



Rapid Fat Loss Nutrition

Your 21-Day Guide to Real, Rapid, and Lasting
Results!

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Weekly Plan Overview

This plan is designed to give you the fastest sustainable results for fat loss in the simplest way possible.

The Daily Plan

- Eat 3 Rapid Fat Loss Meals from the list below
- Eat one snack or drink one shake from the lists below

And that's it!

There are dozens of options available to choose from, so you're in total control of what you want. For instance, you can eat the same thing every day or choose new ones each time. Look below for an example meal plan.

A major strength of this meal plan is that you can design it to fit your needs and tastes. If you are pressed for time, one of the Replacement Shake Recipes can be substituted in for any meal.

During the program, no cheat days are scheduled, so we are shooting for a compliance of 100%.

Creating Your Plan

At the beginning of each week, use the blank template that follows to design your meals for that week. Once you have recorded your meal plan for the week, plan out your grocery store trip. The next section will cover the essentials of supportive grocery shopping.

There are two portion sizes listed in all the protein sources in the recipes. In general, women should use the smaller portion size, while men should use the larger. If you find yourself still hungry, add in extra greens/veggies. If you find that you can't eat all of your food due to being too full, don't force it down. Instead, eat until you are comfortably full and stop eating when your body tells you it is time. However, do not skip snacks or meals.

Daily Supplementation

Take Prograde EFA Icon and Prograde VGF+25 Multi-Vitamin for Your Gender immediately upon waking with breakfast. If you want extremely rapid results, add in Prograde Metabolism twice daily.

If you do not have access to Prograde supplements, fish oil and multivitamin supplements can be purchased at the grocery store. It is highly recommended to use

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these supplements as a way to boost your success during the program.

Workout Nutrition

Drink 1 Serving of Prograde Workout or Biotest Surge prior to your workouts, and take 5g of BCAA after your workouts. For Extremely Rapid Fat Loss Results, replace the pre-workout shake with 5g of BCAA

If you do not have access to these supplements, take a protein shake with added carbs following a workout. Without supplements, you can still successfully complete the program. However, you may find your progress is significantly slower than it would be otherwise.

Note: You should consume your workout nutrition on strength training or metabolic training days. If you are using Workout or Surge as your recovery drink, make sure to consume it no more than 3 days per week. BCAAs can be taken as many days as needed.

Hydration Guidelines

- Drink 16-32 oz (2-4 cups) of cold water immediately upon waking
- Drink 8-16 oz (1-2 cups) of water before AND between every meal or snack
- Drink 8-16 oz (1-2 cups) of water for every 10-15 minutes of activity
- Drink 2-3 cups of green, black, or white tea per day (one of these can be black coffee)

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Sample Week Meal Plan

Meal	M	Tu	W	Th	F	Sa	Su
Breakfast	Fried Eggs, Greens, and Canadian or Turkey Bacon	Spanish Omelet	Scrambled Eggs, Greens, and Turkey Sausage or	MRP Shake	The Wonder Bowl	The Protein Waffle House	Steak and Eggs
Lunch	Beef, Chicken, Shrimp, or Salmon Stir-Fry	Naked Turkey, Ham, Chicken, or Roast Beef Sandwich	Steak, Chicken, Salmon, or Shrimp Caesar Salad	Naked Chicken or Beef Taco Salad	Yogurt Chicken	Cobb Salad	Bison, Turkey, or Sirloin Burger
Dinner	Steak and Garlic Green Beans	Chicken Parmesan	Turkey or Beef Meatballs and Spaghetti Squash	Fiesta Chicken	Cajun Shrimp w/ Cauliflower Rice	Seafood Piccata	Turkey Meatloaf and Garlic Mashed Potatoes
Snack or Shake	Choose Your Favorite	Choose Your Favorite	Choose Your Favorite	Choose Your Favorite	Choose Your Favorite	Choose Your Favorite	Choose Your Favorite

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<i>Breakfast</i>							
<i>Lunch</i>							
<i>Dinner</i>							
<i>Snack or Shake</i>							

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Grocery List: The Essentials

Once you have made your meal plan for the week, make a grocery list for what you will need for that week's meals.

Follow these essential tips when crafting your grocery list.

Produce: Fruits and Vegetables

1. Purchase those veggies needed for your meals
2. Then choose as many green and colorful vegetables as you wish
 - a. Green beans, broccoli, asparagus, spinach, romaine lettuce, cauliflower, kale, Brussels sprouts, bell peppers, avocado and tomato (technically fruits), etc.
3. Limit the amount of starchy vegetables you buy
 - a. Corn, peas, carrots, beets, and potatoes
4. Purchase some fruits for snacks, but buy more vegetables than fruits
 - a. Apples, oranges, bananas, berries, pomegranate, etc.

Tips for Success: Try to avoid canned foods, particularly fruit, which may have added sugar. Organic produce is always the best choice if possible. However, regular produce will work fine as well. Frozen veggies are fine, as long as they aren't laden with additives.

Lean Proteins: Meat, Poultry, Fish, and Seafood

Your weekly lean protein needs will vary based on your gender. Women should purchase 4-5 pounds of lean proteins each week (assuming 9-12 oz. consumed per day), while men should purchase 8-12 lbs total (assuming 18-24 oz. consumed per day).

Choose from a healthy mix of the following:

- Extra-lean meat (extra lean sirloin, 93% or higher extra lean ground beef, or bison)
- Skinless, boneless chicken breasts
- Turkey or lean ground turkey
- Pork
- Extra-lean lamb

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- Fish
 - Salmon, tuna, tilapia, etc.
- Seafood
 - Shrimp, mussels, squid, scallops, etc.
- Deli cuts
 - Ham, turkey, roast beef
 - Must be unsweetened, low in salt, no nitrates

Tips for Success: Try to buy organic protein sources as much as possible, especially for beef. Laura's Lean 96/4 is the best non-organic option. Also, strive for grass-fed meat, if possible. Since meat will be the most costly part of your grocery budget, be sure to buy protein sources that are on sale as much as possible to best mitigate cost.

Dairy: Eggs, Greek Yogurt, and Cheese

Eggs add high-quality and satisfying protein to your meals, and they are extremely versatile and easy to make. Cheese, as well, can fill you up and add protein to your meals or in between as a snack. Greek yogurt and cottage cheese pack plenty of protein, and, as long as they are free of additives, are a great choice for snacks.

- Pre-packaged liquid egg whites
- 1-2 cartons of Omega-3 eggs
- Low-fat cottage cheese
- Low-fat Greek yogurt (no sugar added)
- Mozzarella and other full fat cheeses of choice: we like cheese by the block to save money- you can cut off your designated portion for a snack (2 oz. Female, 4 oz. Male; one ounce equals a slice of cheese or a 1-inch cube) or grate the cheese into your meals where prescribed

Tips for Success: Eggs are one of the cheapest protein sources available and can be a great way to offset the cost of the meat you have purchased.

Choose Greek yogurt that is high in protein and has no added sugars. Mixing it with berries can serve as a delicious snack during this program.

Other Essentials

- Marinara Sauce that does not have the words "sugar" or "syrup" in the ingredients list
- Stewed Tomatoes or Tomato Sauce that do not have the words "sugar" or

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“syrup” in the ingredients list

- Mustard
- Canola Mayo
- Low Sodium Soy Sauce
- Fresh Garlic
- Unsweetened Cocoa Powder
- White Cooking Wine
- Vinegar
- Italian Seasoning Mix
- Oregano
- Paprika
- Chili Powder
- Onion powder
- Basil
- Butter (organic or pasture-raised is best)
- Green Tea (or any tea you like, but Green, White, and Black are the best)
- Non-stick olive oil cooking spray
- Extra Virgin Olive Oil
- Flax Meal/Ground Flax
- Nut Butters (unsweetened, unroasted, and lightly salted)
- Mixed Raw Nuts: Cashews, Walnuts, Pecans, and/or Almonds (unsweetened, unroasted, and lightly salted)
- Organic Extra Virgin NUTIVA Coconut oil
- Various flavor extracts (mint, vanilla, almond)
- Cajun Spice

Foods to Avoid

- Desserts
- Added sugars in your foods
- Breads, grains, pastas, etc.
- Vegetable oil (choose butter, olive oil, or coconut oil)

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- Any food item with “partially hydrogenated” oils

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Meal Options

The following are recipes for the meal and snack options listed in the example meal plan. Follow these directions when preparing your meals.

Remember, you can add as many green veggies as you'd like. However, refrain from adding starchy vegetables, breads, grains, and pastas, beyond what is listed here.

Also, try your best to stick to the portion sizes indicated. If you find yourself still hungry, drink more water or eat extra veggies. If you are still hungry after a few days with the adjustment, use a bigger portion of protein.

Breakfast

Fried Eggs, Greens, and Canadian or Turkey Bacon

- 2-4 whole Omega-3 eggs
- Fresh spinach (and/or other green veggies)
- 2-4 slices Canadian or turkey bacon
- 1 Tbsp of grated cheese (cheddar, mozzarella, or Colby Jack works well)

Directions:

Spray large skillet with non-stick spray and place on medium heat. On one side, place your slices of Canadian bacon (this can be substituted with a good quality turkey bacon). On the other side, crack your two eggs. Allow them both to cook. Flip the bacon once it is browning on one side and sprinkle the cheese on it. Fry the eggs to your desired level of doneness.

Remove the eggs from the skillet and place them on a plate, side-by-side. Add fresh spinach on top of both eggs. Remove the bacon once the cheese has melted and place each one on top of the egg. Enjoy!

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Spanish Omelet

- 2-4 whole Omega-3 eggs
- ½ -1 cup of liquid egg whites
- ½ cup no sugar added salsa or homemade pico de gallo (recipe provided below)
- Non-stick olive oil cooking spray

Directions:

Heat skillet on medium heat. Pour egg mixture into the skillet and cook until almost completely firm. Flip the omelet. Place the salsa or pico on one side of the omelet, flip the other side on top, and slide onto a plate to enjoy.

Homemade Pico de Gallo

This is something great to make early in the week, save in a Tupperware and have it readily available as a snack or ingredient for recipes.

- 3-4 vine ripened tomatoes, diced
- 1 large red onion, diced
- 3-4 Tbsp of fresh grated cilantro
- Half a lemon or lime
- Salt to taste

Directions:

Mix all the ingredients except the lemon in a bowl. Squeeze just a little lemon or lime for a tart flavor and add salt to taste. Store in the refrigerator for later use.

Scrambled Eggs, Greens, and Turkey Bacon or Sausage

- 2-4 whole Omega-3 eggs, beaten
- 2-4 large slices of turkey bacon, sliced or 2-4 links of a high-quality, nitrate-free turkey sausage, diced
- Greens of choice (spinach, broccoli, green beans, asparagus, etc.)
- Non-stick olive oil cooking spray
- Salt and pepper, to taste

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Optional:

- ¼ red bell pepper, diced
- ¼ green bell pepper, diced
- ¼ red onion, diced

Directions:

Heat a skillet over medium heat and spray with the non-stick spray. Add in the turkey bacon or sausage. Cook until it reaches the desired level of doneness.

If using the optional ingredients, place them into the skillet and stir around with a spoon until they begin to sweat. Add the eggs and scramble all the ingredients together.

The Rapid Fat Loss Meal Replacement Shake

- 1 cup of ice
- 1 cup of cold water
- 1-2 scoops Prograde whey protein powder (flavor of choice)
- 3-6 Tbsp flax meal
- 2 Tbsp coconut flour
- Optional- 1 serving Greens+ Supplement (or other greens supplement)

Directions:

Mix in a blender and enjoy.

The Wonder Bowl

- ½ -1 cup of low fat cottage cheese
- 1 scoop of Prograde whey protein powder (flavor of choice)
- 2 Tbsp flax meal

Directions:

Mix ingredients in a bowl and enjoy!

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The Protein Waffle House

- 1 scoop whey protein powder (flavor of choice)
- ½-1 cup of low fat cottage cheese
- 2 Tbsp flax meal
- 1 Tbsp coconut flour
- 1 tsp baking soda
- Water to desired consistency
- Sugar-free syrup, or:
- 1 Tbsp of mixed berries
- 1 Tbsp natural sweetener (Stevia, agave)

Directions:

Preheat the waffle maker and season it with non-stick olive oil spray, if necessary. Beat the ingredients in a bowl. If too thick, add water to achieve desired consistency. Pour in a circular motion on the waffle maker (amount to pour depends on size of waffles maker). This usually makes me two fluffy waffles on our \$20 waffle maker we purchased at Target. Cook according to your waffle maker directions and watch them expand into fluffy waffles.

To make the berry syrup, place the berries in a microwave-safe small dish. Microwave for about 30 seconds or until berries are warm and have secreted their juices. Add the sweetener. Add water to achieve desired volume. Pour on the waffles.

Steak and Eggs

- 2-4 oz. of extra-lean sirloin steak
- 2-4 whole Omega-3 eggs, cracked and beaten in a bowl
- Veggies of choice (spinach, spotlight peppers, onions, mushrooms)
- 2 cloves of fresh garlic
- Salt and pepper to taste
- Non-stick olive oil spray

Directions:

Turn your oven on the broiler setting. As it heats up, mash the garlic cloves with a knife of spoon and spread on piece of steak, add salt and pepper to taste. Place the steak in

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the broiler. While the steak cooks, spray a pan with the non-stick spray and apply to medium-high heat. Throw in any veggies that you would like in your scrambled eggs. Allow the vegetables to sizzle in the heat, moving them around with a spatula to cook evenly.

Quickly check on the steak. If it is browned on one side, flip over and close the oven. If not, check periodically until it is browned and flip.

After the veggies have been cooking for about 1-2 minutes, lower the heat to medium and pour the beaten eggs in and scramble until evenly cooked.

Place the eggs on a plate and add salt and pepper to taste. When the steak has browned on the other side, add it to the plate. Enjoy the hearty breakfast!

Lunch

Beef, Chicken, Shrimp, or Salmon Stir-Fry

- 6-8 oz. of thinly sliced chicken breast, sirloin, shrimp, or salmon (or mixture)
- 1 cup of broccoli
- 1 cup of sliced bell peppers (red, green and yellow)
- ½ cup of mushrooms
- ½ cup of bean sprouts
- ¼ cup of water chestnuts
- 1 Tbsp of sesame oil (if using beef, use coconut or canola oil)

Asian Sauce:

- 1 Tbsp low sodium soy sauce
- 1 green onion, diced
- 1 tsp white wine
- fresh grated ginger to taste (you can buy this in the spice aisle pre-grated, but it is not the same)
- 1 mashed garlic clove

Directions:

Heat oil in seasoned skillet, seasoned wok, or nonstick pan over medium-high heat until hot. Add meat until 80% cooked. Add vegetables in the order listed above, stirring

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constantly. Once vegetables have cooked slightly, add meat and mix until finished. Add Asian sauce once meat is cooked, and stir one last time before serving.

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Naked Sandwich

- 1 large romaine lettuce leaf or Boston lettuce leaf
- 4-6 oz. oven roasted deli turkey breast, ham, roast beef, or chicken breast (no added sugar, low in salt, no nitrates)
- 2 slices of cheese OR 2 Tbsp canola mayo (omit if using roast beef)

Optional:

- Pickles, sliced onions, olives, tomatoes, etc.

Directions:

Take ingredients and insert into clean lettuce leaf. Wrap the leaf around the ingredients and enjoy. You can also stick a toothpick in it to keep it closed.

Steak, Chicken, Salmon, or Shrimp Caesar Salad

- 6-8 oz. steak, chicken, shrimp, or salmon
- Large bowl of romaine lettuce
- 1-2 oz. of grated Parmesan cheese (omit if using steak or salmon)
- Dip fork lightly in Litehouse Caesar Caesar dressing on side (or another all natural, low sugar Caesar dressing)
- Salt and Pepper to taste

Directions:

Season the protein with salt and pepper. Grill, steam or broil the protein. Prepare the salad in a bowl by mixing the parmesan and romaine. Keep the dressing on the side for dipping as it goes a longer way when it is dipped. Once the protein is complete, slice and place on top of salad. Can be enjoyed warm or saved to be eaten later by storing in the fridge.

Naked Chicken or Beef Taco Salad

- 6-8 oz. chicken breast or extra-lean ground beef/steak
- ½ tsp salt
- Black pepper to taste
- ¼ tsp cayenne pepper to taste

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- ½ tsp chili powder to taste
- 1 clove of fresh garlic, minced OR 1 tsp garlic powder
- Bowl of Romaine Lettuce or any other leafy, dark lettuce
- 1-2 cups of chopped peppers
- 1-2 oz hot sauce (optional)
- 1/4 cup total shredded cheddar, Colby, and/or Monterey jack cheese (omit if using beef)

Directions:

Add salt, black pepper, garlic, cayenne pepper, chili powder to chicken and then grill on medium high heat until the center is no longer pink. Add chopped peppers and continue to cook until peppers becomes bright and are still firm. Once chicken is done, place to the side.

Add the other ingredients into the salad bowl. Dice chicken and add to the salad. Top with cheese, toss and enjoy!

Yogurt Chicken

- 6-8 oz. of chicken breast
- 1 cup of Stonyfield Farm's organic plain full-fat yogurt (for marinade)
- ½ lemon
- 1 Tbsp oregano
- Salt and pepper to taste
- Cucumber

Greek Dressing:

- 1 Tbsp Extra Virgin Olive Oil
- 1/2 Tbsp of vinegar
- 1 tsp of oregano
- Juice of half a lemon

Directions:

Take all the ingredients, except the chicken and lemon and stir in a bowl. Squeeze the lemon juice into the mix. Marinate the chicken in the mixture and let it sit at least 8 hours in the marinade. The longer the better, 24 hours is best. Grill the chicken until thoroughly cooked. Add Greek dressing and enjoy!

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Cobb Salad

- 6-8 oz. grilled chicken, sliced
- 1/2 Tbsp blue cheese crumbles
- 4 scallions/green onions
- 1 tomato, chopped
- 1 whole Omega-3 egg, hard-boiled, sliced
- 1 slice of extra-lean turkey bacon
- Unlimited mixed greens
- 1 Tbsp sherry vinegar
- 1 Tbsp extra virgin olive oil
- Salt and pepper to taste

Directions:

Grilled Chicken: Season chicken breast with salt and pepper. Place on a grill or on a pan with medium heat. Cook until there is no pink in the center. Allow to cool and then slice into very thin pieces.

Salad: Microwave or pan-fry the turkey bacon using no additional oils. Once bacon is done, place it on a paper towel and allow it to cool. Place greens, shallots, eggs, tomato, crumbles and chicken into a bowl. Return to the turkey bacon, roll it up tightly and then mince it. Add the bacon into the mixture. Toss the ingredients in the bowl.

You may then mix the olive oil and sherry vinegar in a small separate container and add it to salad and toss again.

Bison, Turkey, or Sirloin Burger

- 6-8 oz. of extra-lean ground sirloin, lean ground turkey, or bison
- 2 leafs of Boston butter lettuce (rinsed and dried)
- Sliced onions
- Slices of tomato
- 1 pickle
- Mustard
- ½ tsp paprika
- 1 clove of minced garlic

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- Salt and pepper to taste
- 1 Tbsp dried onions
- Note: I also like Whole Foods Steak and Chop seasoning in the butcher area

Directions:

Heat grill or pan on medium-high. Mix the ground beef with the seasonings. Place the patty on the grill, as soon as the patty is completely grilled on one side, flip over. Once grilled to your liking, place atop a clean leaf of lettuce, add the tomato, onion and mustard. Top with the other leaf and enjoy.

Dinner

Juicy Steak and Garlic Green Beans

Steak:

- 6-8 oz. of extra lean steak (Sirloin or Filet)
- 1-2 cloves of fresh garlic
- 1/2 tsp salt
- Pepper to taste

Garlic Green Beans:

- 4-5 Cloves of garlic
- One bag of frozen green beans (fresh ones work too) Non-stick olive oil cooking spray
- Salt to taste

Directions:

Steak: Preheat the oven on broiler setting. Mince garlic and rub onto both sides of the steak. Season with salt and pepper. Place on a broiler pan and into the oven. Check on the steak after 10 minutes. Once it is brown on one side, flip the steak. Check on the steak again after 5-10 minutes. Once it is brown and slightly crispy on that side, it is ready to serve. If you are particular about the level of doneness, you can check by cutting a little into the steak. This steak can also be cooked on a grill.

Garlic green beans: Spray a skillet on high heat with the non-stick spray. Throw on the garlic cloves. Allow them to cook until they become golden brown and fragrant (do not char). Throw in the green beans and stir them quickly. They should cook for about 10

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minutes. Make sure to move them around every 2 minutes or so to cook the beans evenly. Once they are hot to the touch, they are done. Dash on some salt to taste

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Chicken Parmesan

- 6-8 oz. of chicken breasts
- 1/2 cup of no sugar added marinara sauce
- 1/4 cup of mozzarella cheese
- Spaghetti squash

Directions:

Preheat the oven to 325 degrees. Beat the chicken breast with a tenderizer or anything heavy enough until the chicken has become widened and flat. On a skillet sprayed with non-stick spray, over medium heat, cook the chicken until both sides are golden brown. Place the chicken in a baking dish, pour the sauce over it and finally sprinkle the cheese. Place it in the oven and remove once the cheese and sauce begin to bubble.

Turkey or Beef Meatballs and Spaghetti Squash

Makes 2 Male or 4 Female servings

- 1 pound of lean ground turkey or extra lean ground sirloin
- 3 Omega-3 eggs
- 1 jar of marinara sauce (no sugar added) Italian Seasonings
- 2 Tbsp of Grated Parmesan cheese
- Salt and pepper to taste
- 3 cloves of crushed garlic
- ½ cup of water

Directions:

Mix all ingredients together besides the marinara sauce and water. Create meatballs by portioning out 2 oz. of meat. Heat up a jar of marinara sauce and a ½ cup of water in a pot. Drop the meatballs into the pot and cover. Allow it cook over medium heat until meatballs are thoroughly cooked, about 20 minutes.

Fiesta Chicken or Shrimp

- 6-8 oz. chicken breast, cut into thin strips or 3-4 oz. shrimp
- 3 Tbsp fresh cilantro
- 1 cup of spotlight bell peppers, cut into strips

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- ½ cup of onion, sliced
- 1 clove of garlic
- 2 Tbsp lime juice
- ½ tsp low sodium soy sauce
- Dash of cayenne pepper
- Dash of black pepper
- 1 Tbsp extra virgin olive oil

Directions:

Mix all of the ingredients, except for the olive oil. Allow to marinade for several hours. Heat a skillet over medium-high heat and add the olive oil once the skillet is hot.

Throw the meat onto the skillet and move around as it cooks over the high heat. Once the meat is almost done, take the remaining contents of the marinade and throw them into the skillet. Allow them to cook for a few minutes until hot, but not soggy. Serve on a platter, and enjoy. Goes well with cauliflower rice (see Cajun Shrimp recipe).

Cajun Shrimp w/ Cauliflower Rice

Cajun Shrimp:

- 6-8 oz. of shrimp
- 1 Tbsp Extra Virgin Olive Oil
- Cajun seasoning mix or (1 tsp salt, ½ tsp black pepper, ½ tsp cayenne pepper, ½ tsp onion powder, ½ tsp garlic powder, ½ tsp chili powder)
- Salt to taste
- Non-stick spray

Cauliflower Rice:

- 1 head of fresh cauliflower
- Salt to taste
- Directions:

Directions:

Cajun Shrimp: Place the skillet over medium heat and spray with the non-stick spray (if the shrimp is frozen, I recommend steaming it for a few minutes so it defrosts). Throw the shrimp in and add olive oil and the Cajun seasoning. The more Cajun seasoning you

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add, the spicier it is, so proceed with caution. Cook for until shrimp are hot to the touch, it should only be about 5 minutes give or take as shrimp cooks very quickly.

Cauliflower rice: Grate the fresh cauliflower. If you do not have a grater, you can chop it, but it will take a lot longer, so go ahead and buy one. It helps to cut the cauliflower into 3-4 large chunks so you can easily hold it as you grate.

Take grated cauliflower and place in the microwave for 2-3 minutes depending on microwave. Do not add water as cauliflower retains plenty of it and will release moisture as it heats up. Once cooked, add salt to taste. This dish makes a great substitute for rice.

Seafood Piccata

- 6-8 oz. of tilapia, thinly sliced (or any other fish or seafood of choice)
- 1/4 cup of ground flax meal (coconut flour or nut meal may be substituted) salt to taste
- 1 tbsp Italian seasonings
- Non-stick cooking spray
- 1 fresh lemon or 3 tbsp of pure lemon juice
- 1 cup of white cooking wine
- 2 tbsp of jarred capers with juice
- 3 sprigs of parsley
- 1 tbsp of extra virgin olive oil

Directions:

Line a baking sheet with non-stick spray and preheat the oven at 325 degrees. Place egg whites in a small bowl. Take ground flax meal and place in a Ziploc bag. Place fish in it and lightly coat it with the flax. Remove the fish and sprinkle salt and Italian seasonings. Place the olive oil in a pan and place over medium heat. Cook the tilapia until flaky to the touch and remove.

For the sauce, use the same pan over medium heat. Spoon the capers making sure to use as much of the juice as possible. Place them into the pan. Pour the white wine into the pan and stir. Finally cut the lemon in half and pit it and squeeze one half of the lemon into the mixture or pour the 3 Tbsp of pure lemon juice. Stir until little bubbles form and then place on very low heat to keep warm.

Take the tilapia and place into the sauce. Serve by placing the fish on a plate and pouring the remaining sauce on top. For an extra kick, you can grate and sprinkle a

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little lemon zest and parsley on top of the dish. You may garnish by slicing the other lemon half and/or by using a few sprigs of parsley.

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Turkey Italian Meatloaf and Garlic Mashed Cauliflower

Makes 2 Male or 4 Female servings

- 1 pound of Lean Ground Turkey
- 3 Whole Omega-3 Eggs
- 3 Tbsp Grated Parmesan Cheese
- Italian Seasonings
- 3 Tbsp Almond Meal
- Salt and pepper to taste
- 1 Jar of marinara sauce

Directions:

Preheat the oven to 325° F. Mix all ingredients except the marinara sauce and create a loaf pour marinara sauce over it. Place it in the oven. Allow it to cook for about 1 hour or until cooked through the center.

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Rapid Fat Loss Snacks

Seek to rotate your snack selections as much as possible for best results:

- Half of any leftover meal (optimal convenience)
- 2-4 pieces of string cheese
- 1 package Prograde Fusion
- 2-4 oz of any cheese
- 2-4 oz any deli meat (no sugar added, low in salt, no nitrates)
- 2-4 hard-boiled Omega-3 eggs
- Side salad with 4 oz cheese or 4 oz meat
- Substitute for any 1 Meal Replacement Shake

See Rapid Fat Loss Snack Recipes for more ideas

Limit to Once/Day:

- 1/2 cup or small handful of mixed nuts (unroasted, no sugar added, low in salt)
- 2-4 Tbsp Nut Butter (unroasted, no sugar added, low in salt) on Celery Sticks

Note- Though not mandatory, please try to add green veggies (or any other veggies besides corn, peas, carrots, potatoes, and beets) to these snacks if possible to help neutralize dietary acids and to provide added fiber and micronutrients. Strive to add lettuce wrap to meats and cheese snacks to make a mini naked sandwich.

For SUPER Rapid Fat Loss:

- Replace all snacks with 5g of BCAA

Every time you eat, ask yourself "Will this help me burn ugly, unwanted body fat as fast as possible?" If YES, do it! If NO, don't!

Rapid Fat Loss Snack Recipes

Note: For all snacks where there is a serving size range, women should choose the lower end and men should choose the upper end.

Shrimp Cocktail

- 2-4 oz. shrimp

Cocktail sauce:

- ¼ cup of chili sauce
- 2 Tbsp of lemon juice
- ½ tsp horseradish
- ¼ tsp onion powder
- 2 drops of Tabasco sauce (for more kick) Salt to taste

Directions: Mix cocktail ingredients and enjoy.

Mini Naked Meat Sandwich

- 2-4 oz. of deli meat
- Romaine or Boston Lettuce for wrapping
- Tomato, onions, olives, etc
- Canola mayo or ½ a slice of cheese

Directions: Wrap ingredients in the lettuce.

Mini Naked Cheese Sandwich

- 2-4 oz. of cheese
- Romaine or Boston Lettuce for wrapping
- Tomato, onions, olives, etc

Directions: Wrap ingredients in the lettuce.

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Beef on a Stick

- 2-4 oz. of extra lean beef, thinly sliced
- 1-2 Skewers
- 1 Tbsp soy sauce
- 1 clove crushed garlic

Directions: Marinade beef in garlic and soy mixture for at least 10 minutes. Place on a wet skewer and grill or bake.

Egg White and Tomato

- 2-4 egg whites or 1/4-1/2 cup of liquid egg white
- Once slice of tomato
- 1-2 slices of cheese

Directions: Cook egg white, place cheese on top until it melts. Serve over slice of tomato.

Tuna Salad or Chicken Salad on Celery

Directions: Take half of the chicken or tuna salad recipe, and place on celery sticks

Side Salad with Cheese

- 2-4 oz. of cheese
- 1 cup of romaine lettuce
- ¼ cup of chopped tomatoes
- 10 slices of cucumbers
- 1/8 cup of chopped onion
- ¼ chopped peppers of any color
- All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

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Side Salad with Meat

- 2-4 oz. of any grilled protein source (steak, chicken, fish, etc.)
- 1 cup of romaine lettuce
- ¼ cup of chopped tomatoes
- 10 slices of cucumbers
- 1/8 cup of chopped onion
- ¼ chopped peppers of any color
- All natural salad dressing that is very low in sugar (3g or less)

Directions: Mix salad together. Eat with dressing on the side by dipping fork into the dressing.

Buffalo Chicken Bites

- 2-4 oz. cooked chicken, cubed
- 2 Tbsp Frank's Red Hot Sauce
- 1 Tbsp Litehouse Blue Cheese Dressing OR any other all natural blue cheese

Directions: Mix the warm chicken in the buffalo sauce and dip in the blue cheese. Enjoy with celery on the side.

Caprese Salad

- 1 tomato
- 2-4 ounces of fresh mozzarella
- 1/4 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Dash of Italian Seasonings
- Salt and Pepper to taste

Optional:

- Fresh basil

Directions: Slice the tomato into 1/4 " slices. Slice the mozzarella to match the amount of tomato slices you come up with. Place the slices of mozzarella on top of the tomato slices. Top each one with a basil leaf. Mix the other ingredients and pour over

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the tomatoes.

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Cheesy Greens

- Broccoli, green beans, or any other green
- 2-4 oz. of cheese

Directions: Boil the veggies and drain. Place back in the pot with the cheese and melt and mash together.

Mozzarella Marinara

- 2-4 pieces of string cheese
- 1 cup of warm marinara sauce (no sugar added)
- Ziploc bag with 1/8-1/4 cup of almond meal
- Non-stick spray

Directions: Spray a pan with non-stick spray and put it over medium-low heat. As the pan heats remove the cheese from its wrapper and throw them in the Ziploc bag. Toss them around so that there is a very thin layer of almond meal coating them.

Add them to the pan. Keep an eye on them and rotate them carefully so that they are brown on each side. Do not turn on the heat too high, as it will become a gooey mess. Keep it at a medium-low heat until all sides are crispy golden brown and the entire stick is cooked.

Remove and enjoy with your warm marinara sauce.

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Master Meal Replacement Shakes (MRP's) List

Note: If you are using these shakes to replace a meal, use them as listed. If you are using them as a snack, divide recipe by two.

****** There is a 10% discount through the Christmas season on both the vanilla and chocolate Prograde protein powder

Chocolate -Chocolate Mint Shake

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey protein powder
- 3 Tbsp of unsweetened cocoa powder
- 2 tsp of natural or organic peppermint extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Vanilla Crème Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey vanilla protein powder
- 1 vanilla bean
- 1 Tbsp vanilla extract
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

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Slice the vanilla bean “longways,” and using a dull knife (like a butterknife), scrape out the insides. Add into a blender with all the other ingredients, blend, and enjoy.

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Double Chocolate Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey chocolate protein powder
- 3 Tbsp of unsweetened cocoa powder
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Choco-Java Shake-

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey chocolate protein powder
- ½ cup of coffee or 3 Tbsp of coffee extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Strawberry Banana Smoothie

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey vanilla protein powder
- ½ cup frozen strawberries
- ½ frozen medium banana
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

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Mix in a blender and enjoy.

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Choco-Banana Shake

- 1 cup of ice
- 1 cup of water
- 1 scoop Prograde whey chocolate protein powder
- 1/4 medium banana
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Orangesicle Shake

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey vanilla protein powder
- 2 Tbsp orange extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Vanilla-Java Shake

- 1 cup of ice
- 1 cup of water
- 2 scoops Prograde whey vanilla protein powder
- ½ cup of coffee or 3 Tbsp of coffee extract
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

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Mix in a blender and enjoy.

Every time you eat, ask yourself "Will this help me burn ugly, unwanted body fat as fast as possible?" If YES, do it! If NO, don't!

Strawberries 'n' Cream Shake

- 1 cup of ice
- 1 cup of water
- 1 scoop Prograde whey vanilla protein powder
- ½ cup frozen strawberries
- 6 Tbsp flax meal
- 2 Tbsp coconut flour

Directions:

Mix in a blender and enjoy.

Every time you eat, ask yourself "Will this help me burn ugly, unwanted body fat as fast as possible?" If YES, do it! If NO, don't!