

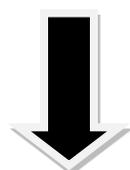
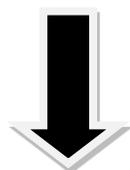
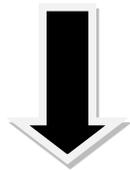
## PERSONALLY TRAIN YOURSELF

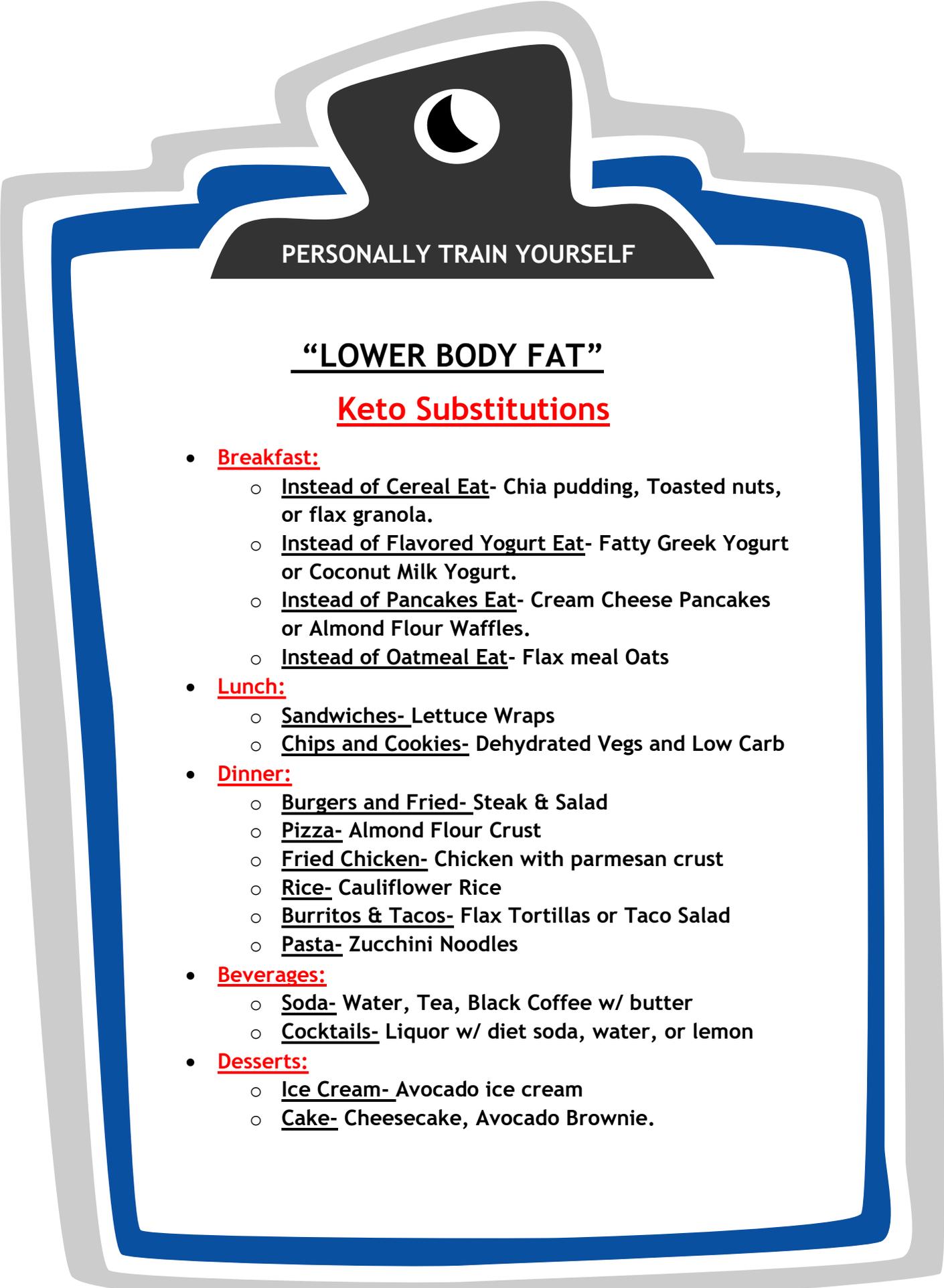
### “LOWER BODY FAT”

#### MEALS

- Lowering Body Fat is easiest to do with a sound diet, but don't become miserable by stressing out about dieting.
- Just know the essentials of what the diet contains (food group wise) and you will enjoy it more than you think.
- This is for educational purposes only and I am not liable to any injury during your workout routine.
- I am not a doctor or dietitian.
- Knowing what to do and what not to do to decrease body fat will dramatically change your life in the best way possible. Also, you can have something to talk about with your friends and family to share the meals with.
- ( I do not own the rights to the recipes)

Lets Begin...



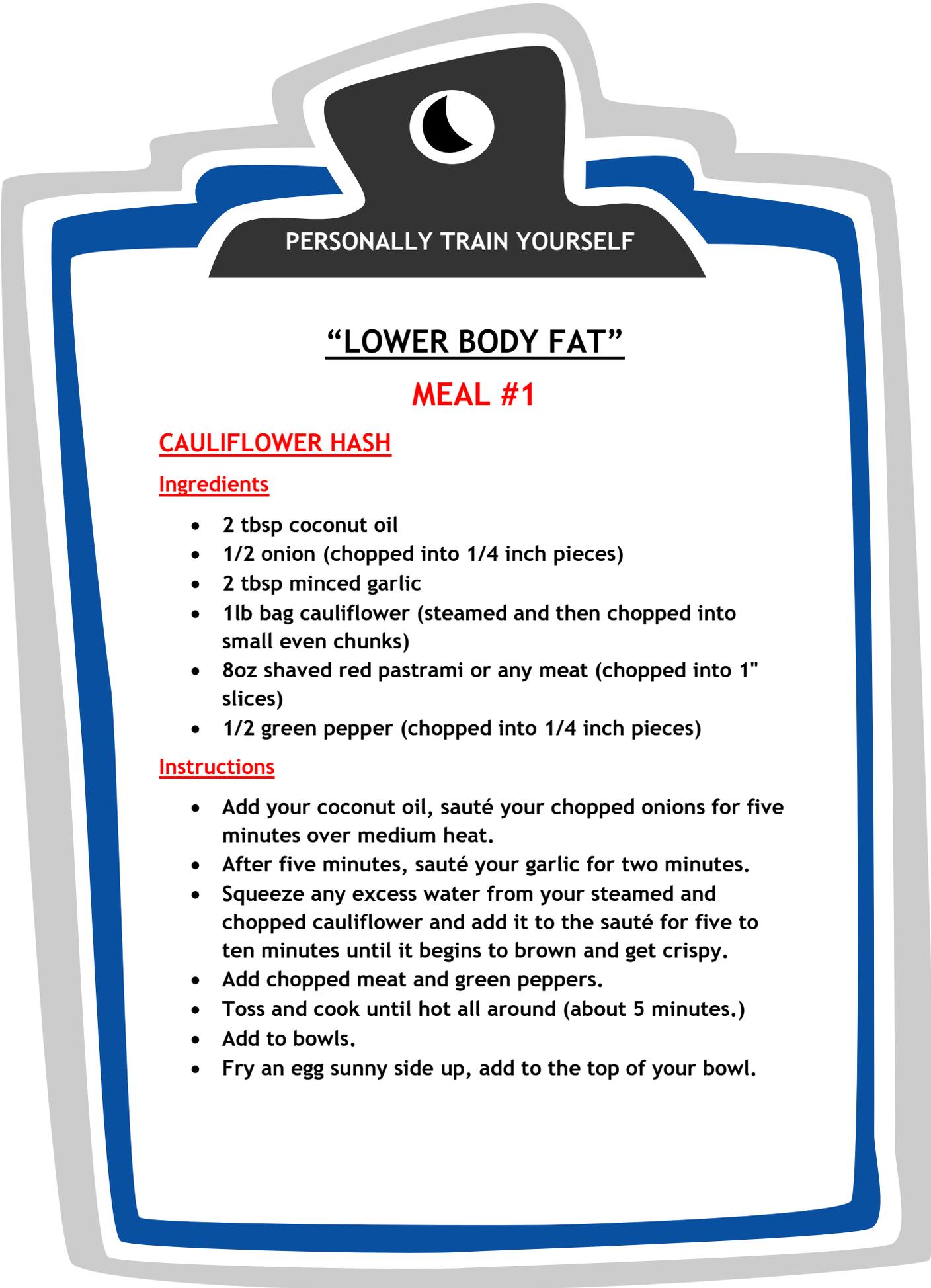


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Keto Substitutions

- Breakfast:
  - Instead of Cereal Eat- Chia pudding, Toasted nuts, or flax granola.
  - Instead of Flavored Yogurt Eat- Fatty Greek Yogurt or Coconut Milk Yogurt.
  - Instead of Pancakes Eat- Cream Cheese Pancakes or Almond Flour Waffles.
  - Instead of Oatmeal Eat- Flax meal Oats
- Lunch:
  - Sandwiches- Lettuce Wraps
  - Chips and Cookies- Dehydrated Veggies and Low Carb
- Dinner:
  - Burgers and Fried- Steak & Salad
  - Pizza- Almond Flour Crust
  - Fried Chicken- Chicken with parmesan crust
  - Rice- Cauliflower Rice
  - Burritos & Tacos- Flax Tortillas or Taco Salad
  - Pasta- Zucchini Noodles
- Beverages:
  - Soda- Water, Tea, Black Coffee w/ butter
  - Cocktails- Liquor w/ diet soda, water, or lemon
- Desserts:
  - Ice Cream- Avocado ice cream
  - Cake- Cheesecake, Avocado Brownie.



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### MEAL #1

#### CAULIFLOWER HASH

##### Ingredients

- 2 tbsp coconut oil
- 1/2 onion (chopped into 1/4 inch pieces)
- 2 tbsp minced garlic
- 1lb bag cauliflower (steamed and then chopped into small even chunks)
- 8oz shaved red pastrami or any meat (chopped into 1" slices)
- 1/2 green pepper (chopped into 1/4 inch pieces)

##### Instructions

- Add your coconut oil, sauté your chopped onions for five minutes over medium heat.
- After five minutes, sauté your garlic for two minutes.
- Squeeze any excess water from your steamed and chopped cauliflower and add it to the sauté for five to ten minutes until it begins to brown and get crispy.
- Add chopped meat and green peppers.
- Toss and cook until hot all around (about 5 minutes.)
- Add to bowls.
- Fry an egg sunny side up, add to the top of your bowl.

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### MEAL #2

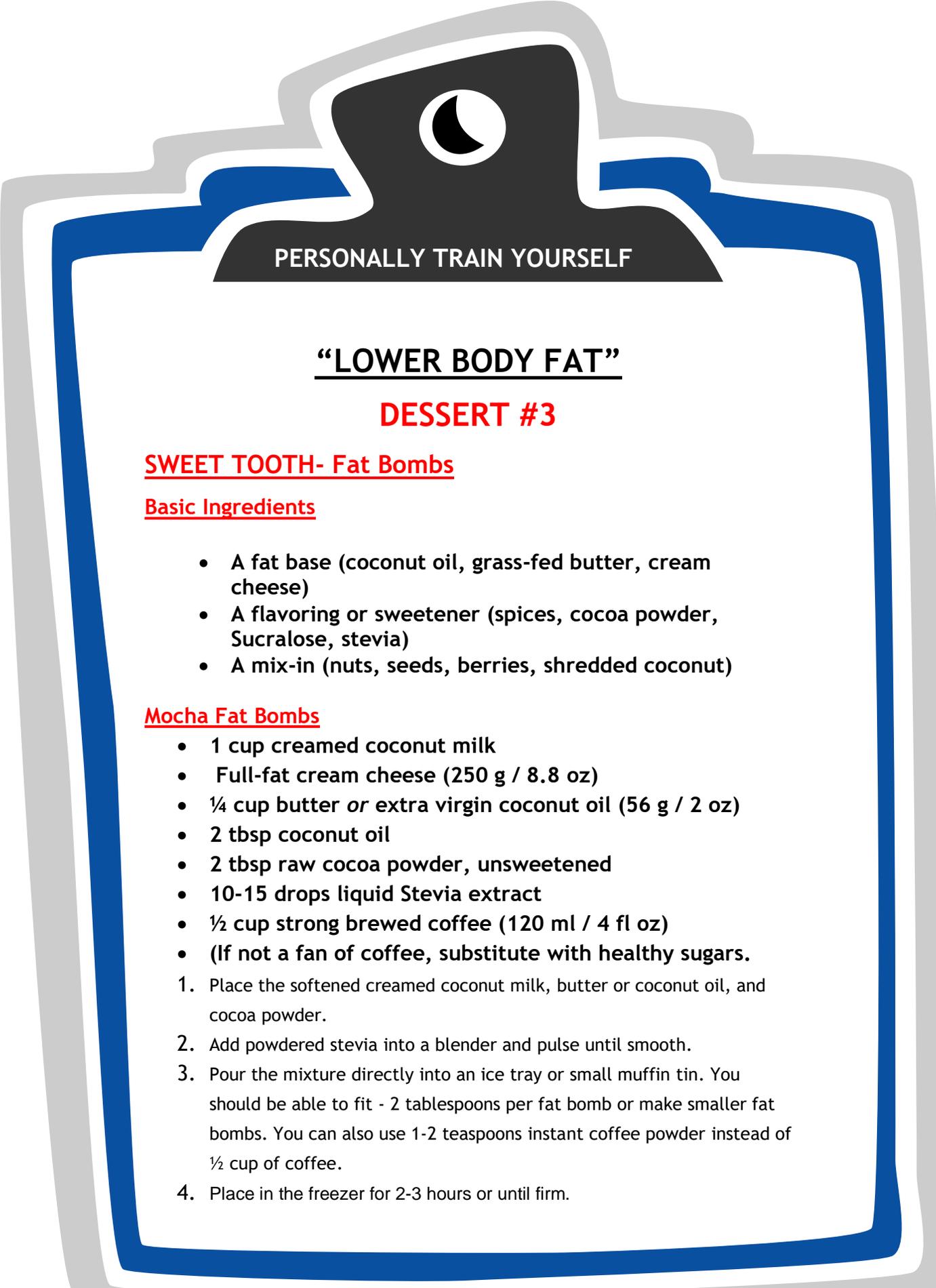
#### PARMESAN CRUSTED CHICKEN or PORK

##### Ingredients

- 1/2 cup grated parmesan cheese
- 1 tbsp *Tuscan Seasoning* (garlic, toasted sesame seeds, lemon peel, red & green bell peppers, sea salt, scallions, toasted sesame oil)
- 2 tsp minced garlic
- 1/4 cup olive oil
- 1 cup of fresh spinach
- A block of Brie cheese

##### Instructions

- Preheat the oven to 400 degrees Fahrenheit.
- Butterfly your pork loin or Chicken Breast.
- In a large zip lock bag, add parmesan cheese, Tuscan seasoning, garlic and olive oil.
- Add your pork loin or Chicken to the bag until it's completely covered inside and out.
- Add pork loin or Chicken to a Coconut oil greased baking dish, and squeeze any remaining “batter” on top of the loin, spreading around until even



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### DESSERT #3

#### SWEET TOOTH- Fat Bombs

##### Basic Ingredients

- A fat base (coconut oil, grass-fed butter, cream cheese)
- A flavoring or sweetener (spices, cocoa powder, Sucralose, stevia)
- A mix-in (nuts, seeds, berries, shredded coconut)

##### Mocha Fat Bombs

- 1 cup creamed coconut milk
  - Full-fat cream cheese (250 g / 8.8 oz)
  - ¼ cup butter *or* extra virgin coconut oil (56 g / 2 oz)
  - 2 tbsp coconut oil
  - 2 tbsp raw cocoa powder, unsweetened
  - 10-15 drops liquid Stevia extract
  - ½ cup strong brewed coffee (120 ml / 4 fl oz)
  - (If not a fan of coffee, substitute with healthy sugars.
1. Place the softened creamed coconut milk, butter or coconut oil, and cocoa powder.
  2. Add powdered stevia into a blender and pulse until smooth.
  3. Pour the mixture directly into an ice tray or small muffin tin. You should be able to fit - 2 tablespoons per fat bomb or make smaller fat bombs. You can also use 1-2 teaspoons instant coffee powder instead of ½ cup of coffee.
  4. Place in the freezer for 2-3 hours or until firm.