

MY *Bikini* Belly



Bikini Belly Diet

Bikini Belly Flush Cookbook

Fat Flush Cran-Water

Ingredients:

1 ounce 100% pure unsweetened cranberry juice
7 ounces water

Directions:

1. Mix water and unsweetened cranberry juice together in a large glass.
2. Time saving tip - mix a full batch (64 ounces) in the morning -- add 1 cup (8 oz) cranberry juice to a half-gallon container and fill with water.

Fat Flush Cran-Water contains water mixed with pure unsweetened cranberry juice. Cranberry juice is a natural diuretic and packed with flavonoids, enzymes and organic acids such as malic acid, citric acid, and quinic acid which all help flush out trapped fat deposits from your trouble spots.

Even if you're not following a specific diet or trying to lost weight, you can sip this tart and refreshing beverage daily to help flush out water weight, balance blood sugar, improve cellulite and help cleanse your liver (your fat burning filter).

Mint Chocolate Smoothie

Ingredients

- 2 Scoops Low Carb Chocolate Protein Powder (25 - 30g.)
- 1 cup unsweetened chocolate almond milk
- 1 tsp pure cocoa powder
- 2 tsp mint extract
- 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.

Cinnamon Roll Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 2 Scoops low carb vanilla protein powder (25 - 30g.)
- ½ teaspoon cinnamon
- ¼ teaspoon vanilla extract
- 4 teaspoons sweetener
- 1 packet stevia
- 1 cup ice

Directions

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

Coconut Mocha Frappe

Ingredients

- 1 cup unsweetened almond milk
- 2 Scoops low carb vanilla protein powder (25 - 30g.)
- 1 packet instant coffee (about 2 tsp)
- ½ tsp unsweetened cocoa powder
- 1 drop of coconut extract
- 1 packet stevia

Directions

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

Spinach & Tomato Omelet

Ingredients (Makes 1 omelet)

- 2 teaspoons coconut oil
- 1 scallion, sliced
- 1 cup baby spinach
- 1 egg + 2-3 whites
- 1/4 cup fat-free cheddar cheese, shredded
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried garlic granules

Directions

1. Over medium-high heat, lightly grease a non-stick skillet with coconut oil. Add scallions and tomatoes and cook for about 2 minutes. During last 30 seconds, add spinach.
2. Reduce heat to medium low. Pour eggs over spinach. Cook until egg is set, lifting sides of omelet occasionally to allow runny egg to run underneath the set egg. Evenly sprinkle on the cheese, salt, pepper, garlic granules, and basil.
3. Turn off heat and cover skillet with lid to allow cheese to melt. Remove omelette from skillet with rubber spatula.

Quick & Easy Egg White Omelet

Ingredients (1 Serving)

- 1 tbsp. coconut oil
- chopped onions
- chopped green bell pepper
- chopped mushrooms
- salt and ground black pepper to taste
- 1 large cage free egg + 2 Whites



Directions

1. Lightly grease a 9x5-inch glass or microwave-safe loaf pan with coconut oil; sprinkle the onion, green bell pepper, and mushrooms into the pan, and toss lightly with a fork just to mix.
2. Season with salt and black pepper, and pour in the egg whites.
3. Cook in a microwave oven on High setting for 3 minutes. Remove and stir the cooked egg white from the side of the pan into the rest of the ingredients; cook for 3 more minutes on High.
4. If the omelet is still a little runny on top, slice it into chunks and turn them over in the loaf pan; microwave for 30 more seconds on High. Adjust salt and pepper, and serve.
5. * Can also be cooked on stove top

Fat Flush Crepes

Ingredients:

- 2 eggs
- 1 scoop vanilla low carb whey protein
- ½ teaspoon cinnamon
- 1 cup frozen berries
- 1 tablespoon water
- 1 teaspoon coconut oil
- ¼ teaspoon Stevia (or to taste)

Directions For The Batter:

Blend the eggs, whey protein and cinnamon together until smooth. Lightly grease a small pan with coconut oil and place over medium heat.

When the pan is hot, pour 2-3 tablespoons of the batter into the pan, tilting to cover the entire bottom of the pan with the batter. Cook until the edges begin to curl and turn golden brown. Flip carefully and heat on the other side until cooked through, about 1-2 minutes.

For the Filling:

Place the frozen berries in a small bowl and mix with the water, letting them defrost and soften. Place berries and water in a blender or food processor with flaxseed oil and Stevia; puree until smooth and set aside.

Place 2-3 tablespoons of the filling along one edge of the crepe and roll up. Place on the serving plate, seam-side down or secure with a toothpick.

Southwest Scramble

Ingredients:

- 4 egg whites
- 1/2 cup cubed cooked turkey or chicken breast
- 1/8 cup diced yellow onion
- 1/4 cup diced yellow bell pepper
- 1/4 cup diced red bell pepper
- 1 handful chopped spinach
- 1 diced tomato
- Salt and pepper to taste
- pinch of cayenne pepper (optional)

Directions:

1. In a large pan, drizzle onions and peppers with olive oil and saute.
2. When the onions are clear and peppers are tender, season with salt and pepper and optional cayenne pepper
3. Add chopped turkey, and saute until browned or heated through
4. Lower heat, add egg whites, and scramble.
5. When eggs are almost done, add in tomato and spinach

Breakfast Kale Bake

Ingredients:

6 large eggs

4 large egg whites

3/4 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 cup fat free cheddar cheese

2 tablespoons chopped oregano

Cooking spray

2 cups Braised Kale without cheese, drained, finely chopped

3/4 cup chopped cherry tomatoes

Directions:

1. Preheat oven to 375°F.
2. In a large bowl, whisk the first 6 ingredients
3. Lightly coat an 8-inch ovenproof cast-iron or nonstick skillet with cooking spray. Heat over medium. Add the kale and tomatoes. Cook, stirring, until hot (about 3 minutes). Add the eggs and swirl to distribute.
4. Transfer to the oven and bake until set and hot (about 20 minutes). Cut in wedges. (serves 4)

Egg White Minis

Ingredients:

¼ onion, diced
½ pepper, diced
finely chopped tomato
Handful of spinach, tear up
egg white carton
olive oil cooking spray
black pepper

Directions:

1. Preheat your oven to 350 degrees.
2. Spray each mini muffin tin with olive oil cooking spray so it lightly coats the bottom
3. Add veggies of your choice
4. Fill each mini muffin tin with egg whites
5. Sprinkle with black pepper
6. Bake approximately 10 minutes

Lean Start Mini Muffins

Ingredients:

¼ onion, diced

4 - 5 oz cooked chicken or turkey breasts

finely chopped tomato (optional)

1/2 cup cooked chopped broccoli, asparagus, or mushrooms

egg white carton

olive oil cooking spray

black pepper

Directions:

1. Preheat your oven to 350 degrees.
2. Spray each mini muffin tin with olive oil cooking spray so it lightly coats the bottom
3. Add veggies and lean protein of your choice
4. Fill each mini muffin tin with egg whites
5. Sprinkle with black pepper
6. Bake approximately 10 minutes

Tomato Parmesan Scramble

Ingredients (1 Serving)

- 1/2 cup, Tomato (Chopped or Sliced)
- 1/4 teaspoon (1.4 g), Garlic Salt
- 1 tbsp Pepper, black
- 1 Large egg + 2 whites
- 2.0 tsp water
- 1.0 tsp(s), Cheese - Parmesan, grated



Directions

1. Prepare a skillet with cooking spray and place over medium heat. Put the chopped tomato in the hot skillet; season with garlic salt and pepper.
2. Whisk the egg, water, and Parmesan cheese together in a small bowl; add to the skillet. Reduce heat to medium-low.
3. When the eggs have begun to set at the edges, use spatula or wooden spoon to scrape the eggs from the edge of the pan to the center, forming large soft curds. Continue scraping your spoon along the bottom of the pan to redistribute the eggs as they cook.
4. Cook until the eggs are set but still slightly moist, about 5 minutes.

Egg White Puffs

Ingredients (Makes 4 Egg White Puffs)

Liquid egg whites (Egg beaters)

Chopped Spinach

Chopped Bell Pepper

Chopped Onion

Salt and pepper to taste



Directions

1. Preheat oven to 375 degrees.
2. Lightly grease muffin tin with coconut oil
3. Fill each muffin tin about halfway with liquid egg whites
4. Add chopped veggies to each cup until almost full.
5. Bake for 20 minutes.

Spring Mix Salad With Mustard Vinaigrette

Ingredients

- 1 tsp. grainy mustard
- 1 Tbs. Red Wine Vinegar
- 3 tsp. Extra Virgin Olive Oil
- 1 bag Spring Mix Salad
- Sea Salt & Fresh Pepper to taste

Directions

1. In a medium bowl, whisk first 3 ingredients.
2. Add the spring mix salad into bowl and toss gently.
3. Plate it and add freshly ground sea salt and pepper to taste.



Ginger Broth Chicken

Ingredients (Makes: 4 servings)

- 4 cups chicken stock
- 1 stalk celery, chopped
- 2 tablespoons ginger, sliced
- 1 lemongrass stalk, tied into a knot
- 4 chicken breast fillets(approx 4 oz each), slice into strips
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper

Directions

1. Combine the lemongrass, celery, ginger, and stock in a pot and bring to a boil over medium-high heat.
2. Add the chicken and lower the soup to a simmer. Cook for 10-15 minutes until the chicken is tender then season with salt and pepper.

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- 1 lemongrass stalk, tied into a knot
- 4 cups chicken stock
- 4 chicken breast fillets, sliced into strips
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper

Directions

1. Combine the celery, ginger, lemongrass and stock in a pot and bring to a boil over medium-high heat.
2. Add the chicken and lower the soup to a simmer. Cook for 10-15 minutes until the chicken is tender then season with salt and pepper.
3. Divide the soup into 4 bowls then serve.



Citrus Salad

Ingredients (Makes: 12 muffins)

- 2 large eggs, beaten
- 1/4 cup coconut oil, melted
- 1/4 cup coconut milk
- 1 and 1/4 teaspoon vanilla extract
- 3 tablespoons raw honey
- 2 1/2 cups almond flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1 cup blueberries

Directions

1. Preheat oven to 350 degrees. Line a 12 cup muffin pan with paper liners and set aside.
2. Place the eggs, coconut milk, coconut oil, honey and vanilla in a food processor then process for a few seconds to combine then set aside.
3. In a large bowl combine the almond flour, baking soda and sea salt then mix well. Combine wet mixture, add 3/4 cup of the blueberries and mix until combined.
4. Divide the batter into the muffin pan then top each with the remaining blueberries. Bake for 25-30 minutes or until a toothpick comes out clean when the center is tested.



Hot and Spicy Chicken Salad

Ingredients (Makes 2 servings)

8oz free range (preferably organic) chicken breast
Large handful of bean sprouts
3-4 scallions
2 medium tomatoes
Juice of 1 fresh lime
Hot sauce
Salt and pepper
Cajun spice
1 tbsp. olive oil

Directions

1. Chop chicken breast into small chunks and lightly coat with cajun spice.
2. Pre-heat a pan or skillet on medium to high heat and add the olive oil and cook chicken through until golden and cooked through. Set aside to cool.
3. Chop shallots and tomato and combine well with remaining ingredients.
4. Serve tossed with the chicken.



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4. Serve tossed with the chicken.



Ground Turkey & Peppers

Ingredients (Makes 1 serving)

4 oz. Lean (93%) Ground Turkey
1/4 White Onion
1 Cup sliced red bell pepper
1/2 tsp. chipotle or chili powder
Dash of salt
Dash of Parsley or cilantro

Directions

1. Heat a large skillet on medium high heat . Add the chopped onions and bell pepper and cook until onions and peppers are softened.
2. Put crumpled chunks of ground turkey in the pan, sprinkle with salt and chipotle or chili powder. Cook the turkey without stirring until it is browned on one side, then turn the pieces over to brown the other side.
3. Once the turkey is just cooked through, stir in the onions and peppers, and sprinkle with more salt and chili powder to taste. Remove from heat. Stir in fresh chopped parsley or cilantro.



Quick Turkey Cutlets

Ingredients (Makes 4 turkey cutlets)

- 1.25 lb (560g) boneless turkey thighs
- 1 tsp (6.25mL) salt
- 4–5 grinds black pepper
- 4 tsp (20mL) coconut oil
- 4 tsp (20mL) minced fresh rosemary
- 1/4 cup (60mL) lemon juice
- 2 tbsp (30mL) green olives, pitted, sliced in half

Directions

1. Pound turkey (between pieces of waxed paper or plastic wrap) with large flat knife or meat mallet to an even thickness of 1/8 inch (3mm).
2. Season with salt and pepper.
3. Melt coconut oil in a large sauté pan or skillet over medium-high heat. Sear turkey cutlets on one side. Turn cutlets, and cook for 1 minute.
4. Season cutlets with rosemary, lemon juice, and olives. Cook for 2–3 minutes more.
5. Remove cutlets to a serving platter and keep warm.



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Juice of 1 fresh lime
Hot sauce
Salt and pepper
Cajun spice
1 tbsp. olive oil

Directions

1. Chop chicken breast into small chunks and lightly coat with cajun spice.
2. Pre-heat a pan or skillet on medium to high heat and add the olive oil and cook chicken through until golden and cooked through. Set aside to cool.
3. Chop shallots and tomato and combine well with remaining ingredients.
4. Serve tossed with the chicken.



Grilled Tilapia

Ingredients:

- 2 tablespoons fresh lemon juice, plus wedges for serving
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- kosher salt and black pepper
- 4 6-ounce Wild Caught tilapia fillets, split lengthwise

Directions:

1. In a medium bowl, combine the lemon juice, oil, garlic, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper.
2. Add the tilapia and toss to coat. Let marinate for 10 minutes.
3. Heat grill to high. Grill the tilapia on an oiled grate until cooked through, 1 to 2 minutes per side.
4. Serve with lemon wedges.

Lemon Garlic Cod

Ingredients:

- 4 6-ounce pieces cod
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 2 tbsp chopped flat leaf parsley
- Juice from 1 lemon

Directions:

1. Preheat oven to 400 degrees.
2. Place fish in a baking dish large enough to hold the fish in one layer. Season fish with a little sea salt and freshly ground black pepper
3. Place olive oil in a small nonstick skillet. Heat on medium low. Add garlic and sauté for 1 minute.
4. Add lemon and parsley, then remove from heat. Drizzle garlic mixture over top of fish.
5. Bake for 12-14 minutes until fish flakes easily with a fork.



Steak and Peppers

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- 3 ounces extra lean sirloin steak strips
- 1 1/2 cups sliced green and red bell peppers
- 1/2 cup sliced onion

Directions:

1. In a skillet, saute olive oil, cumin and garlic for 1 minute.
2. Add steak strips and cook about 5 minutes.
3. Add pepper and onion slices and cook for another 8 minutes.
Top with salsa if desired



Super Simple Grilled Chicken

Ingredients (Makes 4 servings)

- 4 boneless skinless chicken breast (1 lb. total/ 4oz. apiece)
- 1/4 cup (60mL) coconut oil
- Juice of 1 lemon
- 1 tsp (5mL) salt
- 1 tsp (5mL) freshly ground black pepper

Directions

1. Rinse chicken thoroughly with cool water.
2. Whisk coconut oil, lemon juice, salt, and pepper in large bowl.
3. Refrigerate chicken in marinade for 1 hour.
4. Preheat grill until it reaches medium heat.
5. Cook chicken for 6–8 minutes per side, or until golden brown.

Chinese Chicken Tacos

Ingredients

1 1/2 pound(s) boneless chicken (diced) 1/2 cup(s) water
chestnuts (diced)
4 fresh garlic clove(s) (minced)
1 tablespoon(s) fresh ginger (minced) 1/4 cup(s) sesame seeds
1/4 cup(s) toasted sesame oil
4 fresh scallions (chopped)
2 tablespoon(s) coconut aminos 1 to taste sea salt
1 to taste black pepper
18 leaves baby romaine lettuce

Directions

1. Heat a large non-stick sauté pan, so that it's super hot.
2. Reserving a little of the sesame oil and sesame seeds for the garnish, in a mixing bowl, blend all your ingredients, except the lettuce cups. Season with a little salt and pepper.
3. Evenly spread a thin layer of the chicken mixture on the bottom of the hot sauté pan. It should be a thin layer of chicken. It should "sear", not simmer. Sauté until the chicken is cooked through.
4. Place a small amount of chicken inside each lettuce cup. Garnish with some sesame seeds and sesame oil.

Tarragon Turkey Burgers

Ingredients (4 Burgers)

- 1 lb (450g) lean ground turkey
- 1/2 cup (75g) coarsely shredded zucchini
- 1/4 cup (40g) chopped red onion
- 1 tbsp (15mL) fresh (or dried) tarragon leaves
- 2 tsp (10mL) Dijon-style mustard
- 1/2 tsp (2.5mL) Salt
- 1/2 tsp. black pepper
- 2 large eggs

Directions

1. Preheat broiler or grill.
2. In a large bowl, combine all ingredients and shape into patties.
3. Cook 5 minutes per side, or until browned.

Chicken Stir Fry

Ingredients:

- 1 (4-5 oz) Chicken Breast (chopped)
- 1/2 cup Broccoli
- 1 tsp Minced Garlic
- 2 tsp Minced Ginger
- 1/4 cup Onion
- 1 tsp Coconut Oil

Directions:

1. Heat coconut oil over medium heat.
2. Add ginger and garlic. Sauté until fragrant.
3. Add broccoli and onion.
4. Cook for 5 minutes.

Chicken Patties

Ingredients (Makes 4 servings)

- 1lb 2oz minced chicken breast
- 1/2 to 1 cup of parsley
- 1 medium onion – grated
- 2 whole eggs – beaten
- 1 grated carrot
- Any fat flushing spices you prefer

Directions:

1. Mix all ingredients together until evenly combined.
2. Mould into quantities egg ring size and cook in a non-stick pan or grill.



Super Simple Chicken Stir-Fry

Ingredients (Makes 1 servings)

4oz. Boneless Skinless Chicken Breast
Pinch of cayenne pepper
2 Tbsp. Chicken Stock
1/2 Cup Chopped Asparagus
1/2 Cup Chopped Broccoli
3/4 Cup Sliced Mushrooms
1 cage free egg

Directions

1. Heat the chicken stock or broth in a non-stick wok over medium-high heat.
2. Cut the chicken into strips or chunks and add to the wok (or any other protein choice - tofu, lamb, beef, shrimp). Cook until almost done.
3. Add the vegetables, cayenne pepper and ginger, cook until tender.
4. Separately, quickly scramble the egg and then it mix through the stir-fry thoroughly.

Beef Veggie Soup

Ingredients:

- 1 lb Lean ground beef (97% lean)
- 2 cups beef broth (low sodium)
- 1 cup Water
- 1/2 cup sliced mushrooms
- 1 cup celery, sliced
- 2 cups Broccoli florets
- 1/2 cup red peppers
- 1/4 cup chopped onions
- 1 cup Bean sprouts
- 1/2 clove minced/pressed garlic

Directions:

1. Brown the beef in a skillet over medium heat.
2. In a pot, boil the beef broth and water.
3. Once boiling, add red pepper, celery, mushrooms, and onions and cook for 2-3 minutes.
4. Then add broccoli, bean sprouts and ground beef; cook for another 1-2 minutes.
5. Stir in garlic and simmer over low heat for 8 minutes. (makes 4 servings) Serve immediately.

Roasted Broccoli

Ingredients:

2 cups broccoli florets, rinsed and slightly drained

olive oil cooking spray

sea salt, to taste

balsamic vinegar, to taste

Directions:

1. Preheat the oven to 500 degrees Fahrenheit.
2. Arrange the broccoli florets in a single layer on a baking sheet.
3. lightly coat with olive oil spray and salt.
4. Roast just until cooked through and slightly brown and crispy at the edges, just a few minutes
5. Toss with balsamic vinegar to taste.(optional)

Garlic Cauliflower

Ingredients:

- 1 large cauliflower
- 5 cloves garlic, finely minced
- 1/2 tablespoon olive oil
- 4 tablespoons chicken stock
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- red pepper flakes, 2 pinches

Directions:

1. Separate cauliflower into flowerets, rinse and place in steamer basket and place over boiling water.
2. Steam for 10 minutes or until crisp tender.
3. While the cauliflower is steaming, sauté the garlic in olive oil until lightly browned.
4. Add broth, salt and pepper.
5. Toss in cooked cauliflower.



Lemon Spinach

Ingredients:

- 1lb Spinach
- 1/4 cup water
- 1/4 cup lemon juice
- 1 clove garlic thinly sliced
- 1/2 tsp sea salt

Directions:

1. Combine all ingredients except spinach in pan.
2. Bring to a simmer.
3. Add spinach and cook until just wilted.
4. Drain and serve



Tomato Cucumber Salad

Ingredients:

- 1 large cucumber sliced and halved
- 1 -2 medium tomatoes cubed
- 1/2 small onion chopped (any variety)
- fresh basil chopped
- garlic salt to taste
- fresh ground pepper to taste

Directions:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate for 1 hour.

Roasted Asparagus

Ingredients:

- 1 1/2 pounds of thick asparagus spears
- 1 Tbsp. coconut oil
- Salt
- Freshly ground black pepper
- 2 Tbsp. grated parmesan cheese

Directions:

1. Preheat the oven to 400 degrees.
2. Break off the root ends of the asparagus. Peel off any tough skin with a knife. Place on the baking sheet in single layer.
3. Drizzle coconut oil over the asparagus. Season lightly with the salt and pepper.
4. Sprinkle evenly with the Parmesan and roast for 15 minutes, or until tender when pierced with the tip of a knife.