 pounds) while the low calorie eaters gained back more than 75 percent of the weight they’d lost! Why? They started to cheat and they reported feeling hungrier and had higher levels of the appetite hormone ghrelin.

These studies only confirmed what I had been doing, but I use even better ingredients! I added an extra ingredient based of what I have learned, and it’s exploded into something amazing!

Trust this process and you will see results. But how and why does this work? Researchers simply found that the subjects eating cake were not deprived! They had controlled levels of leptin and ghrelin, therefore they weren’t hungry through the day and didn’t have cravings.

So I’m sure many are wondering why CAKE is part of this regimen? Why not cookies or pie? Well you are not limited to cake, but for the first 28 days, I do want you to eat the cake, because I have combined some really great ingredients that just mix and blend effortlessly. I have found that this combination of ingredients has been the most successful among my clients, and so I recommend it for the first 28 days. After that, feel free to experiment with cookies, pies, muffins, you name it! All you have to do is steer clear of processed flours, sugars, and chemicals. You can have any dessert you want; you just have to get creative.

It is very important to eat the cake within 20-30 minutes of waking, and you are welcome to have any food you want along with it as I listed in the program. Breakfast should be the biggest meal of your day, the most filling, and the most satisfying. By doing this you are setting yourself up for success. Your chances of falling for temptation, feeling hungry, getting cravings, and even thinking of eating bad, processed food will be gone.
People at your work will wonder why you have so much willpower, and why you don’t even glance over at that big pizza they just ordered. You will start to see that by having your hormones in check, controlling hunger levels and cravings, and satisfying yourself, there is not much left to battle, which is why The Cake Weight Loss Fat Burning System has been so successful. It’s crazy and hard to believe I know, which is why I didn’t want to release it to the public in the first place, I knew the crazy looks I would get, but here it is, and I’m not afraid to give you a 100% Money Back Guarantee because I stand by this.
The Ingredients

*By the way I know I keep talking about antioxidants, but just in case you didn’t know, antioxidants stabilize and ultimately destroy free radicals in your cells and tissues. Free radicals can injure your cells by interfering with cell membranes, damaging DNA and altering other cell components. Over time, a buildup of free radicals can accelerate aging, contribute to vascular changes that lead to heart disease, and raise your risk of developing cancer. In addition to removing free radicals, antioxidants also help decrease inflammation that can contribute to arthritis and other diseases, and they can prevent changes in platelets that might produce blood clots.

**Chlorella** - The main yet most surprising ingredient in your cake is going to be Chlorella. Chlorella is the building block of all plants, it’s what gives our vegetables the vibrant green color it has, and in its most potent form, it yields incredible results. This is the most important part of your cake recipe. You will only be using a small amount, but this stuff is powerful and packed with endless benefits and fat burning qualities. Studies show that chlorella benefits the entire body by supporting healthy hormonal function, which is our main goal in this program after learning that hormones control our weight. Secondly, chlorella aids in the detoxification of our bodies!

So even though we consume all of those harmful chemicals, hormones, and preservatives, this is the one ingredient that has the ability to detoxify the body, putting your hormones and your weight in check. Chlorella intake results have also show significant reductions in body fat percentage, cholesterol, and blood sugar levels. It spikes metabolism, improves circulation, and promotes higher levels of energy. Sounds like a magical ingredient doesn’t it? As we lose weight, all of the bad toxins are released and can be reabsorbed, but with chlorella, they are disposed, eliminated, and it will prevent reabsorption.

I used Chlorella every single day, first thing in the morning, and it was an instant pick me up, detox, metabolism booster, and fat burner, all in one. I could see and feel changes as soon as I took it. I noticed my waistline shrink, my energy increase, and when I combined this one simple ingredient with a nutrient dense breakfast, it helped my hunger cravings, my appetite, and I felt no need to reach for bad foods. It gives your body that feeling of wholesomeness.

In a nutshell, getting your daily intake of chlorella surpasses the benefits and work of juicing or trying to constantly consume eating raw vegetables. You are getting a concentrated simple form.

In the meal plan, I recommended Athletic Greens which can be used when making the cake. The Athletic Greens contains your recommended dose of Chlorella along with many other fat burning, superfood ingredients such as wheatgrass, spirulina, and green tea extract. This will boost your results even more!

You can buy plain chlorophyll, but it will total just as much or more than the Athletic Greens, which has 75 of the highest quality, highest efficacy superfoods on the planet.
**Cacao Powder:** The Incas called this the drink of the Gods. Raw cacao (not to be confused with chocolate or even dark chocolate) contains nearly four times the antioxidant content of your regular processed dark chocolate, 20 times more than blueberries, and 119 times more than bananas. Some of the endless health benefits are: improved memory, heightened mood, reduced risk of heart disease, shedding of fat, a boost of immunity, and loads of energy.

A mood-enhancing compound found in cacao is PEA or phenethylamine, which triggers the release of endorphins and pleasurable opium-like neurochemicals.

These are the same chemicals we release naturally when we fall in love and during sexual activity. By boosting brain levels of serotonin, it is good for women who are experiencing PMS, where serotonin levels drop dramatically.

Raw cacao is also proven as an anti-inflammatory and heart protective antioxidant that may protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation. Cacao contains over 700 compounds known to help reduce "bad cholesterol" and prevent hardening of the arteries. No heart drug on the market can come close to the protective benefits of cacao!

The Department of Nutrition at University of California, Davis discovered that cacao thins blood and can prevent blood clots. This finding proves that eating raw cacao can be just as beneficial as taking an aspirin a day.

Cacao also prevents premature aging since it contains polyphenol antioxidants, the same group of antioxidants as in green tea and red wine. These anthocyanins (found in dark colored fruits) and catechins (found in green tea) protect our cells from premature oxidation or destruction and can keep us looking and feeling younger longer. Cacao gives you shiny hair, strong nails, and takes care of your liver and pancreas with this great source of sulfur.

In 2006, the Journal of Nutrition found that women who drank cacao with at least 326 mg of flavonals a day had better skin texture, improved microcirculation, increased oxygen saturation, and improved skin hydration than those who didn’t.

Cacao also contains one of the highest concentrations of magnesium found in a natural food source. Magnesium helps to protect against osteoporosis, reduces type 2 diabetes, and lowers blood pressure. As if this wasn’t enough, did I mention it also lowers blood pressure? In a study of 470 men from the Zutphen Elderly study, the benefits of cacao intake were found to reduce blood pressure by patients who took a small amount every evening!

The antioxidants in cacao were also found to reduce insulin resistance and sensitivity in people with impaired glucose tolerance and smokers.

Cacao can help improve kidney and stimulate bowel function. It also resets your metabolism, which is our goal! Drinking a cup of hot cacao before meals can also help you shed fat due to its MAO inhibitors, which shrink the appetite. MAO inhibitors are often found in weight loss products. This is the one of the many reasons it is the main ingredient in my cake! Recent studies from Tulane University also discovered that an extract of cacao powder was even more effective than fluoride in preventing cavities.
This crystalline extract, similar to caffeine, helps harden teeth enamel. Theobromine found in cacao was found to halt coughs better than codeine or commercial cough suppressants with the equivalent of two cups.

In fact, the UK based study by the British Lung Foundation discovered codeine was only slightly more effective than the placebo at preventing coughing with no side effects. Cacao also improves cognitive function and prevents Alzheimer’s – A Harvard study by Dr. Gary Small, showed that middle-aged people who drank two cups a day had improved memory and increased blood flow to the brain. Cacao also aids in better digestion thanks to the fiber found in raw cacao that stimulates the body’s digestive enzymes. To top it off, cacao contains healthy fats that are similar to the monounsaturated fat found in olive oil.

**Coconut Oil:** To date, there are over 1,500 studies proving coconut oil to be one of the healthiest foods on the planet.

The benefits and uses of coconut oil go well beyond what most people realize. Coconut oil contains healthy fats called medium-chain fatty acids (MCFAs), these unique fats include: Caprylic acid, Lauric acid, and Capric acid.

Most of the fats that we consume take longer to digest, but MCFAs found in coconut oil provide the perfect source of energy because they only have to go through a 3-step process to be turned into fuel vs. other fats that go through a 26-step process.

Unlike long-chain fatty acids (LCFAs) found in plant based oils, MCFAs are: easier to digest, not readily stored as fat, are anti-microbial and anti-fungal, and processed by the liver, which means that they are immediately converted to energy instead of being stored as fat. Coconut oil is very popular in preventing gum disease and tooth decay, and even used as a teeth whitener! Oil pulling with coconut oil is one of the most effective oils due to its high concentration of antibacterial MCFAs.

This method has been used for centuries as a way to cleanse the mouth of bacteria and help heal any disease in the mouth. Just like the other ingredients in my cake, pure virgin coconut oil has shown to prevent heart disease and high blood pressure, work as a natural antibiotic by killing bad bacteria, reduce inflammation and arthritis, improve memory and brain function, and improve energy and endurance. Many triathletes will use coconut oil as their source of fuel during training and races for long distance events. It also protects the skin and has many antioxidants that make it ideal for healing the skin and also anti-aging.

Because of the energy creating abilities of coconut oil, it is no wonder that it is beneficial in losing weight. It helps to burn fat, decrease appetite, and it is especially helpful in losing belly fat! Coconut oil’s ability to help you shed fat has been well established. A 1985 study published in the *Journal of Toxicology and Environmental Health* proved that a single injection of capric acid resulted in “initially rapid, then gradual decrease in food consumption and a parallel loss of body weight” in male rats. It was discovered that capric acid shows significant improvements in thyroid function, helping lower resting heart rate, and assists your body in burning fat for energy. MCFAs aren’t just good for burning fat; they are also great for building muscle. The MCFAs found in coconut oil are also used in many store-brought proteins. Most of all, using coconut oil benefits your hormones, which is what we have learned is the key to weight loss. Coconut oil helps naturally balance hormones with its unique fats. This makes it especially beneficial for women during menopause.
Once you get the cake recipe, you will see that all the other ingredients are included from the list I gave you. Your regular cake is filled with white, bleached, processed flour, processed sugar, preservatives, additives, and saturated fats. Now you can enjoy cake while it boosts your weight loss, metabolism, and overall health! So, let's go!

Now if you are like me—have children, work, church, sports, school, and a social life, and are just basically super busy—I have just the thing for you.

After months of experimenting with different products, I have discovered a product that contains all of the super foods PLUS MORE jam packed into ONE powder.

That means not only will you retain the benefits of Chlorella and Cacao but you will also be ingesting pure, raw nutrients to give you everlasting energy!!

Just check out the ingredients it contains:

**Alkaline, RAW, Extremely Nutrient-Dense Greens**: This is nature’s bounty, a careful selection of the highest quality, highest efficacy superfoods on the planet, naturally packed with goodness. These ingredients are freeze-dried to preserve their molecular structure. They are then cold-milled (hot-milling damages enzymes and nutrients) and blended gently into the formula.

**Nutrient-Dense, Natural Extracts, Herbs, and Antioxidants**: They are extracted from high quality, raw foods, providing naturally occurring antioxidants, herbs, and phytonutrients. ONE serving contains the antioxidant equivalent of 10-12 servings of fruit and vegetables.

**Pre and Pro Biotics, Naturally Occurring Digestive Enzymes**: These ingredients help your gut function properly, thereby letting you absorb nutrients better.

Now, some of you may have already heard of this product, some maybe even tried it before!

It's called Athletic Greens®

And it completely embodies everything I believe in!

EXPERIENCE ALL THESE BENEFITS WITH ATHLETIC GREENS®
Here are just a few of the AMAZING reasons why I LOVE this stuff!!!

**Reason #1**
**Phenomenal Nutritional Insurance:** Nature loves Variety! Athletic Greens® is packed with 75 specially selected natural ingredients in optimal amounts. Athletic Greens® makes it easy to avoid nutrient deficiencies and optimize total body health.

**Reason #2**
**Energy:** Boost your absorption of nutrients and feel the difference. Athletic Greens® contains whole food sourced ingredients in their natural form, with co-factors and enzymes intact that are recognized as nutrients and absorbed by the body.

**Reason #3**
**Alkalinity:** Athletic Greens® is massively alkaline forming, with more than 8 grams of nutrient dense RAW green superfoods per serving.

**Reason #4**
**Absorption:** Athletic Greens® is packed with digestive enzymes, prebiotics and probiotics that all work together to improve digestion and gastrointestinal function.

**Reason #5**
**Protection and Immunity:** Athletic Greens® is full of plants, fruits, herbs and mushrooms to detoxify and protect – each serving provides the antioxidant equivalent of between 10 – 12 servings of fruit and vegetables.

THE BEST REASON OF ALL IS..........................................

It tastes amazing! It's so Yummy!
I understand that sometimes the worst tasting food supplements are the best for our health! It's hard to eat or drink something that doesn't taste good! Especially on a daily basis!
Athletic Greens® does such a great job at masking the taste of the supplements, especially that pesky Chlorella! You will truly enjoy drinking your Green Drink every morning and night when you use Athletic Greens!
I have teamed up with Athletic Greens® to offer my Superstars an EXCLUSIVE discount. You won’t find this discount anywhere other than RIGHT HERE!

**BONUS:** When you purchase your bag of Athletic Greens®, you will also receive my famous "25 Unusual Snacks to Diminish Your Fat" FREE!

That's a $40 value, rushed directly to your inbox for FREE!

**SPECIAL OFFER**

Get a Head Start on Your Transformation with 50% Off Athletic Greens® For a Limited Time!

*Athletic Greens made it so quick & easy for me to get in my daily serving of vegetables and then some! My energy and my skin have improved significantly, it’s my little secret!*
The Beach/Bikini Body System

Exercise is an important factor when it comes to controlling these hormones and it is important to get some physical activity in every day to lose weight. It’s not about intensity, it’s about consistency.

I was tired of spending endless hours in the gym and I wanted to find a simple workout routine I could do anywhere, anytime, that wouldn't take too much of my day, and not be too hard on my body.

Weight lifting caused me to have lots of joint pain, muscle aches, and lack of flexibility. But working out in general was great for my mood, energy, and gave me that fat burning boost.

So this program is a combination of movements that will really get your heart rate going, so that you are even burning fat up to 36 hours after you finish the workout! This is called High Intensity Interval Training, and I used it when I was getting ready for any of my fitness events in the past. You only need a few minutes a day. Anything more is too much stress on the body, and anything less is not quite enough.

I created a plan I want you to follow for these next 28 days, The Beach Body System is for Men and contains a regimen for your entire body with special focus on building a toned chest, arms, and triceps. The Bikini Body System is for Women and also contains a regimen for your entire body but focuses more on those glutes, those hips, and that tummy!

I have put together some very simple yet effective exercises that get the WHOLE BODY moving! Your hormones are happiest when you have some physical activity each day, so reward that body! In this program, you are tackling every muscle from head to toe. If you want to reveal that sexy body you gotta get moving!

It doesn't take much, remember--consistency not intensity. As the weeks go on, the exercises get a little longer and harder, but that's for people who want more. If you feel you aren't ready, you can stick to week 1 or 2 and still get results. The diet is going to do most of the work for you, but this will really activate that fat burning to a whole new level, and get you faster results.

Click Here For The Beach/Bikini Body System.
This is what I have found to work best for me! You can follow this but you don’t have to cook every single recipe. I just wanted to be sure to include lots of options. Eat only in portions that you are hungry for, and only eat as many meals as you need.

The point is to have a slice of the fat burning cake every morning, along with your breakfast. Your breakfast should be the biggest meal, and filling, your lunch should be your next biggest meal, and your last meal of the day should be your smallest if you did all the others right :-)

You do not have to consume all of these meals if you are not hungry for them, remember to listen to your appetite.

Watch this video before you start anything!

The Cake Recipe is on Page 50.
The Snack List (page 81) is on Page 81, and
All Recipes are Pages 51-103.
The Green Drink is Athletic Greens.
### 28 Day Meal Plan

#### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Slice Of Cake, Choice of: Broccoli &amp; Feta Omelette, Superfood Omelette, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Greek Yogurt Chicken Salad or Superfood Salad</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Black Bean &amp; Chicken Chilaquiles or BBQ Turkey Burgers</td>
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</table>

*(I just like to offer the repeat lunch if you are low on time or ingredients!)*

#### Day 2

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#### Day 3

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<th>Options</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>Slice of Cake, Choice of: Nut Butter &amp; Banana Chia Seed Toast, Pumpkin Spiced Oatmeal, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Turkey Wrap or Chicken Tuna Wrap</td>
<td></td>
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<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Lemon Herb Chicken or Black Bean Chili</td>
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</tbody>
</table>
### Day 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Option</th>
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</thead>
<tbody>
<tr>
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<td>Slice of Cake, Choice of: Nut Butter &amp; Banana Chia Seed Toast, Pumpkin Spiced Oatmeal, or any smoothie recipe</td>
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<td>Snack</td>
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</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Turkey Wrap or Chicken Tuna Wrap</td>
<td></td>
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<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Lemon Herb Chicken or Black Bean Chili</td>
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### Day 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Slice Of Cake, Choice of: Breakfast Egg Muffins, Scrambled eggs with beans, tomatoes &amp; pesto, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Mediterranean Burger or Spiced Chickpea Pita</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Meatloaf or Salmon Teriyaki</td>
<td></td>
</tr>
</tbody>
</table>

### Day 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Slice of Cake, Choice of: Breakfast Egg Muffins, Scrambled eggs with beans, tomatoes &amp; pesto, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Mediterranean Burger or Spiced Chickpea Pita</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Meatloaf or Salmon Teriyaki</td>
<td></td>
</tr>
</tbody>
</table>
### Day 7

**Leptin Reset Day or “cheat day”**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Slice of cake</td>
</tr>
<tr>
<td></td>
<td>This is your day of freedom. You have had a healthy week and worked hard, so go ahead and have what you want. Remember, don’t overeat and really get in touch with what you feel you want, while keeping in mind what you have learned. Feel free to choose from the list of healthy recipes provided, or eat what you want. Your body will naturally rid itself of anything bad you consume. Just be sure to end the day with your green drink!</td>
</tr>
</tbody>
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### Day 8

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Slice of cake, Choice of: Yogurt w/ grapes &amp; oats, Egg &amp; Avocado Toast, or any smoothie recipe</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Green Drink, Black Bean Burrito or Greek Pita Salad</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>May repeat your lunch or have Baked Snapper or Superfood Taco Bowl</td>
</tr>
</tbody>
</table>

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### Day 9

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Slice of cake, Choice of: Yogurt w/ grapes &amp; granola, Egg &amp; Avocado Toast, or any smoothie recipe</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Green Drink, Black Bean Burrito or Greek Pita Salad</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>May repeat your lunch or have Baked Snapper or Superfood Taco Bowl</td>
</tr>
</tbody>
</table>
### Day 10

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>1 slice of cake, Choice of: 3-4 oz extra lean steak, 2 eggs made your way, pinch of feta free cheese, avocado, Healthy Migas, or any smoothie recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Chicken and Rice Stir Fry or Stuffed Sweet Potato</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Cajun Garlic Shrimp Pasta or Grilled Fish w/ Chipotle Avocado Cream</td>
</tr>
</tbody>
</table>

### Day 11

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>1 slice of cake, Choice of: 3-4 oz extra lean steak, 2 eggs made your way, pinch of feta free cheese, avocado, Healthy Migas, or any smoothie recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
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<tr>
<td>Lunch</td>
<td>Green Drink, Chicken and Rice Stir Fry or Stuffed Sweet Potato</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Cajun Garlic Shrimp Pasta or Grilled Fish w/ Chipotle Avocado Cream</td>
</tr>
</tbody>
</table>

### Day 12

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Slice Of Cake, Choice of: Broccoli &amp; Feta Omelette, Superfood Omelette, or any smoothie recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Kale salad with cranberries &amp; almonds or Superfood Quinoa</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Pizza or Shrimp Ceviche</td>
</tr>
</tbody>
</table>
### Day 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breakfast</td>
<td>Slice Of Cake, Choice of: Broccoli &amp; Feta Omelette, Superfood Omelette, or any smoothie recipe</td>
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<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>Green Drink, Kale salad with cranberries &amp; almonds or Superfood Quinoa</td>
</tr>
<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Pizza or Shrimp Ceviche</td>
</tr>
</tbody>
</table>

### Day 14

**Leptin Reset Day or “cheat day”**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breakfast</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>This is your day of freedom. You have had a healthy week and worked hard, so go ahead and have what you want. Remember, don't overeat and really get in touch with what you feel you want, while keeping in mind what you have learned. Feel free to choose from the list of healthy recipes provided, or eat what you want. Your body will naturally rid itself of anything bad you consume. Just be sure to end the day with your green drink!</td>
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### Day 15

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breakfast</td>
<td>Slice of Cake, Choice of: Nut Butter &amp; Banana Chia Seed Toast, Pumpkin Spiced Oatmeal, or any smoothie recipe</td>
</tr>
<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>Green Drink, Greek Yogurt Chicken Salad or Superfood Salad</td>
</tr>
<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>May repeat your lunch or have Pineapple Chicken Tenders or Chicken tacos</td>
</tr>
<tr>
<td>Day 16</td>
<td>Breakfast</td>
<td>Slice of Cake, Choice of: Nut Butter &amp; Banana Chia Seed Toast, Pumpkin Spiced Oatmeal, or any smoothie recipe</td>
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<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td></td>
<td>Lunch</td>
<td>Green Drink, Greek Yogurt Chicken Salad or Superfood Salad</td>
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<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>May repeat your lunch or have Pineapple Chicken Tenders or chicken tacos</td>
</tr>
<tr>
<td>Day 17</td>
<td>Breakfast</td>
<td>Slice Of Cake, Choice of: Breakfast Egg Muffins, Scrambled eggs with beans, tomatoes &amp; pesto, or any smoothie recipe</td>
</tr>
<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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<tr>
<td></td>
<td>Lunch</td>
<td>Green Drink, Turkey Wrap or Chicken Tuna Wrap</td>
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<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>May repeat your lunch or have Salmon Noodle Bowl or Superfood Enchilada</td>
</tr>
<tr>
<td>Day 18</td>
<td>Breakfast</td>
<td>Slice Of Cake, Choice of: Breakfast Egg Muffins, Scrambled eggs with beans, tomatoes &amp; pesto, or any smoothie recipe</td>
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<tr>
<td></td>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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<tr>
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<td>Lunch</td>
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<td></td>
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### Day 19

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<td>Snack</td>
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</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Mediterranean Burger or Spiced Chickpea Pita</td>
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<tr>
<td>Snack</td>
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</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Black Bean &amp; Chicken Chilaquiles or BBQ Turkey Burgers</td>
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### Day 20

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<tr>
<td>Breakfast</td>
<td>Slice of Cake, Nut Butter &amp; Banana Chia Seed Toast, Pumpkin Spiced Oatmeal, or any smoothie recipe</td>
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<tr>
<td>Snack</td>
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<tr>
<td>Lunch</td>
<td>Green Drink, Mediterranean Burger or Spiced Chickpea Pita</td>
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<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Black Bean &amp; Chicken Chilaquiles or BBQ Turkey Burgers</td>
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### Day 21

**Leptin Reset Day or “cheat day”**

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<td>Breakfast</td>
<td>Slice of cake</td>
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<tr>
<td></td>
<td>This is your day of freedom. You have had a healthy week and worked hard, so go ahead and have what you want. Remember, don’t overeat and really get in touch with what you feel you want, while keeping in mind what you have learned. Feel free to choose from the list of healthy recipes provided, or eat what you want. Your body will naturally rid itself of anything bad you consume. Just be sure to end the day with your green drink!</td>
</tr>
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### Day 22

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Slice of cake, Choice of: Yogurt w/ grapes &amp; granola, Egg &amp; Avocado Toast, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Black Bean Burrito or Greek Pita Salad</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Raw Veggies w/ Fat Free Ranch</td>
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</tr>
<tr>
<td>Dinner</td>
<td>Pineapple Chicken Tenders, Superfood Salad, or repeat lunch</td>
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### Day 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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<tbody>
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<td>Breakfast</td>
<td>Slice of cake, Choice of: Yogurt w/ grapes &amp; granola, Egg &amp; Avocado Toast, or any smoothie recipe</td>
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<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
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<tr>
<td>Lunch</td>
<td>Green Drink, Black Bean Burrito or Greek Pita Salad</td>
<td></td>
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<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Lemon Herb Chicken or Black Bean Chili</td>
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### Day 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>1slice of cake, Choice of: 3-4 oz extra lean steak, 2 eggs made your way, pinch of feta free cheese, avocado, Healthy Migas, or any smoothie recipe</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Chicken and Rice Stir Fry or Stuffed Sweet Potato</td>
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<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
<td></td>
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<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Lemon Herb Chicken or Black Bean Chili</td>
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### Day 25

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<tr>
<th>Breakfast</th>
<th>1 slice of cake, Choice of: 3-4 oz extra lean steak, 2 eggs made your way, pinch of feta free cheese, avocado, Healthy Migas, or any smoothie recipe</th>
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</thead>
<tbody>
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<td>Snack</td>
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</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Chicken and Rice Stir Fry or Stuffed Sweet Potato</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Meatloaf or Salmon Teriyaki</td>
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### Day 26

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Slice Of Cake, Choice of: Broccoli &amp; Feta Omelette, Healthy Migas, or any smoothie recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Healthy Stir Fried Rice or Superfood Quinoa</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Turkey Meatloaf or Salmon Teriyaki</td>
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### Day 27

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Slice Of Cake, Breakfast Egg Muffins, Superfood Omelette, or any smoothie recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Lunch</td>
<td>Green Drink, Healthy Stir Fried Rice or Superfood Quinoa</td>
</tr>
<tr>
<td>Snack</td>
<td>Pick Off Snack List (page 81)</td>
</tr>
<tr>
<td>Dinner</td>
<td>May repeat your lunch or have Baked Snapper or Superfood Taco Bowl</td>
</tr>
</tbody>
</table>
### Day 28

**Leptin Reset Day or “cheat day”**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Slice of cake</th>
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</thead>
</table>

This is your day of freedom. You have had a healthy week and worked hard, so go ahead and have what you want. Remember, don’t overeat and really get in touch with what you feel you want, while keeping in mind what you have learned. Feel free to choose from the list of healthy recipes provided, or eat what you want. Your body will naturally rid itself of anything bad you consume. Just be sure to end the day with your green drink!
Recipes
The Cake Recipe

**Ingredients**

- 1 tsp Athletic Greens or chlorella
- 1 1/2 cups original unsweetened almond milk
- 2 tsp white or apple cider vinegar
- 1 1/4 cups unsweetened applesauce
- 1/2 cup strong brewed coffee (or sub more almond milk)
- 2/3 cup melted coconut oil
- 2 tsp pure vanilla extract
- 2 cups + 2 Tbsp whole wheat pastry flour or unbleached all-purpose flour (Bob’s Red Mill is a good brand, Oat Flour, just use an unprocessed flour)
- 1 1/3 cups stevia or stevia blend, unprocessed sugar
- 1 cup unsweetened cacao powder
- 2 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt

**Frosting**

- 1 cup vegan butter, softened
- 2 1/2 - 3 cups powdered sugar
- 2/3 cup cacao
- 1/4 cup dairy-free semisweet chocolate, melted and slightly cooled
- 2 tsp pure vanilla extract
- 1/4 cup unsweetened almond milk

**Preparation**

1. Preheat oven to 350° F and lightly spray 2 8” round cake pans or one large rectangular pan with nonstick spray (see notes for cooking times for different size pans). Dust with cacao powder, shake out the excess and set aside.

2. Mix the almond milk and vinegar in a large mixing bowl, and let set for a few minutes to activate. Add the oil, coffee, vanilla extract, and applesauce, and beat until foamy.

3. Add the Athletic Greens, flour, sugar, cacao powder, baking soda, baking powder, and salt to a sifter and slowly sift over the wet ingredients while mixing with a hand-held or standing mixer. If you don’t have a sifter, simply mix dry ingredients in another bowl and add to the wet mixture while beating. Beat until no large lumps remain. It should be creamy and pourable. Taste and adjust sweetness as needed, adding more sugar if desired (I found it plenty sweet).

4. Divide batter evenly between your 2 cake pans or rectangular pan.

5. Bake 25-30 minutes, or until a toothpick inserted into the center comes out clean. Let cool completely before frosting.

6. While cooling, prepare frosting by beating together all ingredients until light and fluffy, adding the powdered sugar in small amounts until you reach your desired consistency and sweetness. If it becomes too thick, add more almond milk. If it's too thin, add more cacao powder or powdered sugar.

7. Once the cake is cooled, frost generously with buttercream frosting, adding a thick layer between the top and bottom layers (if doing a 2-layer cake). Alternatively, omit the frosting and dust with cacao powder.

**Note:** If you want to save time, you can use [this cake mix](#) instead! (link)
Breakfast
Broccoli and Feta Omelet

Ingredients

- Cooking spray
- 1/2 cup chopped broccoli
- 2 large eggs, beaten
- 2 tbsp feta cheese, crumbled

Feel free to add spinach, mushrooms, tomatoes, or peppers

Preparation

2. Combine egg and feta in a small bowl. Add egg mixture to pan. Cook 3 to 4 minutes; flip omelet and cook 2 minutes or until cooked through.

Superfood Omelet

Ingredients

- 2 eggs
- 2 tbsp milk soy or almond
- black pepper
- olive oil spray
- 1 small red onion, finely chopped
- 2 large mushrooms, chopped
- 2 inch slice yellow pepper, chopped
- 1 pinch chilli flakes
- 2 tbsp feta cheese
- large handful baby spinach

Preparation

1. Whisk the eggs, milk and black pepper together with a fork in a bowl and set aside. Spray pan with olive oil.
2. Cook the onion, mushrooms, pepper, and chilli flakes over a medium heat for 4-5 mins, until the veggies are soft. Add the egg mix to the pan and ensure its evenly distributed.
3. Crumble the feta evenly over the omelet and cook for a few mins until the egg mix is no longer runny.
4. Scatter the spinach on top, fold half of the omelet over itself using a spatula and cook for 2 mins, until the spinach has wilted.
# Pumpkin spiced oatmeal

## Ingredients

- 1/2 cup old fashioned oats, dry
- 1 cup unsweetened milk
- 1/2 cup pumpkin puree
- Drizzle of honey or agave
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg

## Preparation

1. In a medium size sauce pan, combine oats, milk, pumpkin puree, honey, cinnamon and nutmeg. Stir to combine.
2. Cook oats on low heat, stirring continuously for 5-7 minutes until oats are thoroughly cooked and mixture begins to thicken.
3. Serve warm and top with some nuts!

---

# Nut Butter, Banana, Chia Seed

## Ingredients

- 1 slice Ezekiel bread or approved alternative
- 2 tbsp any nut butter
- 1/2 medium banana, sliced
- 1/2 tsp Chia seeds

## Preparation

1. Toast the bread and spread the nut butter over the top.
2. Place banana slices over the nut butter and top it off with Chia seeds.
# Breakfast Egg Muffins

This yields 6 Egg Muffins

## Ingredients

- Olive oil spray
- 6 eggs
- salt and pepper to taste
- 1/2 cup cooked chopped spinach, excess water removed
- 1/3 cup crumbled lean turkey bacon
- 1/3 cup shredded cheddar cheese

## Preparation

1. Preheat the oven to 375 degrees. Coat 6 cups of a muffin tin with cooking spray or line with paper liners.
2. Crack the eggs into a large bowl. Add the spinach, bacon, and cheese to the egg mixture and stir to combine. Divide the egg mixture evenly among the muffin cups.
3. Bake for 15-18 minutes or until eggs are set. Serve immediately or store in the refrigerator until ready to eat.

# Egg and Avocado Toast

## Ingredients

- 2 eggs (fried sunny side up)
- 1 slice of bread (toasted)
- 1/2 avocado
- 1/2 teaspoon lime juice
- sea salt + black pepper
- parsley (optional for topping)

## Preparation

1. Prepare toast and fried eggs to personal preference.
2. Peel and mash avocado with the lime juice, salt and pepper. Spread avocado evenly on each slice of toast then top each with a fried eggs and additional seasonings you prefer.
3. Serve immediately.
### Scrambled Eggs with Beans, Tomatoes, and Pesto

**Ingredients**
- 4 large eggs
- kosher salt and black pepper
- 3 teaspoons olive oil
- 1/2 cup grape tomatoes, halved
- 1/2 cup low-sodium canned white beans, rinsed
- 1/4 cup store-bought pesto
- toast (optional)

**Preparation**
1. In a medium bowl, beat the eggs with 1 tablespoon water and ¼ teaspoon each salt and pepper.
2. Heat 2 teaspoons of the oil in a large nonstick skillet over medium-high heat. Add the tomatoes and beans; cook, tossing occasionally, until warmed through, 1 to 2 minutes.
3. Transfer to a plate and wipe the skillet clean.
4. Heat the remaining teaspoon of oil in the skillet. Add the eggs and cook, stirring, until set but still soft, 1 to 2 minutes. Serve the eggs topped with the tomato mixture and pesto.

### Yogurt with Grapes & Oats

**Ingredients**
- 1 cup plain Greek yogurt
- 1/4 cup halved seedless red and green grapes
- 1/4 cup dry oats

**Preparation**
1. Top yogurt with the grapes and granola.
Healthy Migas

Ingredients
- olive oil
- 1 GMO-free corn tortilla
- 2 eggs
- sliced avocado
- fat free feta cheese or almond cheese
- add your choice of peppers/onions

Preparation
1. Cut tortilla into thin strips, and lightly fry with 2-3 tbsp olive oil until crispy. Add peppers and onions and let simmer until grilled. Whisk together eggs, adding sea salt and pepper. Pour in pan and scramble eggs.
2. Top with a dash of feta cheese or almond cheese and a slice of avocado.

Sweet Potato Hash w/ Eggs

Ingredients
- 2 cups cubed sweet potatoes
- 1 medium onion, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 cup chopped spicy smoked sausage
- 4 eggs
- 1/2 tsp cumin
- 2 tbsp olive oil
- salt and pepper to taste
- parsley for garnish

Preparation
1. In an oven proof skillet, heat the 2 tbsp of olive oil. Add the onions and cubed sweet potatoes and cook for about 7 minutes. At this point add the bell pepper, sausage, salt, pepper, and cumin. Cook for an additional 7 minutes, stirring occasionally. Crack the 4 eggs on top of the hash and place the skillet under the broiler for a couple minutes until the eggs are cooked to your preference. Garnish with parsley and serve.
Breakfast Casserole with Spinach, Cottage Cheese, and Goat Cheese

Makes 4-6 servings

Ingredients

- 2 tsp olive oil
- 5-6 oz baby spinach leaves, washed and dried if needed
- 6 eggs, 6 egg whites
- 1-2 tsp fresh ground black pepper to taste
- 1/2 cup low-fat cottage cheese, rinsed with cold water and drained well
- 3 oz soft goat cheese, crumbled (could substitute low-fat cream cheese, Feta, or more cottage cheese for the goat cheese)

Preparation

1. Cut a 3 oz piece from a log of goat cheese and put in the freezer to chill while you prep the other ingredients.
2. Preheat oven to 375 degrees. Measure 1/2 cup low-fat cottage cheese, put in a fine strainer, and rinse with cold water. (If you prefer not to rinse the cottage cheese I think it would just make it a little creamier, but I always rinse.)
3. Cut off the root end and dark green part of the leek, then cut into fourths lengthwise and slice into thin pieces.
4. Heat olive oil in a frying pan with tall sides, add the spinach leaves and sauté 3-4 minutes more. While cooking, lightly beat the eggs and add salt and pepper to taste.
5. Remove the goat cheese from the freezer and crumble it as finely as you can. Spray an 8" x 8" casserole dish with nonstick spray.
6. Spread spinach mixture in the bottom of the dish, then layer on cottage cheese and goat cheese. Pour egg mixture over, then use a fork to gently stir so the veggies and cheese are evenly distributed in the eggs.
7. Bake 20-25 minutes, or until eggs are set and lightly browned.
8. The casserole will puff up slightly as it bakes, but will settle down when it cools for a few minutes. Cut into pieces and serve hot.
Cinnamon Roll Waffles

Ingredients

**Waffles:**
- 1 1/2 cups almond milk
- 5 tbsp unsweetened applesauce
- 3 tbsp sugar-free syrup
- 2 large eggs
- 1 tsp yeast
- 3.5 tsp baking powder
- 1/2 tsp sea salt
- 1 3/4 cups whole wheat flour

**Cinnamon Sugar Swirl:**
- 1/2 cup Stevia or Stevia blend
- 3 tbsp coconut oil or Vegan Earth Balance Butter
- 2 tsp cinnamon
- 2 tsp white whole wheat flour

**"Cream Cheese" Frosting:**
- 1/3 cup coconut butter, softened
- 3 tbsp Stevia
- 1 tsp vanilla extract
- 1-2 tbsp vanilla almond milk

Preparation

1. In a microwave safe bowl, heat the almond milk for 1 minute and 30 seconds. Add the coconut oil melted. Add the syrup and yeast and gently mix. Set aside.

2. In large mixing bowl, combine the eggs. Add the milk/Stevia mixture. Add the baking powder and salt and mix together. Add the flour last and mix until just combined, being careful to not over mix. In a separate bowl, combine the cinnamon swirl's butter and Stevia and microwave for 30-40 seconds, stirring halfway through.

3. Mix well and add the cinnamon and flour and mix well. Gently fold this mixture into the waffle batter, until just "swirled" into the batter.

4. Cook about 1 cup of the batter in a greased, hot waffle iron at a time until waffles are fluffy and golden. If you don't have a waffle maker you can use pancakes. In a small bowl, combine the almond milk and Stevia and mix until dissolved. In a large bowl, add the coconut butter and mix to make it smooth. If the Stevia has not fully dissolved, you can microwave the mixture for 15 seconds or so until totally smooth. Add the vanilla and mix well. Add the almond milk slowly until the syrup is smooth and can easily be poured. Drizzle over hot cinnamon roll waffles and enjoy!
Drinks/Smoothies
Kale Almond Banana Smoothie with Chia Seeds

Ingredients

- 1 1/2 cups kale, packed
- 1 cup almond or rice milk
- 1 tbsp almond butter
- 1 tbsp Chia seeds
- 1 tbsp coconut oil
- 1/2 ripe banana

Preparation

1. Super simple: blitz in your blender into smooth. If you don’t have a high-powered blender or Vitamix, pour the smoothie over a sieve into a bowl, and then transfer your drink to your favorite tumbler. Drink immediately.

Strawberry and Goji Berry

Ingredients

- 2 tbsp dried Goji berries
- 1 cup strawberries
- 2 tsp honey
- 2 cups almond milk
- ice

Preparation

1. Mix the Goji berries and 1 tbsp of water, leave for 15 mins to soften berries, then blend the goji berries with the other ingredients until smooth.
**Blueberry Flax Smoothie**

**Ingredients**

- 1 cup blueberries
- 1 tbsp ground flaxseed
- handful spinach
- 1/4 cup Greek yogurt
- 1 cup coconut milk

**Preparation**

1. Blend all ingredients until smooth.

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**Spiced Green Tea Smoothie**

**Ingredients**

- 3/4 cup green tea chilled
- 1/8 tsp cayenne pepper
- juice of 1 lemon
- 2 tsp agave nectar
- 1 small pear
- 2 tbsp fat free Greek yogurt
- 6-8 ice cubes

**Preparation**

1. Blend all ingredients until smooth.
Chocolate Avocado

Ingredients

- 1/2 avocado
- 1 frozen banana
- 1/4 cup raspberries fresh or frozen
- 2 tbsp raw cacao
- 1 cup unsweetened almond or coconut milk

Preparation

1. Blend all ingredients until smooth

Mint Chocolate Green Smoothie

Ingredients

- 1 1/2 cups unsweetened chocolate almond milk
- 1/2 large frozen banana
- 1 cup lightly packed mixed baby greens (kale, spinach... you could throw in a couple mint leaves)
- 1 tbsp Stevia
- 3 tbsp chocolate protein isolate powder
- 1/2 cup ice
- 1/4 tsp mint extract or 1-2 drops mint or peppermint essential oil

Preparation

1. Blend all ingredients until smooth
Turkey Wrap

**Ingredients**
- 1 brown rice tortilla
- 3 slices Turkey
- 2 tbsp hummus
- 1 tbsp goat cheese
- 1 handful baby spinach

Crunchy Tuna Wrap

**Ingredients**
- 1 brown rice tortilla
- 3 oz tuna
- 1/4 cup non-fat Greek yogurt
- 1/2 celery stalk, chopped
- 3 slices roasted red peppers
- 1 handful baby spinach
- 1 squeeze lemon juice

Mediterranean Burger

**Ingredients**
- 1 slice Food For Life Sprouted Almond Bread
- 3-4 oz turkey burger patty
- 2 tbsp feta cheese
- 2 slices tomato
- 1 round slice red onion
- 1 handful spinach
### Spiced Chickpea Pita

**Ingredients**
- Ezekiel Pita
- 3-4 oz sliced or shredded chicken breast
- 1/4 cup chickpeas
- 1/4 cup Greek yogurt
- 1 sprinkle parsley
- 1 sprinkle oregano

### Black Bean Burrito

**Ingredients**
- 1 brown rice tortilla
- 1/4 cup black beans
- 1/4 avocado, sliced
- 3-4 oz chicken
- 1/4 small red onion

### Greek Pita Salad

**Ingredients**
- 1 cup romaine lettuce,
- 1/2 whole-wheat pita
- 3-4 oz grilled chicken
- 1/4 cup feta cheese
- 1/4 cup chickpeas
- 1/2 cucumber, sliced
- 1/4 small red onion
- 2 tbsp fat-free Greek yogurt
Chicken and Rice Stir Fry

**Ingredients**
- 1/2 cup already-made brown rice
- 3-4 oz chicken breast
- 4 shitake mushrooms, sliced
- 1/2 red pepper, sliced
- 1/2 green pepper, sliced
- 1/4 small red onion, sliced
- 1 tbsp olive oil

**Preparation**
- Grill all ingredients together in pan with olive oil, start with peppers, then add chicken and brown rice.

Kale salad with cranberries and goat cheese

**Ingredients**
- 1/3 cup sliced raw almonds
- 2 tbsp red wine vinegar
- 2 tbsp orange juice
- 1 tbsp Dijon mustard
- 1 tsp minced shallot
- 1 garlic clove, minced
- Kosher salt
- freshly ground black pepper
- 2 bunches of kale, rinsed and dried, ribs and stems removed, leaves thinly sliced crosswise
- 1/3 cup dried cranberries
- 4 oz goat cheese

**Preparation**
1. Whisk together the vinegar, orange juice, mustard, shallot, and garlic for the dressing. Season to taste with salt and pepper.
2. In a large bowl, toss the kale, almonds, dressing and cranberries. Let sit for 10 minutes, then crumble with goat cheese and serve.
Stuffed Sweet Potato

<table>
<thead>
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<th>Ingredients</th>
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<tbody>
<tr>
<td>▪ 1 medium cooked sweet potato, sliced.</td>
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<tr>
<td>▪ stuff sweet potato with 3 slices cooked, lean turkey bacon, crumbled</td>
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<tr>
<td>▪ 1/4 cup fat-free Greek yogurt</td>
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<tr>
<td>▪ 1/2 scallion, chopped</td>
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</table>

Healthy Stir Fried Rice

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>▪ 1/2 cup ready-made brown rice,</td>
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<tr>
<td>▪ 1 egg, scrambled with 1 tsp olive oil</td>
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<tr>
<td>▪ 4 Bella mushrooms, sliced</td>
</tr>
<tr>
<td>▪ 1 cup broccoli, chopped</td>
</tr>
<tr>
<td>▪ 1/2 carrot, chopped</td>
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<tr>
<td>▪ 1/4 small red onion, sliced</td>
</tr>
<tr>
<td>▪ 1 tsp sesame oil</td>
</tr>
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</table>
Home Cooked Turkey Chili

Ingredients

- 1.5 lb lean ground turkey
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 jalapeño pepper, chopped
- 2 tbsp chili powder
- 2 tbsp brown sugar
- 1 tbsp ground cumin
- 3 tbsp tomato paste
- 1 tsp dried oregano
- 1/2 tsp freshly ground black pepper
- 1/4 tsp salt
- 2 bay leaves
- 1 1/4 cups Merlot or other fruity red wine
- 2 (28 oz) cans no-salt-added whole tomatoes, undrained and coarsely chopped
- 2 (15 oz) cans no-salt-added kidney beans, drained
- 1/2 cup (2 oz) shredded reduced-fat sharp cheddar cheese

Preparation

2. Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
3. Uncover and cook for 30 minutes, stirring occasionally.
4. Discard the bay leaves. Sprinkle each serving with cheddar cheese.
Greek Lentil Soup

Ingredients

- 1 tbsp olive oil
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 onion
- 2 garlic cloves, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp pepper
- 8 cups water
- 1 cup dry lentils
- 2 tbsp fresh lemon juice (about 1 lemon)
- 4 whole-grain pitas, each cut into 4 triangles and toasted

Preparation

1. Heat oil in a large Dutch oven over medium heat. Add celery, carrot, onion, garlic, oregano, salt, and pepper, cook 5 minutes. Add the water and lentils. Simmer, partially covered, 15 minutes.
2. With a hand blender or potato masher, puree soup until semi-smooth and thick.
3. Drizzle with lemon juice; serve with toasted pita triangles.
### Salmon Noodle Bowl

**Ingredients**
- 4 oz soba buckwheat noodles or whole-wheat spaghetti
- 5 oz asparagus, cut in thirds
- Cooking spray
- 1 (6-oz) salmon fillet, skin off, cut into 8 pieces
- 1 tbsp toasted sesame oil, any other oil is fine too
- Zest and juice of 1-2 limes (3 TBSP juice)
- 1/4 tsp kosher salt
- 1/4 tsp fresh pepper
- 4 oz cucumber, skin on, cut into medium pieces
- 1/2 small avocado, cut into bite-size pieces

**Preparation**
1. Cook the noodles in boiling water until soft (about 6 minutes for soba, 8 for spaghetti).
2. Transfer with tongs to a strainer. Add asparagus to same boiling water. Cook until al dente (about 2 minutes); rinse under cold water.
3. Heat a grill pan or skillet over medium-high heat. Coat lightly with cooking spray.
4. Cook the salmon until cooked through, turning pieces (about 2-3 minutes per side). Reserve. Make the vinaigrette: Whisk together sesame oil, lime zest and juice, and salt, and pepper in a small bowl.
5. Combine the noodles, asparagus, and vinaigrette in a medium serving bowl.
6. Add the cucumber and avocado; toss to coat. Just before serving, add salmon.
7. Serve warm or at room temperature, or make up to 4 hours ahead and keep refrigerated in an airtight container.

### Superfood Quinoa

**Ingredients**
- 1 cup cooked quinoa
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 teaspoon olive oil
- 1 teaspoon fresh lemon juice
- pinch of salt
- pinch of freshly ground black pepper

**Preparation**
1. In a medium bowl, gently toss all ingredients to combine.
**Superfood Salad**

**Ingredients**
- 4 cups mixed green salad leaves, tightly packed
- 2 cups sprouts such as broccoli, sunflower, snow pea or alfalfa
- 2 medium cucumbers, chopped
- 1 avocado, cubed
- 1 tbsp Chia seeds
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- Fresh curly parsley, to serve

**Dressing**
- 1 tbsp lemon juice
- 1/8 cup raw apple cider vinegar
- 1/4 cup cold pressed olive oil
- 1/2 heaped tbsp wholegrain mustard
- sea salt and pepper, to taste

**Greek Yogurt Chicken Salad**

**Ingredients**
- 1 chicken breast, cooked, chilled and shredded (about 4 oz)
- 2 slices (about 1/4 apple)
- 1/4 cup roasted almonds, chopped
- green onions, sliced
- 1/4 cup Greek yogurt
- 1 tbsp mustard
- sea salt and pepper to taste

**Preparation**
1. Mix all ingredients together
Dinner
Black Bean & Chicken Chilaquiles

**Ingredients**
- cooking spray
- 1 cup thinly sliced onion
- 5 garlic cloves, minced
- 2 cups shredded cooked chicken breast
- 1 (15 oz) can black beans, rinsed and drained
- 1 cup fat-free, less-sodium chicken broth
- 1 (7 3/4-oz) can salsa de chile fresco
- 15 (6-inch) corn tortillas, cut into 1-inch strips
- 1 cup shredded queso blanco (about 4 oz)

**Preparation**
1. Preheat oven to 450°. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
2. Add onion; sauté 5 minutes or until lightly browned. Add garlic; sauté 1 minute. Add chicken; cook 30 seconds. Transfer mixture to a medium bowl; stir in beans. Add broth and salsa to pan; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally. Set aside. Place half of tortilla strips in bottom of an 11 x 7-inch baking dish coated with cooking spray. Layer half of chicken mixture over tortillas; top with remaining tortillas and chicken mixture. Pour broth mixture evenly over chicken mixture. Sprinkle with cheese. Bake at 450° for 10 minutes or until tortillas are lightly browned and cheese is melted.

Black Bean Chili

**Ingredients**
- 2 tsp olive oil
- 1 large chopped onion (about 1 1/2 cups)
- 1 cup jalapeño, seeded and chopped
- 1 large garlic clove, finely chopped
- 2 tbsp chili powder
- 1 tsp ground cumin
- 4 (32 oz) boxed roasted red pepper and tomato soup
- 2 (15.5 oz) cans black beans, rinsed and drained
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro
- 1/2 cup firm-ripe diced peeled avocado Cilantro sprigs (optional)

**Preparation**
1. Heat the oil in a large saucepan over medium-high heat; add the onion and jalapeño; cook, stirring until softened (about 3 minutes). Stir in the garlic, chili powder, and cumin; cook 1 minute. Stir in soup and black beans; simmer 5 minutes. Stir in the chopped cilantro. 2. Ladle soup into bowls; top with 1 tablespoon of sour cream, avocado, and cilantro sprigs, if desired.
BBQ Turkey Burgers

**Ingredients**

- 1 pound ground extra lean-ground turkey
- 1 garlic clove, minced
- 1/2 tsp paprika
- 1/4 tsp ground cumin
- pinch Kosher salt
- 1/4 tsp freshly ground black pepper
- 4 slices sweet onion, grilled
- 1/4 cup barbecue sauce
- 1 Ezekiel Sprouted Bun (optional)
- 1 cup fat-free, less-sodium chicken broth
- 1 (7 3/4-oz) can salsa de chile fresco
- 15 (6") corn tortillas, cut into 1" strips
- 1 cup shredded queso blanco (about 4 oz)

**Preparation**

1. In medium bowl, gently mix together turkey, garlic, paprika, and cumin. Form turkey into 4 (4") patties; season with salt and pepper. Heat grill to medium-high; cook, turning once, until burgers are just cooked through (about 7 minutes per side). Serve with desired toppings and buns.

Lemon Herb Chicken

**Ingredients**

- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tbsp olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

**Preparation**

1. Cut lemon in half and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat. When oil is hot, put chicken in skillet. As you sauté chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Sauté for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.
Turkey Meatloaf

Ingredients
- 1/2 lb ground turkey
- 1 egg
- 1/4 cup salsa
- 1/8 cup chopped red bell pepper
- 1/8 cup chopped yellow bell pepper
- 1/4 cup chopped onion
- 1/4 cup dry bread crumbs
- lemon pepper to taste

Preparation
1. Preheat oven to 350 degrees F. In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended.
2. Roll into a small loaf and place on a foil-lined baking sheet. Bake in the preheated oven for 25 minutes.

Salmon Teriyaki

Ingredients
- 1/2 cup sake
- 1/4 cup mirin (sweet Japanese rice wine)
- 1/4 cup soy sauce
- 1 tbsp vegetable oil, plus more if needed
- 4 6-oz skin-on, boneless salmon fillets (about 1” thick)
- Kosher salt
- Sansho* powder (optional)
  *Sansho powder, made from the ground berries of the prickly ash tree, can be found at Japanese markets or online.

Preparation
1. Combine sake, mirin, and soy sauce in a small bowl; set teriyaki sauce aside. Heat 1 tbsp oil in a large skillet over medium-high. Season salmon lightly with salt. Working in batches and adding more oil if needed, cook, skin side down, until skin is brown and crisp, about 4 minutes. Turn and cook until other side is just beginning to brown, about 2 minutes.
2. Transfer to a plate. Pour off fat in skillet. Bring teriyaki sauce to a boil in skillet over medium heat. Cook until reduced by two-thirds, about 4 minutes. Add salmon, skin side up, and cook, spooning sauce over, until sauce is syrupy and salmon is just cooked through, about 2 minutes.
3. Serve sprinkled with Sansho powder, if desired.
# Baked Snapper

## Ingredients
- 6 tbsp olive oil
- 2 tbsp harissa paste
- 6 spring onions, halved lengthwise, or 8 scallions (left whole)
- 1 pound new potatoes or small potatoes, scrubbed, thinly sliced
- Kosher salt and freshly ground black pepper
- 1 1/2 lb skin-on snapper fillets (3–4)
- lemon wedges (for serving)

## Preparation
1. Place an oven rack in upper third of oven; preheat to 425°. Combine oil and harissa in a small bowl; adjust flavor with more harissa if needed (spiciness and flavor vary from brand to brand).
2. Toss onions and potatoes with half of harissa mixture in a large baking dish; season with salt and pepper, then add ¼ cup water. Roast, tossing once, until potatoes are fork-tender, 20–25 minutes.
3. Meanwhile, score skin side of fillets about 1/4" deep; season with salt and pepper. Rub remaining harissa mixture all over fish, getting into the score marks. Remove onions and potatoes from oven and heat broiler. Place fish skin side up on top of vegetables and broil until onions and potatoes are tender and fish is cooked through and starting to brown on top, 8–10 minutes. Serve fish and vegetables with lemon wedges for squeezing over.

# Superfood Taco Bowl

## Ingredients
### For the Beef
- 1 tbsp apple cider vinegar
- 1.5 tbsp chili powder
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 teaspoon sea salt

### For the Bowls
- 2 cups cooked short grains brown rice
- 1/2 cup hummus
- 2 cups raw kale
- 1 cup sprouts
- 1 cup diced tomatoes
- 1/2 cup salsa

## Preparation
1. First, preheat skillet to medium/high heat. Then, cook ground beef and stir continuously until slightly browned. Add in apple cider vinegar and spices and continue cooking until fully cooked.
2. In bowls, separate out the ground beef into 4 servings. Then add in 1/2 cup cooked brown rice, 2 tablespoons hummus, 1/2 cup raw kale, 1/4 cup sprouts, 1/4 cup diced tomatoes, and 2 tablespoons of salsa to each bowl.
Cajun Garlic Shrimp Pasta

Ingredients

- 3 cloves garlic, crushed
- 3 tbsp grass-fed butter
- 10-20 jumbo shrimps, detailed
- Cajun seasoning
- 1 tsp paprika
- Dash cayenne
- 1/2 tsp Himalayan sea salt
- Dash red pepper flakes
- 1 tsp garlic granules
- 1 tsp onion powder
- 2 large zucchinis, spiralized
- 1 tsp onion powder
- 1 onion, sliced
- 1 tbsp grass-fed butter or coconut oil

Preparation

1. Spiralize your zucchini using a spiralizer or even a mandolin will work, set aside. Combine cajun seasoning in a bowl and toss with shrimp.
2. Heat butter and garlic in a pan. Add in red pepper and onion and sauté for 3-4 minutes. Add in cajun shrimp and let cook until opaque. In a separate pan heat remaining tbsp of butter and lightly sauté zucchini noodles for 3 minutes. Place zucchini noodles in a bowl and top with garlic cajun shrimp and veggie mixture.
3. Taste and add salt and seasoning as desired.

Grilled Fish with Chipotle Avocado Cream

Ingredients

Fish Seasoning:

- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 large tilapia filets

Chipotle Avocado Crema:

- 1/2 cup plain Greek yogurt
- Juice of one lime
- 1 large avocado
- 1 garlic clove
- 1 chipotle pepper {from a can of chipotle peppers in adobo sauce}
- Salt & pepper

Sides (optional)

- 3-4 oz black beans, rinsed & drained

Preparation

1. In a food processor, add plain yogurt, juice of 1 lime, avocado, garlic clove, chipotle pepper, salt and pepper. Blend until smooth. Place in refrigerator. In a small bowl, add fish seasoning ingredients. Mix together. Rinse and pat dry fish filets and season both sides of the fish with the seasoning just made. Next, grill tilapia for 3-5 minutes on the first side and 2-3 on the second. Remove from the grill and set aside. Assemble your bowls, place 3/4 cup of cooked quinoa in a bowl, then add in black beans,
diced tomato, cilantro, tilapia, and then top with Chipotle Avocado Cream.
Turkey Pizza

Ingredients

- 1 tsp olive oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1 3/4 cups canned crushed tomatoes
- 1/8 tsp salt
- 1/8 tsp crushed red pepper
- 1/4 cup chopped fresh parsley
- 2 tbsp chopped fresh basil

Preparation

1. Preheat oven to 400°. Heat olive oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 4 minutes. Stir in tomatoes, salt, and pepper; bring to a boil. Reduce heat; simmer 15 minutes or until thick, stirring occasionally. Stir in parsley and basil. Remove from heat. Cool completely.

2. Place crust on a (12-inch) pizza pan or baking sheet coated with cooking spray. Crimp edges of dough with fingers to form a rim. Spread tomato mixture over crust, leaving a 1/4-inch border. Top with turkey; sprinkle with cheeses. Bake at 400° for 10 minutes or until golden.

Margherita Pizza

Ingredients

- Rustic Crust Organic Pizza Crust 10 oz
- Cooking spray
- 1 tsp extra-virgin olive oil, divided
- 1 garlic clove, halved
- 5 plum tomatoes, thinly sliced (about 3/4 pound)
- 1 cup (4 ounces) shredded fresh mozzarella cheese
- 1/2 cup thinly sliced fresh basil
- 1/8 tsp salt
- 1/8 tsp black pepper

Preparation

1. Preheat oven to 400°. Place crust dough onto a baking sheet coated with cooking spray; pat into a 13” x 11” rectangle. Bake at 400° for 8 minutes. Remove crust from oven, and brush with 1/2 teaspoon oil. Rub crust with cut sides of garlic. Arrange tomato slices on crust, leaving a 1/2” border; sprinkle evenly with cheese. Bake at 400° for 12 minutes or until cheese melts and crust is golden. Combine 1/2 tsp oil and vinegar, stirring with a whisk. Sprinkle pizza evenly with sliced basil, salt, and pepper. Drizzle the vinegar mixture evenly over the pizza. Cut pizza into 8 pieces.
### Shrimp Ceviche

**Ingredients**

- 1 lb peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes, diced
- 1 large yellow onion, diced
- 1 jalapeño pepper, seeded and minced, or to taste
- 2 avocados, diced (optional)
- 2 ribs celery, diced (optional)
- chopped fresh cilantro to taste
- salt and pepper to taste

**Preparation**

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or "cook") for about 10 minutes, or until they turn pink and opaque. Meanwhile, place the plum tomatoes, onion and jalapeño (and avocados and celery, if using) in a large, non-reactive (stainless steel, glass or plastic) bowl.
2. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to the bowl of vegetables. Pour in the remaining lime juice marinade. Add cilantro and salt and pepper to taste. Toss gently to mix.

### Pineapple Chicken Tenders

**Ingredients**

- 1/2 cup pineapple juice
- 2 tbsp raw honey
- 1/3 cup light soy sauce
- 2 pounds chicken breast tenderloins or strips
- skewers

**Preparation**

1. In a small saucepan over medium heat, mix pineapple juice, raw honey, and soy sauce. Remove from heat just before the mixture comes to a boil. Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.
2. Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers. Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear.
3. They cook quickly, so watch them closely.
Orzo Pasta w/Roasted Red Pepper & Grilled Chicken

**Ingredients**

- 3-4 oz grilled chicken
- 3 cups dry whole wheat orzo
- 2 bell peppers, chopped, any color
- 1/2 red onion, chopped
- 1 large cucumber, sliced and halved
- 1 1/2 cups carrots, chopped
- Roasted Red Pepper Dressing
- Salt and pepper to taste (if desired)

**Preparation**

1. Cook orzo per package instructions. While the orzo is cooking, cut up your veggies. After draining the orzo, rinse it with cold water to bring down the temperature. Mix together the orzo, cooked chicken and chopped veggies. Stir in a little of the dressing at a time and add as much as you prefer. Season with salt and pepper if needed. Store in fridge until completely cold.

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Superfood Enchilada - Serves 6

**Ingredients**

- 1/2 lb ground meat (beef, chicken, turkey, or bison)
- 1 1/2 tbsp extra virgin olive oil
- 1 tbsp garlic, minced
- 1 cup sweet potatoes, finely diced
- 1/2 cup red onion, minced
- 1/2 cup black beans
- 1/2 cup northern white beans
- 1 1/2 cups enchilada sauce (I used Trader Joe's Brand)
- salt, to taste
- 1/2 cup cheese
- 2 tbsp fresh cilantro
- 1 avocado, sliced

**Preparation**

1. First, preheat oven to high broil. Then, brown 1/2 pound of ground meat in a 10 inch cast iron skillet. Drain and set aside. Next, heat 1 1/2 tbsp of olive oil in the same cast iron skillet. Add in minced garlic, sweet potato, and red onion and sauté for 7-10 minutes or until the sweet potatoes are almost cooked all the way through. Add black beans, white beans, and enchilada sauce and bring to a slight boil. Take off heat and sprinkle on cheese. Place cast iron skillet in the oven for 1 minute in order to melt the cheese. Remove and top with sliced avocado and fresh cilantro.
Snacks
You may use pre-made store brands of things like hummus, but I’ve also included recipes where you can make things fresh!

### Mixed Fruit

**Ingredients**

- 1 cup of your choice of fruit, it can be one fruit, or a mixture!

### Yogurt Parfait

**Ingredients**

- 1/2 cup fat free Greek yogurt mixed with 1 tbsp Stevia or 1 drop liquid Stevia
- 1/4 cup dry oats
- 1/4 cup fresh organic fruit (blueberries and strawberries are my favorite)

### Hummus with carrots

**Ingredients**

- 1/3 cup Lilly’s Classic Hummus
- 10-15 baby carrots
Avocado Dip with Cucumber or Carrots

Ingredients

- 1 avocado, pitted and peeled
- 1/8 cup fresh lime juice (2-3 limes)
- 1/2 tbsp tahini
- 1/8 cup chopped onion
- 1/8 tsp kosher salt
- 1/8 tsp fresh pepper

Preparation

1. Combine all in a food processor; process until smooth (about 30 seconds).
2. Transfer to serving dish. (To make up to 6 hours ahead, set aside 1 tbsp lime juice; drizzle over surface and cover with plastic wrap. Refrigerate.)
3. Garnish with fresh pepper.

Raw Veggies & Raw Fat-Free Ranch Dressing

Ingredients

- 3 medium zucchini, peeled
- 2 tbsp lemon juice
- 1 tsp sweetener of choice
- 1/2 clove garlic (optional)
- 1/2 tsp onion powder
- 1 tsp salt (optional)
- Pinch of black pepper
- 1 tsp each of fresh dill, parsley, and chives (or any combination thereof)

Preparation

1. Blend everything together except the fresh herbs. Let it run on high for a bit so it is really creamy and smooth.
2. Add the fresh herbs and pulse to mix them in without turning everything green. Pour over top of a salad or use as a dip for carrots or other veggies.
3. It will last for 4-5 days in the refrigerator.
Crunchy Jicama Salsa & Shrimp

Ingredients

- 3/4 cup diced, peeled jicama
- 1/2 cup chopped red bell pepper
- 2 tbsp chopped red onion
- 1 minced garlic clove
- 2 tbsp chopped fresh cilantro
- 2 tbsp fresh lime juice
- baked blue corn chips (Garden of Eatin’) optional

Preparation

1. Combine 3/4 cup diced peeled jicama, 1/2 cup chopped red bell pepper, 2 tbsp chopped red onion, 1 minced garlic clove, 2 tbsp chopped fresh cilantro, and 2 tbsp fresh lime juice in a medium bowl.

Apple Cinnamon Chia Seed

Ingredients

- 2 cups unsweetened non-dairy milk
- 1/2 tsp vanilla extract
- 2/3 cup chia seeds
- 2 tbsp unsweetened coconut flakes
- 2 apple, cored and chopped
- 2 tsp cinnamon

Preparation

1. For warm Chia seed pudding, place milk and vanilla extract into a saucepan, and warm over low heat for 2 to 3 minutes. The milk does not have to be boiling hot, just warm enough for your taste. Add Chia seeds to a cereal bowl. When the milk is warm, add the milk to bowl of Chia seeds. Stir continuously for about 2 minutes while the Chia seeds absorb the milk. Allow the mixture to sit for 2 to 3 minutes. Top with coconut flakes, apple slices, and cinnamon.

Note: If you do NOT want warm Chia seed pudding, simply add the milk to bowl of Chia seeds. Stir until the Chia seeds have absorbed the milk (about 3 to 5 minutes). Then top with coconut flakes, apples, and cinnamon.
Superfood Energy Trail Mix 1

Find trail mix in your bulk section or create your own ingredients

**Ingredients**

- 1/2 cup almonds, whole
- 1/2 cup walnuts, halved
- 1/2 cup pistachios nuts, whole
- 1/4 cup brazil nuts, whole
- 1/2 cup goji berries
- 1/2 cup dried blueberries
- 1/4 cup roasted coconut chips
- 1/4-1/2 c dark chocolate chunks {or cacao nibs}

Superfood Trail Mix 2

**Ingredients**

- Fall Flavors: pecans, dried apples, maple granola, pumpkin seeds, nutmeg, cinnamon.

Spicy Trail Mix

**Ingredients**

- Savory Seeds: almonds, pumpkin seeds, sunflower seeds, garlic powder, onion powder, cayenne pepper.
### White Bean & Herb Hummus

**Ingredients**

- 1/4 cup canned white beans, rinsed and drained
- 1 tbsp chopped chives
- 1 tbsp lemon juice
- 2 tsp olive oil
- assorted raw vegetables, such as chopped broccoli florets, sliced green and red peppers, and baby carrots

**Preparation**

1. Combine beans, chives, lemon juice, and oil in a small bowl. Mash with a fork until smooth. Serve with 1/2 cup raw vegetables, such as cucumbers, carrots, sugar snap peas, bell peppers, broccoli, and grape tomatoes.

### Sweet Potato Hummus

**Ingredients**

- 1 lb sweet potatoes, peeled and cut into 1” pieces
- 1 can (19.5 oz) chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice (from 1 lemon)
- 1/4 cup tahini
- 2 tbsp olive oil
- 2 tsp ground cumin
- 1 garlic clove, chopped
- coarse salt and ground pepper
- Ezekiel Whole Grain Pocket Bread or carrots

**Preparation**

1. Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week.
3. Serve with Ezekiel Whole Grain Pocket Bread or carrots
Chia Crispbreads

**Ingredients**

- 1/2 cup mixed seeds (sunflower, pumpkin, sesame, etc)
- 1/4 cup Chia seeds
- 2 tbsp flax seeds
- 1/4 cup rolled oats
- 1/4 cup wholegrain flour
- 3/4 tsp sea salt
- 1 cup water
- 2 tbsp olive oil

**Preparation**

1. Preheat oven to 300 degrees. Combine all dry ingredients in a bowl and mix well. In a measuring cup, mix water and oil.
2. Add to dry ingredients and mix until well combined. Let the batter stand for 30 minutes, so the Chia seeds can absorb moisture and the mixture becomes a thick dough. Between two sheets of parchment paper, roll out the dough evenly and as thin as possible, to 1/8 inch thickness (or less if you can). Carefully remove top baking paper. With a knife, cut the dough into desired shapes. Transfer onto baking sheet (with bottom parchment paper). Place in preheated oven and bake for 30-40 minutes until golden brown and crisp.
3. Let cool for 5 minutes before breaking them up at pre-cut edges.

No-Bake Cinnamon Nut Granola Bars (vegan)

**Ingredients**

- 1 1/4 cup oats
- 1/2 cup puffed kumat or quinoa
- 1/4 cup whole wheat flour
- 1/4 cup chopped walnuts
- 2 tbsp natural almond butter
- 1/4 cup flax
- 1 tsp cinnamon
- dash nutmeg
- 1 tsp vanilla extract
- 2 tbsp applesauce
- 1/4 cup honey
- 1 tsp molasses

**Preparation**

1. In a mixing bowl, combine the first 4 ingredients and mix. Add everything else and mix well. Press into an 8 by 8 baking dish. Freeze for 30 minutes or until set. Cut into slices and store in an airtight container in the refrigerator until ready to use.
Cinnamon Kale Chips

Ingredients
- 2 cups washed and cut kale leaves
- 2-3 tbsp grapeseed oil
- 2 tbsp cinnamon
- 2 tbsp coconut sugar
- dash salt

Preparation
1. Preheat your oven to 400 degrees. Spread out the kale leaves on a parchment lined baking sheet. Drizzle with the oil and sprinkle the other ingredients evenly over the kale leaves. Lightly mix with your hands to evenly cover the chips. Roast the kale leaves for 8-14 minutes, stirring halfway through baking time to evenly bake chips.

Brussels Sprout Chips

Ingredients
- 1 lb Brussels sprouts
- 1-2 tbsp extra-virgin olive oil
- kosher salt
- freshly ground black pepper
- 1/4 cup finely grated Parmesan, plus more for serving (optional)

Preparation
1. Preheat oven to 400 degrees.
2. Cut off the stem end of each Brussels sprout. Using your hands, pick off as many leaves from the bud as you can.
3. The tough outer leaves should fall off naturally. Transfer leaves to a large rimmed baking sheet. Toss with olive oil until each piece is evenly coated on both sides.
5. Bake for 10-12 minutes, until the Brussels sprouts are crispy and have darkened. (They'll continue to crisp as they cool.) Sprinkle with more Parmesan, if desired.
6. Cool for at least 10 minutes before serving.
Zucchini Parmesan Chips

Ingredients

- 2 lb zucchini, thinly sliced
- 1 1/2 cup freshly grated Parmesan
- coarse salt

Preparation

1. Preheat oven to 425 degrees and line two baking sheets with parchment paper. Arrange zucchini slices on baking sheets and top each with a generous amount of Parmesan. Season with salt. Bake until deeply golden and crisp, about 20 to 25 minutes. Serve hot.

Honey Cinnamon Almonds

Ingredients

- 1 cup unsalted almonds
- 5 tbsp honey
- 2 tbsp coconut oil
- dash salt
- 2 tsp cinnamon

Preparation

1. Mix everything in a small bowl. Spread the mixture out on a parchment lined baking sheet. It will be sticky and clumpy but will be the perfect texture when baked. Broil on low for 3 minutes. Stir and broil for another 2-4 minutes, until almonds are bubbly and lightly browned and the honey has caramelized. Allow to cool for at least 5 minutes before enjoying!
### Dark Chocolate Oat Clusters

**Ingredients**
- 2 tbsp peanut butter
- 2 tbsp 1% low-fat milk
- 1/4 cup semisweet chocolate chips (raw cacao bar)
- 3/4 cup old-fashioned rolled oats

**Preparation**
1. Heat peanut butter, milk, and chocolate chips in a saucepan over low heat 3 minutes or until chips melt. Stir in oats. Remove from heat. With a spoon, small ice cream scoop, or melon baller, drop 8 ball-shaped portions on a wax paper-lined baking sheet. Let set in fridge 10 minutes.

### Avocado Dip

**Ingredients**
- 2 avocados, pitted and peeled
- 1/4 cup fresh lime juice (2-3 limes)
- 1 tbsp tahini
- 1/4 cup chopped onion
- 1/4 tsp kosher salt
- 1/4 tsp fresh pepper

**Preparation**
1. Combine all in a food processor; process until smooth (about 30 seconds). Transfer to serving dish. (To make up to 6 hours ahead, set aside 1 tbsp lime juice; drizzle over surface and cover with plastic wrap. Refrigerate.) Garnish with fresh pepper.
Red Lentil Hummus

Ingredients

- 1 cup red lentils, rinsed
- 1/2 tsp sea salt, plus more for finishing
- 1/4 cup tahini
- 1/2 garlic clove, smashed
- 3 tbsp olive oil
- Juice of 1/2 lemon
- 1 tsp red-wine vinegar
- 1/4 tsp coriander
- 1 tbsp extra-virgin olive oil for drizzling
- pinch sweet paprika
- 1 1/2 tbsp minced parsley
- Greek yogurt, optional

Preparation

1. Place lentils in a 2-quart pot; cover with 2 cups water. Boil, then reduce heat and simmer until tender (about 20 minutes). Combine lentils, salt, tahini, garlic, olive oil, lemon juice, vinegar, and coriander in a food processor and blend until smooth. To serve: Spoon hummus into a shallow bowl. Drizzle with olive oil. Sprinkle with paprika and parsley. Top with Greek yogurt if desired.
Desserts
Add 1 tsp of Athletic Greens to desserts!

Cinnamon Applesauce with Flax & Honey

**Ingredients**
- 1/2 cup Unsweetened Applesauce
- 1 tsp cinnamon
- 1 tbsp raw honey
- 1 tbsp ground flax

**Preparation**
1. Mix everything together and enjoy!

Chocolate Waffles

**Ingredients**
- 1 cup white spelt flour
- 1/4 cup cacao powder
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/8 tsp cinnamon
- 6 tbsp honey
- 1 cup milk
- 1/3 cup grapeseed oil
- 1 large egg
- 1 1/2 tsp pure vanilla extract
- 1/2 cup sugar free chocolate chips or chunks

**Preparation**
1. In a small mixing bowl, whisk together the dry ingredients. In a separate bowl, combine the wet ingredients and whisk until well combined.
2. Add the wet to the dry, add chocolate and stir until just combined. Be sure not to over mix the batter. Cook in a preheated waffle iron.
3. Top with your favorite ice cream and/or more chocolate!
No-Bake Cookie Dough

**Ingredients**

**Graham Cracker Crust:**
- 1 row of Midel Sugar Free Graham Crackers (about 1 cup when in crumbs)
- 1/3 cup oats
- 4 tbsp Earth Balance Butter, softened
- 3 tbsp maple syrup

**Cheesecake Filling:**
- 8 oz vegan cream cheese of choice, at room temperature
- 1/2 cup Xylitol
- 1 tsp pure vanilla extract
- 1 tbsp white spelt flour

**Cookie Dough:**
- 2 tbsp of Cheesecake Filling, recipe above
- 4 tbsp Earth Balance Butter, softened
- 1/3 cup coconut sugar
- 1 tbsp maple syrup
- 1/2 tsp pink salt
- 1/2 tsp pure vanilla extract
- 3/4 cup white spelt flour
- heaping 1/3 cup sugar free chocolate chips or chunks

**Preparation**

1. Line a 8” x 8” baking dish with parchment paper and set aside. In a food processor or blender, combine the oats with graham crackers.

2. Mix until crumbly. Pour into a small mixing bowl and combine 1/4 cup butter and 3 tbsp maple syrup. Mix until moist and well combined. If it is still a little dry and is not holding together at all, add a bit more maple syrup. Wet your hands and gently press the mixture at the bottom of the prepared pan. Place in the freezer for 10 minutes. Meanwhile, begin on the cheesecake filling. Empty the crumbs of the crust out of the food processor and add the Xylitol. Process the Xylitol until powdery. Add the soft cream cheese, 1 tsp vanilla and flour. Mix until creamy and delicious. Remove crust from freezer and spread the cream cheese filling over the crust, reserving 2 tbsp for the cookie dough.

3. Return to the freezer for another 10 minutes. Add the 2 tbsp cream cheese filling with butter and coconut sugar and mix well to combine. Add the rest of the ingredients and mix well. Spread the cookie dough over the cream cheese filling and return the pan to the fridge to set for 30 minutes. The bars will firm up the longer they sit in the fridge so if you like softer cheesecake, you can remove from the fridge at 20 minutes or so.

4. Cut into squares. Keep any leftovers in the fridge. The smaller the chocolate chips, the better. Large chilled chocolate pieces can be hard to eat and they make the cutting process harder since the rest of the bars are pretty soft.
Healthy Sugar Cookies

Ingredients

- 3 tbsp butter (Earth Balance or coconut oil)
- 1/3 cup raw honey
- 1 large organic egg, room temperature
- 1 tsp vanilla extract
- 1 tsp Stevia extract
- 2 tbsp cornstarch
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1 1/2 cups oat or spelt flour, plus more rolling and cutting shapes
- 3 tbsp Xylitol or Erythritol, or Stevia for sprinkling

Preparation

1. In the bowl of an electric mixer, beat the butter and honey together until it becomes blended into a golden caramel color. Add the egg and beat until combined. You will probably need to scrape the bowl once or twice to fully incorporate. Mix in the extracts. Add the cornstarch, baking powder, and salt.

2. Add the flour and mix until the dough becomes smooth and pliable, being careful to not over mix. The dough should be soft and moist, but if it is overly sticky, add an extra tbsp or two of flour. Cover the dough and chill in the fridge for 10 minutes. Preheat the oven to 350 degrees. On a well-floured clean work surface, roll out the dough about 1/4" thick. Cut into desired shapes. Place on a parchment lined baking sheet.

3. Bake at 350 degrees for 7-10 minutes. Watch the cookies at 6-7 minutes to ensure cookies do not burn, especially small cookies or irregular shapes. You can bake cookies the full 10 minutes for crisper sugar cookies.

4. Once out of the oven, immediately sprinkle cookies with the Xylitol or Erythritol and place back in the oven for about 15 seconds to ensure Xylitol sticks. Enjoy! Store cookies in an airtight container. The honey in these cookies keeps them moist for days!
# Mini Vegan Chocolate Cakes

## Ingredients

### Cupcakes:
- 1 1/3 cup white spelt flour
- 2/3 cup cacao powder
- 1/4 Erythritol or Xylitol
- 1/2 coconut sugar
- 1/2 tsp sea salt
- 1 1/2 tsp baking soda
- 4 tsp baking powder
- 2 2/3 cups almond milk, at room temperature
- 6 tbsp coconut oil, melted
- 4 tsp vanilla extract
- 2 tsp Stevia extract
- 1 tbsp apple cider vinegar

### Filling:
- sliced strawberries, raspberries, blueberries
- 2 cans full-fat coconut whipped cream, chilled
- 1/2 cup powdered Xylitol or Erythritol
- 1 tsp vanilla extract
- 1 tsp Stevia extract or to taste

## Preparation

1. Pre-heat oven to 350 degrees. Generously grease a muffin pan with oil or line pan with liners and lightly grease liners. Cupcakes will stick to paper if not greased.

2. Mix the first 4 ingredients together into a large bowl. Add the baking soda, baking powder and salt. In a separate bowl, combine the melted coconut milk, almond milk, vanilla, and Stevia. Make sure the almond milk is at room temperature so it doesn't freeze the coconut oil. Add the dry to wet and mix just combined.

3. Add the apple cider vinegar last and mix one last time. Fill greased muffins tins almost all the way full. Bake the cakes for 18-22 minutes. Allow to cool before cutting into. While the cupcakes bake, separate the thick white cream from the top of the coconut cream cans and place in the bowl of a stand mixer or large mixing bowl.

4. Add the Xylitol or Erythritol, vanilla, and Stevia extract. Beat until smooth and creamy. If the cream is a little runnier than you'd like, you can add a tbsp of flour to stiffen the cream up a bit. Place the cream in the fridge until you are ready to assemble the cakes. When cupcakes are cooled, slice through the center of the cakes. Slather 2 tbsp or so of coconut cream on one half and top with berries.

5. Top with the top half of the cake. Sprinkle with additional Xylitol or Erythritol and serve.
Vegan Meringue Cream

Can be used for any dessert

Ingredients

- 1 can chickpeas or white beans, beans separated from liquid
- 3 tbsp Agave
- 2 tbsp organic corn starch
- 1 tsp Stevia extract
- 1 tbsp vanilla extract

Preparation

1. Add the chickpea liquid to the bowl of an electric mixer fitted with the whisk attachment. Add the other ingredients and mix on high speed. Whip at least 9-10 minutes until stiff peaks form. The cream will begin to separate after a few hours, so it is best to enjoy it soon after preparation. Store leftovers in the fridge. When stored in the fridge, the mixture will lose the air and become a bubbly liquid, but whipping it again on high speed will return it to a fluffy cream.
2. Enjoy it on cakes or cookies, fresh fruit or your favorite dessert.

Vegan Chocolate Pudding

Ingredients

- 1 large ripe avocado
- 1 tbsp cashew or sunflower seed butter
- 1/2 cup Agave or maple syrup
- 1/3 cup almond milk
- 1/2 cup cacao powder
- 1 1/2 tsp vanilla extract
- 1 tsp Stevia extract
- dash salt

Preparation

1. In a blender or food processor, combine the ripe avocado, butter, sweetener and milk until smooth. Add the cacao. Mix in the vanilla and salt and continue mixing until all ingredients are well combined and you have a perfectly creamy pudding. Top with berries or chocolate chips if desired.
Snickerdoodle Cookies

Serves 18 cookies

Ingredients

- 1/3 cup Earth Balance or organic butter, softened
- 1 tbsp cashew butter
- 3 tbsp Xylitol or Erythritol
- 1/3 cup maple sugar or powdered honey (powdered honey will create a softer cookie)
- 1 tsp pure vanilla extract
- 1 large egg
- 2 tsp cream of tarter
- 1 tsp baking soda
- 1 tsp organic cornstarch
- 1 cup plus 6 tbsp oat flour or white spelt flour

Coating:

- 3 tbsp Xylitol
- 2 tsp cinnamon

Preparation

1. Pre-heat oven to 325. Line cookie sheets with parchment paper. Cream together the butters and sweeteners until smooth. Add the vanilla and egg.
2. Mix in the rest of the ingredients.
3. Roll scant tbsp sized balls in the Xylitol and cinnamon mixture. Place coated dough balls on a parchment lined baking sheet.
4. Bake at 325 for 8-9 minutes or until cookies have puffed up and edges are browning. The cookies will look under baked when done so please do not cook for longer than 9 minutes.
5. Allow to cool for a few minutes before enjoying.
6. Store cookies in an airtight container at room temperature.
Berry Cake

Ingredients
- 1 cup walnuts
- 6 dates, chopped
- 1 tbsp coconut oil
- 1/8 tsp salt
- 1/2 cube berries, 1/2 cup strawberries and blueberries (or any berries you have even frozen is good)
- 1 cup Greek yogurt
- 1/4 tsp ground Cardamom
- 3 tbsp honey

Preparation
1. Combine walnuts, dates, coconut oil, and salt in a food processor. Blend until it looks similar to a couscous and they come together. Press it in each individual tins and place in the refrigerator while making the filling. Mash the berries. In a medium bowl, combine yogurt, cardamom, agave, and mashed berries until well incorporated. Pour the batter in the chilled crust and place in the freezer for 30-45 minutes, any longer and it will turn out to be a popsicle. You want it to be firm enough to have the consistency of a mousse. Use additional strawberries and blueberries for topping the dessert.

Blueberry Lemon Cookies

Serves 24 cookies

Ingredients
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3/4 cup plain nonfat Greek yogurt
- 1/2 cup sugar
- 1 egg white
- 1/2 tsp vanilla
- 1 tsp lemon zest (about 2 small or 1 medium lemon)
- 1/2 cup blueberries

Preparation
1. Preheat the oven to 375°, and line two baking sheets with parchment paper. In a medium bowl, whisk together the flour, baking powder, and salt. In a separate bowl, stir together the yogurt and sugar. Add in the egg white, vanilla, and lemon zest, mixing well. Add in the flour mixture, stirring just until incorporated. Gently fold in the blueberries. NOTE: At this point, if the dough is too sticky to work with, refrigerate for 20-30 minutes until slightly firmer. You won’t be able to shape or roll the dough out though! Using two spoons, drop a spoonful of dough onto the prepared sheets, repeating with the remaining dough. Bake at 375° for 12-14 minutes, or until firm. Cool on the pan for 5 min before turning out onto a wire rack to cool completely.
Candy Apple Chocolate Nut

Ingredients

- ¼ cup lemon juice or apple cider vinegar
- 2 medium apples, washed (I used Granny Smith because I like their tart flavor)
- 3 oz good-quality dark chocolate, chopped
- 2 tbsp toasted walnuts, chopped

Preparation

1. Add the lemon juice or vinegar to a medium bowl and fill the bowl 2/3 full with cold water; set aside for now.
2. Core and quarter the apples; cut each quarter into 2 wedges so you end up with 8 wedges from each apple.
3. Transfer the apple wedges to the lemon juice/water mixture to soak while you melt the chocolate and prepare the walnuts.
4. Meanwhile, melt the chocolate in a double boiler or microwave until smooth. Finely chop the walnuts and place them in a small dish.
5. Line a baking tray with wax paper and have it ready to place the apple wedges on.
6. Drain the apple wedges, and pat them dry with paper towels. Working with 1 apple wedge at a time, dip it in the chocolate (or drizzle the chocolate on top), and then sprinkle on some walnut.
7. Place the wedge onto the prepared tray. Continue this way until all the apple wedges are coated. Transfer the tray to the fridge so the chocolate can harden; serve.
8. I like to serve these within a couple hours of making them to help keep the apples from oxidizing.
## Snickerdoodle Cookies

**Serves 18 cookies**

### Ingredients

- 1/3 cup Earth Balance butter or organic butter, softened
- 1 tbsp cashew butter
- 3 tbsp Xylitol or Erythritol
- 1/3 cup maple sugar or powdered honey (powdered honey will create a softer cookie)
- 1 tsp pure vanilla extract
- 1 large egg
- 2 tsp cream of tarter
- 1 tsp baking soda
- 1 tsp organic cornstarch
- 1 cup plus 6 tbsp oat flour or white spelt flour

### Coating:

- 3 tbsp Xylitol
- 2 tsp cinnamon

### Preparation

1. Pre-heat oven to 325. Line cookie sheets with parchment paper. Cream together the butters and sweeteners until smooth. Add the vanilla and egg. Mix in the rest of the ingredients. Roll scant tablespoon sized balls in the Xylitol and cinnamon mixture. Place coated dough balls on a parchment lined baking sheet. Bake at 325 for 8-9 minutes or until cookies have puffed up and edges are browning. The cookies will look under baked when done so please do not cook for longer than 9 minutes. Allow to cool for a few minutes before enjoying. Store cookies in an airtight container at room temperature.
Healthy Carrot Cake Muffins

Serves 18 muffins

Ingredients

- 3/4 cup plain flour
- 1/2 cup wholemeal flour
- 2/3 cup dark brown sugar
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda
- pinch fine salt
- 2 large eggs
- 1/3 cup vegetable oil
- 1 tbsp pure vanilla extract
- 4 medium carrots, grated
- 1/2 cup tinned pineapple, crushed and drained

Preparation

1. Preheat the oven to 350 degrees.
2. Line twelve 1/2-cup muffin cups with paper muffinliners.
3. Whisk the flours with the brown sugar, wheat germ, cinnamon, baking powder, baking soda, and salt in a medium bowl. In another medium bowl lightly whisk the egg, then whisk in the vegetable oil and vanilla extract.
4. Quickly and lightly fold the wet ingredients into the dry ingredients with a rubber spatula. Stir in the carrots and pineapple just until evenly moist; the batter will be very thick.
5. Divide the batter evenly among the muffin cups. Bake until golden and a toothpick inserted in the centers comes out clean, about 30 minutes.
6. Turn muffins out of the tins and cool on a rack. Serve warm.
Once again thank you for trusting me and allowing me to serve you as part of my mission!

I am so glad I can share my knowledge with you and the world. I want to make an impact on the weight loss industry by spreading my passion and knowledge to the masses!

Everyone deserves to be healthy and fit and have the body of their dreams!

Love,

Jennifer