

FAT LOSS WITH VIBRANCE: TASTY FAT LOSS RECIPES

Tex Mex Scramble



Ingredients

- 1 tsp coconut oil
- 1 cup egg whites
- 1/2 tsp cumin
- 1/2 tsp chili powder (or ground chipotle for a smoky flair)
- 1/4 tsp sea salt
- 1 Tbs water
- 1/4 red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional – remove seeds for less heat)
- 12 oz leftover chicken breasts, cooked and chopped
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped

Instructions

1. Heat coconut oil in a medium skillet over medium-high heat.
2. Meanwhile, break eggs into a small bowl. Add cumin, chili powder, sea salt, and water. Scramble with a fork until fully combined.
3. Add onions, bell peppers, and jalapeno to the hot skillet. Saute 3-5 minutes, or until slightly softened.
4. Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
5. Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

Serves 2

Gingered Spring Greens

This recipe is a wonderful choice for spring or winter – dandelion greens are a great spring green, rich in highly absorbable calcium as well as iron. To make this recipe in fall or winter, substitute a heavier green like collards or kale!

- 1 bunch (about 1 pound) of dandelion greens
- 1/2 tbsp. olive oil
- 2 shallots, thinly sliced
- 2 cloves garlic, minced
- 3 oz. fresh shiitake mushrooms, sliced
- 2 tsp. minced fresh ginger
- 1 tbsp. tamari or soy-free coconut aminos
- Juice of 1/2 lemon (optional)

1) Wash greens and remove the tough, fibrous stem bottoms. Coarsely chop. Bring a pot of water to a boil, and blanch greens for about 1 min. Drain in a colander and run cold water over them to cease cooking.

2) Heat oil in a skillet over medium heat and saute shallot until soft, then add garlic and mushrooms, cooking about 4 min. more.

3) Stir in greens, ginger, and tamari. Cook 3 additional minutes, then remove from heat.

4) Toss with optional lemon juice before serving.

Holiday Recipe: Baked Apples with Maple, Walnuts and Cherries

This dessert is a great way to satisfy your sweet tooth at the end of a meal without ruining your waistline! Try it without sweetener if you tend to be very carbohydrate sensitive.

Serves 4

- 4 fuji apples, cored within 1/2" of the base
- 2 tbsp. sucanat or xylitol
- 2 tsp. molasses
- 1/3 cup dried tart cherries
- 3 tbsp. chopped walnuts
- 1 tbsp. pastured butter
- zest of one lemon
- 1 cup apple juice



- 1) Preheat oven to 425 degrees.
- 2) If needed, slice a little off the bottom of the apple so it will stand. Place apples in a 9 inch glass pie plate.
- 3) In a small mixing bowl, mix xylitol, molasses, cherries, walnuts, butter, and lemon zest.
- 4) Stuff apples with mixture, overloading extra over the top.
- 5) Place apple juice at the bottom of the pie plate.
- 6) Bake apples for 20 minutes, basting with juice.
- 7) Cover and bake until tender, about 15 min. more. Serve warm.

Recipe: Nori Wrapped Salmon

Wild Pacific Salmon is rich in omega 3 fats *and* free-radical fighting carotenoids, making this dish one of the healthiest protein sources available. When choosing salmon, always go wild caught – preferably Alaska, as it is swimming in the cleanest waters. Farmed salmon is fed pesticide laden, food dyed pellets and is not an environmentally friendly or healthy choice. Due to their diet, they lack fewer omega-3 fats than their wild counterparts, and their pale pink color comes from the food dye in their fish chow. (MmMmm, tasty!) This recipe is an excellent meal during spring and fall – when it’s cool enough that you want a heartier meal but warm enough you don’t want something too heavy. Serve with steamed bok choy or salad in springtime and Asian style root veggies in the fall.

Serves 4

- 4 Wild Salmon fillets (8 oz each)
- 2 tbsp. Dijon mustard
- 1 tsp powdered wasabi
- Furikake to taste (a Japanese seasoning found in Asian markets – look for one without MSG)
- 4 sheets nori seaweed



- 1) Preheat oven to 450.
- 2) Mix mustard and wasabi powder together and spread on nori. Sprinkle the salmon with salt, pepper, and furikake.
- 3) Place salmon face down in the middle of the nori sheet and wrap like a package so that fish is fully covered. The nori will stick to itself and the fish.
- 4) Place wrapped fish in a slightly oiled baking dish.
- 5) The general rule for fish is to cook it 10 minutes for each inch of thickness. The nori will lightly flavor the fish and seal in the juices.

Recipe: Aimee's Easy Mashed Cauliflower



Mashed cauliflower is a fantastic alternative to mashed potatoes for those avoiding nightshades or high glycemic potatoes. Surprisingly, these do not taste strongly of cauliflower; rather they pick up the subtle buttery notes and allow spices such as cracked peppercorn and garlic to shine through. Use the recipe below as a baseline and feel free to experiment by adding roasted garlic, basil and sun dried tomatoes, rosemary, dill, or other favorite spices to liven things up!

- 2 heads cauliflower
 - 1 qt. vegetable broth
 - 1 tbsp butter or olive oil
 - sea salt and freshly ground pepper to taste
- 1) Tear florets from the cauliflower head and add to a large stock pot. Cover with broth, bring to a boil and steam until very tender – about 15 minutes.
 - 2) Transfer florets into Vitamix (this makes them super creamy!) or a food processor.
 - 3) Add butter or oil, salt and pepper, and any spices you wish to use.
 - 4) Puree on high for 30 seconds – 2 minutes until smooth.
 - 5) Transfer to a warmed ceramic dish and serve.
- Makes about 7 cups.

Recipe: Baked Italian Chicken with Arugula

This recipe was adapted from [Tosca Reno's Eat Clean Diet](#).

The kalamata olives and balsamic vinegar in this recipe offer depth and richness to a very light and satisfying dish. This can be served in either summer or winter, paired with a salad and a small amount of rosemary quinoa pilaf or roasted potatoes.

Serves 4



- 1 pound boneless, skinless chicken breasts or thighs
- salt, pepper, and olive oil to taste
- 2 cups arugula leaves, torn
- 2 tsp fresh sage leaves
- 1 tbsp. dried Italian seasoning
- 4 plum tomatoes, chopped (about 2 cups)
- 1/4 cup kalamata olives, diced
- Balsamic vinegar
- 4 stalks asparagus, chopped (optional)

- 1) Preheat oven to 450 degrees.
- 2) Lightly rub olive oil on the bottom of a small baking dish.
- 3) Gently massage a touch of olive oil onto the chicken pieces, then sprinkle with salt and pepper.
- 4) Line the baking dish with arugula leaves and top with chicken. Sprinkle sage leaves, Italian seasoning, tomatoes, olives and asparagus atop chicken and lightly sprinkle with vinegar.
- 5) Cover with parchment paper and foil and bake for 20 minutes.
- 6) Let rest 10 minutes before serving to seal in juices and keep chicken moist.

RECIPE: Luscious Tomato Basil Dressing

- 1/4 cup cider vinegar
- 1/4 cup balsamic vinegar
- 4 cloves garlic
- 6 tbsp. fresh basil
- 6 sun dried tomato halves
- 2 tsp. Dijon mustard
- 2 tsp. soy sauce or tamari
- 1 tsp. oregano
- 1 tsp. tarragon
- 1 tsp 100% pure maple syrup
- 2 splashes Tabasco or other hot sauce
- 1/2 cup tomato juice
- 1/2 cup flax oil

- 1) Soak tomato halves in boiling water to soften. Drain.
- 2) In Vitamix or food processor, combine vinegar, garlic, basil, mustard, tarragon, oregano, tamari, maple syrup, Tabasco, and tomato juice.
- 3) Blend until smooth.
- 4) Slowly add oil in a steady continuous stream.
- 5) Store in a sealed container in the fridge to protect delicate Omega-3's in flax oil.