

# MY *Bikini* Belly



**Bikini Belly Diet**

**Bikini Belly Blast Cookbook**

# Pumpkin Pie Smoothie

## Ingredients

- 2 Scoops low carb vanilla protein powder (25 - 30g.)
- 1 cup unsweetened almond milk
- 1/2 cup pumpkin puree
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 packet stevia
- 5 ice cubes

## Directions

Put all ingredients in blender, add ice last. Blend on high for 30 seconds or until completely blended and thickened.

# Chocolate Peanut Butter Smoothie

## Ingredients

- 2 Scoops low carb vanilla protein powder (25 - 30g.)
- 1 cup unsweetened chocolate almond milk
- 1/3 cup egg whites (pasteurized)
- 2 tbsp flaxseed meal
- 1 tbsp almond butter
- 1 packet stevia
- 5 ice cubes

## Directions

Put all ingredients in blender, add ice last. Blend on high for 30 seconds or until completely blended and thickened.

# Sausage & Egg Muffins

## Ingredients (Makes 6 muffins)

6 large eggs

4 oz. ground beef (90% lean)

1 cup red bell pepper, chopped

1 tbsp. coconut oil

3 strips of bacon, chopped

Dash of salt and pepper to taste

## Directions

1. Preheat oven to 350 degrees.
2. Grease each muffin tip with coconut oil
3. Cook the ground meat (or sausage) and bacon in a pan.
4. In a bowl beat the eggs, then add the meat, bacon, and vegetable of choice.
5. Spoon into silicone cups and cook for 18-20 minutes

# Bruschetta Eggs

## Ingredients

- 3 whole eggs
- 1 whole tomato diced
- 2 tbsp. finely diced red onion
- 1 roughly chopped tbsp. fresh basil
- 2 tsp. balsamic vinegar
- Salt and pepper to taste
- Hot pepper sauce if desired

## Directions

1. Lightly grease frying pan with coconut oil and bring to a medium heat.
2. Add the onions and tomatoes and let them cook for a minute or two until softened.
3. Whisk the eggs, basil, balsamic vinegar, hot pepper sauce and salt and pepper in a bowl.
4. Add the egg mix to the tomatoes and onion and keep stirring until all cooked through. Serve and enjoy!

# Eggs Benedict

## Ingredients

- 1 medium tomato(es)
- 2 Eggs
- 1/2 large avocado
- 2 slices bacon
- 1/2 fresh lemon
- 3 tablespoon(s) water
- black pepper to taste

## Directions

1. Cook bacon, pat dry and crumble
2. Slice tomato in 1/4 inch slices
3. Add half avocado, lemon juice, clove garlic, and water to food processor. Blend until smooth.
4. Poach two eggs.
5. Place egg on top of tomato, sprinkle with cracked pepper, add avocado sauce and sprinkle with bacon.

# Caramelized Onion Frittata

## Ingredients (Makes 1 Serving)

2 Eggs  
3 oz. lean turkey sausage  
1/2 White onion  
Salt  
Pepper

## Directions

1. Preheat oven to 350F. Whisk eggs and thinly slice the onions. Cook italian sausage in a large skillet over medium heat until cooked through. Use a wooden spoon to break up the sausage while it cooks.
2. Lightly grease a glass baking dish with coconut oil. Place your turkey sausage in the dish. While pan is still hot and over medium heat, add your sliced onions to the turkey sausage grease and cook for about 8-10 minutes, continuously stirring onions to prevent burning.
3. While the onions are caramelizing, mix in your eggs with the sausage in your baking dish. Once your onions are caramelized, place the onions on top throughout the baking dish, covering all the eggs and sausage.
4. Bake for 10-13 minutes or until your eggs are completely cooked through in the middle.

# Pesto Scrambled Eggs

## Ingredients (Makes 1 Serving)

2 Cage free eggs  
1 tbsp. coconut oil  
1 tbsp. Basil Pesto  
Salt  
Pepper

## Directions

1. Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two.
2. About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
3. Once the eggs are no longer runny, they are done.

# Breakfast Sandwich

## Ingredients

- 2 Eggs, beaten
- 1 Turkey sausage patty
- 1 slice havarti cheese
- 1 Food for life sprouted grain english muffin

## Directions

1. Cook eggs as an omelet.
2. Cook Turkey sausage as directed on box.
3. Toast English muffin.
4. Place egg, sausage, and cheese on english muffin.

# Sausage And Cheese "Muffins"

## Ingredients (Makes 2 servings)

4 ounces turkey sausage or crumbled turkey bacon

5 large eggs

1/2 cup (2-oz.) shredded cheddar cheese

1/2 green bell pepper, chopped

1/4 onion, chopped

1 can (12-oz.) sliced mushrooms, drained

## Directions

1. Preheat the oven to 350°F. Coat a 6-cup nonstick muffin pan with coconut oil, or line with paper baking cups.
2. In a medium nonstick skillet over medium-high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink.
3. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese.
4. Bake for 20 minutes or until the egg is set.

# Almond Chicken Salad

## Ingredients

- 1 1/2 cups diced, cooked chicken breast
- 1 cup halved, seedless red grapes
- 1/4 cup celery
- 1/4 cup non-fat Greek yogurt
- 1 Tbsp. Slivered almonds
- 1/2 tsp. Freshly ground pepper

## Directions

1. Combine the chicken, grapes, celery, Greek yogurt, almonds, and pepper together in a medium bowl and mix well.



# Salmon with Pineapple

## Ingredients:

- 1 cup chopped fresh pineapple
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 2 tablespoons finely chopped red onion
- 1/8 teaspoon ground cayenne pepper
- Cooking spray
- 4 (4-5 oz) salmon fillets
- 1/2 teaspoon salt

## Directions:

1. Combine first 5 ingredients in a bowl; set aside, can be made ahead of time and refrigerated.
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Salt fish.
3. Cook fish until it flakes easily when tested with a fork. Top with pineapple.



# Healthy Chicken Caesar Salad

## Ingredients (Makes 1 serving)

- 1 tbsp. Low Fat Caesar Salad Dressing
- 1 Cup Spinach
- 4oz. Boneless Skinless Chicken Breast
- 1 tbsp. Parmesan Cheese

## Directions

1. Mix all ingredients together and add caesar dressing.



# Healthy Chicken & Avocado Tacos

## Ingredients (Makes 1 serving)

4oz. Cooked Boneless Skinless Chicken Breast - Cubed  
1/2 Avocado  
4 Leafs Of Bibb Lettuce  
1/2 Diced Tomato  
1/2 Diced Onion  
Juice of lime  
Pinch of salt

## Directions

1. Chop the tomato and onion.
2. Combine cubed chicken, avocado, tomato, onion, lime, and salt. (use only a squeeze of lime juice, and salt to taste).
3. Arrange the bib leaves, and serve the chicken salad on top



# Apple Chicken Salad

## Ingredients:

- 2 boneless, skinless chicken breasts
- 1 teaspoon seasoning salt
- 6-8 cups mixed greens
- 2 medium tomatoes, cut into wedges
- ¼ red onion thinly sliced
- ¾ cup pecan halves
- ½ cup gorgonzola or blue cheese crumbles
- 1 fuji apple washed and cut into small chunks

## Directions:

1. Season chicken breasts with seasoning salt
2. In a pan over medium heat cook on both sides approximately 4 minutes, until done. Cut into pieces and set aside.
3. In a large bowl toss together mixed greens, tomatoes, sliced onions, and chicken.
4. Sprinkle pecans, cheese crumbles, and apple on top. Serves 3



## Quick Tuna Tomato

### Ingredients:

- 1 hard boiled egg
- 1/2 avocado
- 1 small pouch light tuna
- salt to taste
- pepper to taste
- 1 small tomato sliced

### Directions:

1. Mash all ingredients together except tomato
2. Serve on top of sliced tomato



# Lemon Grilled Chicken Breast

## Ingredients:

- 4 (4-5 ounce) boneless, skinless chicken breasts
- 1 1/2 teaspoons salt
- 1 teaspoon fresh ground black pepper
- 2 tablespoons chopped thyme leaves
- 4 garlic cloves, minced
- 2 lemons
- 2 tablespoons extra-virgin olive oil
- Torn basil leaves

## Directions:

1. Pound breasts to approximately 1/2 inch thick
2. Place chicken in a large bowl and toss with salt, pepper, thyme, garlic and the zest and juice of 1 lemon. Mix in olive oil. Cover and refrigerate 1 to 2 hours.
3. Remove chicken from fridge while you heat the grill. Cook on grill or in a pan until done, approx. 4 minutes each side
4. Drizzle with oil and garnish with additional lemon juice, olive oil and basil leaves.



# Arugula Chicken Salad

## Ingredients (1 salad)

- 10 chopped baby carrots
- 1/2 cup chopped red cabbage
- 1 cup arugula
- 5 oz cubed chicken
- 2 tsp sunflower seeds



## Directions

1. Pan fry cubed chicken in a non-stick pan with olive oil. Set aside and allow it to cool.
2. Chop red cabbage and baby carrots.
3. Add arugula, carrots, and cabbage to a large salad bowl.
4. Top salad with sunflower seeds and cooled chicken.
5. Add your favorite dressing and enjoy.

# Tuna Apple Salad

## Ingredients (Makes 1 serving)

- 2 tbsp chopped celery
- 1 can of tuna in water
- 1 tbsp sweet relish
- 1/2 apple, diced
- Pinch garlic powder
- 3 tbsp fat-free mayo

## Directions

1. Drain water from can and place tuna in a bowl.
2. Finely chop celery and apple and add to tuna.
3. Stir in sweet relish, garlic powder, and mayo.



# Egg Salad

## Ingredients (Makes 1 serving)

3 Eggs  
1/4 Cup low fat mayo  
Pepper  
Dash Of Paprika

## Directions

1. Place eggs in a medium saucepan with enough cold water to cover, and bring to a boil. Cover saucepan, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
2. Remove from hot water, cool, peel, and chop. In a large bowl, mix eggs, mayonnaise, pepper, and paprika.
3. Mash with a potato masher or fork until smooth.
4. Refrigerate until serving.



# Turkey – Pepperoni Pizza

## Ingredients:

- 1/2 green pepper cut into strips
- 3/4 cup of mushrooms
- 1/2 cup sliced red onions
- 1 Ezekiel sprouted grain tortilla
- 1/2 cup prepared pizza sauce
- 1 1/4 cup shredded mozzarella cheese
- 16 slices of Turkey-pepperoni

## Directions:

1. Preheat oven to 375 degrees.
2. Heat a skillet over medium heat and add the bell peppers, onions, and mushrooms.
3. Sauté the vegetables until tender. Set aside.
4. Place tortilla on a baking sheet or pizza stone. Spread the pizza sauce on the dough, leaving 1/2 inch border.
5. Spread the mozzarella evenly over the pizza sauce. Cover with the pepperoni and vegetable mixture.
6. Bake for 15 to 20 minutes, or until golden brown.

# Chicken Alfredo

## Ingredients:

2 Boneless, skinless chicken breasts

1 pkg. gluten-free fettuccine (DeBoles) Sauce:

6 oz. full-fat milk (cream)

6 oz. Parmesan cheese

Pepper to taste

Optional: Mushrooms, Broccoli, shrimp

## Directions:

1. Cook chicken in skillet.
2. Cook pasta according to box.
3. Warm milk, add cheese until melted and thickened. Add pepper.
4. Place chicken in sauce and pour over noodles.



# Ginger Beef Stir Fry

## Ingredients:

- 2 cups brown rice, uncooked
- 2 sirloin steaks (4oz each), cut in strips
- 1 tablespoon of coconut oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 diced tomatoes
- 1 teaspoon ground ginger
- 4 tablespoons apple cider vinegar
- Salt and pepper to taste

## Directions:

1. Cook rice as directed on package. Place the oil in a large skillet and brown the steaks in it over medium-high heat.
2. When both sides are well-seared, add the onion, garlic, and tomatoes.
3. In a bowl, stir the ginger, salt and pepper into the vinegar and add that mixture to the skillet, stirring to combine.
4. Cover the skillet, turn the heat to low, and let the whole thing simmer until liquids mostly evaporate and thicken.

# Chicken Avocado Wrap

## Ingredients:

- 3 Ezekiel sprouted grain tortillas
- 1-1/2 cups shredded lettuce
- 1 grilled chicken breast (6 oz.), cooked, cut into strips
- 1 small tomato, chopped
- 1 avocado, peeled, chopped
- 2 Tbsp. chopped red onion

## Directions:

1. Top tortillas evenly with lettuce, chicken, tomato, avocado and onion.
2. Roll-up tortillas. Secure with toothpicks.



# Marinated Pork Chops

## Ingredients (Makes 6 Pork Chops)

- 6 pork chops (lean only, sirloin chops, bone-in) each - 3/4 inch
- 2 cloves garlic, minced
- 3 tsp (15mL) paprika
- Salt and freshly ground black pepper to taste
- 1 cup (240mL) white wine

## Directions

1. Place pork chops in a ovenproof baking dish.
2. Combine garlic, paprika, salt, and pepper, and spread over pork chops.
3. Pour the white wine over all.
4. Cover and refrigerate for 6 hours.
5. Preheat oven to 300°F (150C).
6. Bake pork chops in the marinade for 1 hour.



# Grilled Pepper & Herb Steak

## Ingredients

**(Makes 3-4 steaks)**

- 1 lb (450g) top sirloin petite steak
- 2 tsp (10mL) coconut oil
- 3 tbsp (45mL) coarse salt
- 4 tbsp (60mL) cracked black peppercorns
- 1 tbsp (15mL) garlic powder
- 1 tbsp (15mL) dried rosemary, crushed
- 1 tsp (5mL) dried thyme
- 1 tsp (5mL) ground coriander
- 1 tsp (5mL) dried basil
- 1 tsp (5mL) dried oregano

## Directions

1. Preheat grill to medium-high.
2. Rub steak with coconut oil
3. Combine salt, pepper, and herbs; coat the steak generously with this dry rub
4. Sear steak 4–5 minutes per side for medium rare.
5. Allow the steak to rest 5–10 minutes before carving.

# Grilled Pork Tenderloin W/ Rosemary Mustard Rub

## Ingredients (Makes 4 servings)

- 4 sprigs fresh rosemary
- 2–3 cloves garlic, peeled
- 3 tbsp (45mL) coconut oil
- 2 tsp (10mL) coarse salt
- 2 tsp (10mL) cracked black peppercorns
- 2 tbsp (30mL) stone-ground mustard
- 1 lb (450g) lean pork tenderloin, trimmed

## Directions

1. Strip rosemary leaves from stems and place in a small food processor bowl with garlic, oil, salt, pepper, and mustard. Pulse the mixture to make a paste.
2. Smooth the paste over the pork, place on a baking sheet, cover, and place in the refrigerator for 30 minutes. Preheat gas grill to high.
3. Brush grate with olive oil. Sear pork for 3 minutes per side. Reduce heat to medium-low, cover, and cook pork for 8–10 minutes, or until the internal temperature reaches 145°F (63C).
4. Transfer pork to a platter. Let rest for 6–8 minutes before slicing and serving.

# Jalapeño Mozzarella Burgers

## Ingredients (Makes 4 Burgers)

- 1 fresh jalapeño (finely chopped)
- 1 cup(s) fat-free mozzarella cheese (shredded)
- 1 pound(s) grass fed ground beef (90% lean)
- 2 fresh garlic clove (minced)
- 1/2 small white onion (diced)
- 1 large cage free egg
- 1 tablespoon coconut oil

## Directions

1. Heat the coconut oil in a small pan. Add the onion, garlic and jalapeno. Saute for 5 minutes over a low heat. Remove and set aside.
2. In a large mixing bowl, break up the ground beef and season well. Toss in the mozzarella and egg and mix. Add the onion/garlic/jalapeno mixture and stir thoroughly until combined.
3. Shape into patties roughly the size of your palm. Bake or grill until brown all the way through.

# Roasted Salmon with Citrus and Herbs

## Ingredients:

- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon minced garlic
- 2 teaspoons grated lemon rind
- 2 teaspoons grated lime rind
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 (2 1/4-pound) salmon fillet

## Directions:

1. Preheat oven to 400°.
2. Combine everything except the salmon in a small bowl.
3. Place salmon on the rack of a broiler pan coated with coconut oil; place rack in pan.
4. Rub parsley mixture over salmon.
5. Bake at 400° for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

# Garlic Chicken Pizza

## Ingredients:

- 2 tablespoons red wine vinegar
- 3 garlic cloves, minced
- 1 1/2 tablespoons Dijon mustard
- 2 Ezekiel sprouted grain tortillas
- 1 1/2 cups shredded cooked chicken breast (about 2 small)
- 3/4 cup chopped mushrooms
- 1 cup chopped tomato
- 1/4 cup (1 ounce) crumbled low fat feta cheese
- 1/4 cup (1 ounce) finely shredded fresh Parmesan cheese
- 3/4 cup (3 ounces) shredded mozzarella cheese
- 1/4 cup chopped green onions

## Directions:

1. Preheat oven to 400°.
2. Whisk red wine vinegar, dijon mustard, and garlic
3. Place tortillas on a baking sheet; brush vinegar mixture equally over tortillas. Evenly spread chicken, tomato, and mushrooms on tortilla, sprinkle with cheeses and green onions.
4. Bake for 15 minutes or until cheeses melt.

# Shrimp Fried Rice

## Ingredients:

- 2 Tbsp. coconut oil
- 3/4 cup Cooked Ham, cubed
- 3/4 cup sliced fresh mushrooms
- 1/2 cup frozen peas
- 1/4 cup green onion slices
- 1/2 lb. cleaned medium fresh shrimp
- 1-1/2 cups brown rice, cooked
- 3 Tbsp. tamari sauce
- 1 egg, lightly beaten

## Directions:

1. Heat oil in large nonstick skillet on medium heat.
2. Add ham, mushrooms, peas and onions; cook 4 minutes, stirring constantly.
3. Add shrimp; cook and stir 4 minutes or until shrimp turn pink.
4. Stir in rice, tamari sauce and egg.
5. Cook until egg is set, stirring occasionally.



## Quinoa Burst

### Ingredients:

- 1 cup cooked quinoa
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 2 green onions, sliced
- 1 teaspoon olive oil
- 1 small chopped tomato
- 1 teaspoon fresh lemon juice
- Pinch of salt
- Pinch of freshly ground pepper

### Directions:

1. Combine all ingredients in a medium bowl
2. makes 2 servings



# Avocado Cups

## Ingredients:

- 1 avocado
- 1 tablespoon plain greek yogurt
- 1/4 teaspoon ground cumin
- 1 tablespoon lime juice
- 1 tablespoon chopped fresh cilantro
- 12 lettuce leaves, can use baby red, endive, or baby romaine

## Directions:

1. Mash 1 avocado; set aside.
2. Combine lime juice, plain greek yogurt, ground cumin, and chopped fresh cilantro in a small bowl - stir in avocado.
3. Spoon avocado mixture evenly into 12 leaves



# Fried 'Rice' Cauliflower

## Ingredients:

- 1 head of cauliflower
- 1/4 head of cabbage
- 1 small carrot – finely diced
- 1 large handful mushrooms – chopped
- 1 large handful snow peas – halved
- 2 celery sticks – finely diced
- 2 whole eggs – whisked
- 10oz chicken breast – finely diced
- Low sodium soy sauce and rice wine vinegar (to taste)
- 2 tbsp. extra virgin olive oil

## Directions:

1. Steam cauliflower head with steamer or in microwave until almost soft, but still a little firm.
2. Remove cauliflower and with a large cooking knife, dice in to fine pieces that resemble rice.
3. Heat up oil in a wok and add cook your meat and veggies to your liking, then remove.
4. Add the egg and quickly scramble, then add back to the wok all ingredients (rice and meat/veg mix). Add sauces and season to your liking.
5. Serve when the cauliflower starts to turn golden and your ingredients are cooked through.

# Cauliflower Risotto

## Ingredients

- 1 head(s) cauliflower (riced)
- 2 tablespoon(s) coconut oil
- 2 tablespoon(s) butter
- 1/2 medium yellow onion (diced)
- 1 cup(s) parmesan cheese (grated)
- 2 fresh garlic clove(s) (minced)
- 1/2 cup(s) white wine
- 1/2 cup(s) coconut milk
- 1 small handful fresh parsley (chopped) taste sea salt  
black pepper

## Directions

1. Heat coconut oil in a large skillet over high heat.
2. Add the onion and cauliflower, stirring, until the onion is translucent, about 2-3 minutes.
3. Add the garlic and cook, stirring, 2 minutes.
4. Add the wine and cook, stirring, until evaporated, 1 to 2 minutes.
5. Add the broth, coconut milk and 1 teaspoon salt; Bring to a boil then add the butter, cheese and parsley, stirring until the risotto is creamy, 1 to 2 minutes.