

The Recipes



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French toast

Directions:

Grainy bread dipped in small amount of yoghurt and egg
Dry fry (or use a little spray oil) approx. 2 minutes on each side
Top with more yoghurt and berries
YUM!!



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Cheesy Quiche in a Cup

Protein power on the go is guaranteed in this easy to make classic egg dish that can be baked ahead and enjoyed as a low carb snack.

Ingredients:

1 (9 oz.) pkg. frozen chopped spinach
3/4 cup shredded reduced-fat cheddar cheese
2 large eggs, beaten
3 large egg whites, beaten
1/4 medium red capsicum, diced
1/4 medium onion, finely diced
Salt and pepper to taste



Directions:

1. Preheat the oven to 180 dg. C. Lightly coat a 12 cup muffin tin with cooking spray.
2. Cook the spinach according to package directions and squeeze dry of excess liquid. In a medium bowl combine the spinach with the remaining ingredients and stir well.
3. Divide between the muffin cups and bake for 20 minutes, or until a tester comes out clean.

Makes 6 servings

Calories: 125.6

Fat: 5.0 g

Carbs: 1.8 g

Protein: 14.1 g

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Bacon and Egg Pita Pizza

Lean bacon or ham adds lots of flavour and protein to this delicious morning treat that's easy to make and even easier to eat.

Ingredients:

1 medium whole meal pita
1 oz. low fat shredded Swiss cheese
2 slices lean bacon or ham, cooked and crumbled
3 egg whites, scrambled
Salt and pepper to taste
Chopped chives



Directions:

1. Preheat the oven to 180 dg. C. Place pita on a baking sheet and distribute cheese over.
2. Bake until edges of pita are toasted and cheese is melted, 6 to 8 minutes.
3. Top with crumbled bacon and scrambled egg whites and sprinkle with salt, pepper, and the chopped chives.

Makes 1 serving

Calories: 287

Fat: 6.6 g

Carbs: 27.2 g

Protein: 27.7 g

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Simple Morning Scramble

Having your ingredients ready the night before makes this easy vegetable and egg scramble a snap to prepare.

Ingredients:

1/2 TB olive oil
1/2 small onion, finely diced
1/4 medium red capsicum, seeded and diced
1/2 medium tomato, seeded and diced
Salt and pepper to taste
1 large egg*
4 large egg whites*
1 tsp. chopped fresh parsley



Directions:

1. Heat olive oil in a non-stick skillet over medium heat. Add the onion and capsicum, and cook, stirring often, until softened, about 2 minutes.
2. Add the tomato to the skillet, season with salt and pepper, and stir to combine. Continue cooking 1 minute more.
3. In a small bowl beat together the egg and egg whites. Pour the egg mixture into the skillet and cook, stirring, until eggs are scrambled, 1 to 2 minutes. Remove from heat, top with the parsley and serve immediately.

Makes 1 serving

Calories: 241

Fat: 12.3 g

Carbs: 9.4 g

Protein: 22.8 g

**May use equivalent egg substitute.*

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Easy Spinach Frittata

No flipping required in this quick to prepare, hearty frittata that replaces the usual potatoes with protein-rich tofu.

Ingredients:

1/2 TB olive oil
1 cup plain, extra-firm diced tofu
Salt and pepper to taste
2 cups fresh baby spinach
2 large eggs
6 egg whites
1 tsp. dried thyme
2 tsp. chopped fresh parsley



Directions:

1. Heat olive oil in a heavy 12-inch flame-proof skillet over medium-high heat. Pat dry diced tofu and add to pan. Sprinkle with salt and pepper, and cook until lightly browned, gently stirring, for about 3 minutes.
2. Add spinach, stir to combine, reduce heat to low and cook, covered, until spinach leaves have wilted, about 3 minutes.
3. In a medium bowl whisk together eggs, egg whites, thyme, and parsley with a pinch of salt and pepper. Pour egg mixture into skillet, use a spatula to distribute tofu and spinach evenly, and cook, covered, over medium-low heat until bottom is browned and eggs are almost set, 6 to 8 minutes.
4. Place the skillet under a broiler set on low to finish cooking top of frittata, about 2 minutes.
5. Use a metal spatula to loosen sides and bottom, slide onto a warm platter, and serve immediately.

Makes 2 servings

Calories: 263

Fat: 15.2 g

Carbs: 4.5 g

Protein: 29.2 g

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Chicken and Bean Burrito Wraps

These burritos can also be made with corn tortillas or even just lettuce for wrapping to save on carbs.

Ingredients:

1 tsp. olive oil
8 oz. (250g) boneless skinless chicken breasts,
cut into 1/2-inch strips
Salt and pepper to taste
1/2 medium onion, sliced
1/2 red capsicum, seeded and sliced
1/2 jalapeno pepper, seeded and chopped
1/2 cup canned beans, drained and rinsed
1 tsp. chili powder
1 tsp. ground cumin
2 tsp. chopped fresh cilantro
2 medium wholegrain tortillas or wraps
2 TB reduced fat shredded cheddar cheese
2 tsp. non-fat plain Greek yogurt



Directions:

1. Heat oil in a large skillet over high heat. Add chicken, season with salt and pepper, and cook, stirring often, until pieces are no longer pink, about 5 minutes. Transfer chicken to a bowl with a slotted spoon and set aside.
2. Add onion, capsicum, and jalapeno pepper to skillet and cook over medium-high heat until somewhat softened, about 5 minutes. Add beans and return chicken to skillet, sprinkle with chili powder and cumin, and cook, stirring often, until heated through. Season with additional salt and pepper if necessary. Stir in chopped cilantro, and remove from heat.
3. Fill tortillas with chicken mixture, sprinkle cheese on top, dollop yogurt, then fold up bottom and roll to close. Serve immediately.

Makes 2 servings

Calories: 320.2

Fat: 8 g

Carbs: 22.5 g

Protein: 36.2 g

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Chow Down Chicken Burgers

You'll love this flavourful and healthy departure from typical burgers.

Ingredients:

- 1 tsp. olive oil
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped red or green capsicum
- 1/4 cup finely diced celery
- Salt and pepper to taste
- 1 garlic clove, minced
- 1 lb. ground chicken
- 1 large egg white, slightly beaten
- 2 TB bread crumbs
- 1/2 tsp. Cajun seasoning



Directions:

1. Heat oil in a non-stick pan over medium heat. Add onion, capsicum, and celery, season with salt and pepper, and cook, stirring often, until soft but not browned, about 3 minutes. Add garlic and cook a further minute. Set aside to cool.
2. Preheat an outdoor or indoor grill.
3. In a large bowl combine cooked vegetables, ground chicken, egg white, bread crumbs, flaxseed meal, seasoning, and salt and pepper to taste. Mix well with a fork or your hands and shape into 4 burgers.
4. Grill until burgers are cooked through and nicely browned, about 6 minutes per side.

Makes 4 servings

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Zesty Chicken Chili

Lean chicken highlights this spicy low fat version of a favourite dish, completed with healthy fibre-full beans.

Ingredients:

- 1 tsp. olive oil
- 1 medium onion, diced
- 1 medium green capsicum, cored, seeded, diced
- Salt and pepper to taste
- 1 jalapeno pepper, seeded and minced
- 1 lb. ground chicken or lean meat or lean beef mince
- 1 1/2 TB chili powder
- 1 tsp. paprika
- 1/2 tsp. ground cumin
- 1/8 tsp. cayenne pepper
- 1 cup canned, diced tomatoes in juices
- 1 (8 oz.) can tomato sauce
- 1/2 cup water
- 1 (15 oz.) can pinto beans, drained and rinsed
- 1 (15 oz.) can beans, drained and rinsed



Directions:

1. Heat the oil in a medium heavy-bottom saucepan over medium-high heat. Add the onions and capsicum, sprinkle with salt and pepper, and cook, stirring often, until the vegetables are softened, 5 to 7 minutes. Stir in the jalapeno pepper and cook a further minute. Add the ground chicken and, breaking it up with a fork, cook until no longer pink, about 10 minutes. Stir in the chili powder, paprika, cumin, and cayenne, and cook 1 minute more.
2. Add the tomatoes in their juices, the tomato sauce, and water, stir well to combine and bring to a simmer. Reduce the heat to medium-low and cook uncovered, stirring occasionally, until almost all of the liquid has been absorbed and the mixture is somewhat thick, about 20 minutes. Add the beans and cook until very thick, about 5 minutes more. Taste for seasoning, and serve immediately.

Makes 4 servings

Calories: 310.4

Fat: 4.8 g

Carbs: 29 g

Protein: 34.2 g

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Asian Beef Noodle Soup

Japanese soba noodles and crisp tender Asian vegetables combine with lean beef for a healthy and appetising quick soup.

Ingredients:

4 cups fat-free beef broth
1 TB minced peeled fresh ginger
1 cup fresh snow peas, cut into thin strips
1/2 medium red capsicum, seeded and cut into thin strips
1/4 cup shredded carrots
1 cup shredded bok choy
1 1/2 TB rice vinegar
1 tsp. toasted sesame oil
Freshly ground pepper
1 packet Slim Pasta



Directions:

1. Bring broth just to a boil in a medium saucepan over medium heat. Add ginger, snow peas, capsicum, carrots, and bok choy, and cook on low for 2 minutes.
2. Remove from heat and stir in vinegar, oil, and pepper.
3. Mound Slim Pasta and beef in centre of 2 deep soup bowls and ladle broth mixture evenly over each. Serve immediately.

Makes 2 servings

Calories: 290.5

Fat: 8.4 g

Carbs: 17.6 g

Protein: 22.8 g

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Ginger Chicken and Asparagus Stir Fry

Healthy asparagus teams up with tender chicken in this simple stir fry that's full of the wonderful bite of ginger, high in protein and low in calories and carbs.

Ingredients:

2 TB low sodium soy sauce
225g (8 oz) chicken tenderloins, trimmed
and thinly sliced
1 tsp. peanut oil
Salt and pepper to taste
1 TB minced fresh ginger
2 garlic cloves, minced
225 g (8 oz) asparagus, woody ends discarded,
cut into 2-inch pieces
2/3 cup chicken broth or water
Drizzle of sesame oil



Directions:

1. Whisk together soy sauce and corn starch in a medium bowl. Add chicken, stir to coat, and set aside.
2. Heat oil in a wok or large skillet over high heat. Add chicken mixture, season with salt and pepper, and stir-fry until no longer pink, about 2 minutes. Remove from the pan and set aside.
3. Add ginger and garlic and cook, stirring constantly, for 30 seconds without browning. Add asparagus and stir-fry for 1 minute.
4. Stir in broth, cover, reduce heat to medium-low and cook until asparagus is crisp tender, about 2 minutes. Return chicken to pan and stir-fry to reheat, about 1 minute. Drizzle a little sesame oil over and serve immediately.

Makes 2 servings

Calories: 179

Fat: 4.8 g

Carbs: 6.4 g

Protein: 22.2 g

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Curried Chicken Kebabs

Aromatic skewers of tender and flavourful chicken and vegetables hit the grill for a quick and healthy dinner.

Ingredients:

1 TB curry powder
1 TB non-fat plain yogurt
Juice of 1 lemon
1 TB agave nectar or honey
225g (8 oz) boneless skinless chicken breasts, cubed
1 medium capsicum, seeded and cut into chunks
1 medium red onion, peeled and cut into chunks
Salt and pepper to taste



Directions:

1. In a shallow bowl stir together curry powder, yogurt, lemon juice, and agave until smooth. Marinate chicken cubes in the curry mixture for at least 30 minutes.
2. Heat an outdoor or indoor grill to medium-high and coat lightly with oil. Thread skewers with chicken, capsicum, and onion, and season with salt and pepper.
3. Grill kebabs on all sides until browned and chicken juices run clear, about 12 minutes. Serve immediately.

Makes 2 servings

Calories: 205.3

Fat: 2 g

Carbs: 9.7 g

Protein: 27.3 g

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Roast Chicken with Sweet Potatoes

Use this skinless method for other chicken roasting, which will guarantee you a low fat, yet moist and delicious result.

Ingredients:

2 medium-size split chicken breasts,
skin removed and trimmed of fat
Salt and pepper to taste
1 large sweet potato, peeled and cubed
2 garlic cloves, smashed
2/3 cup water
Juice of 1 lemon
2 tsp. olive oil
2 tsp. agave nectar or honey
1 sprig fresh rosemary
1 sprig fresh oregano



Directions:

1. Preheat the oven to 190 dg. C.
2. Season the chicken breasts with salt and pepper and place flesh side down in the middle of a non-stick roasting pan. Distribute the potatoes and garlic around.
3. In a small bowl whisk together the water, lemon juice, oil, and agave and pour into the pan, stirring to distribute. Add the herbs and roast in the oven, occasionally stirring to evenly cook and brown, until the potatoes are tender, the liquid has evaporated, and an internal read thermometer reaches 165 dg. F when inserted in the chicken breast, about 40 minutes.
4. Remove from the oven and allow to rest for 5 minutes before serving.

Makes 2 servings

Calories: 238.9

Fat: 4.1 g

Carbs: 13.2 g

Protein: 22.4 g

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Quick and Easy Italian Meatballs

A good quality low fat purchased marinara sauce makes this preparation a snap and is great for serving alongside a small portion of wholegrain pasta if desired.

Ingredients:

1/2 pound (250g) ground lean meat or chicken
1 large egg white
1/4 cup Italian seasoned bread crumbs
1 (26 oz.) jar low fat marinara or other
spaghetti sauce
Parmesan cheese for serving



Directions:

1. In a mixing bowl combine the ground lean meat or chicken with the egg white and bread crumbs and mix well.
2. Pour the marinara sauce, plus a little water, into a medium saucepan and bring to a simmer.
3. Shape the meat mixture with your hands into 1 1/2-inch balls, about the size of a golf ball (1/2 pound of meat will make about 6 meatballs of this size). Drop them gently into the simmering sauce and stir ever so slightly to submerge them. Reduce the heat to low, cover the pot, and allow to cook for 20 to 30 minutes until firm and no longer pink inside, occasionally stirring gently to prevent sticking.
4. Serve immediately sprinkled with parmesan.

Makes 2 servings

Calories: 293.7

Fat: 2.2 g

Carbs: 20.1 g

Protein: 38.3 g

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Lean meat Curry in a Hurry

Prepared sauce helps you create this satisfying dish in no time, while a side of brown rice adds healthy carbs and fibre.

Ingredients:

1 tsp. peanut or coconut oil
1/2 medium onion, sliced
1/4 cup diced green capsicum
Salt and pepper to taste
4 oz. (250g) cooked lean meat, diced
2 TB prepared curry sauce
1/4 cup low sodium chicken broth
1 TB non-fat plain Greek yogurt



Directions:

1. Heat oil in a non-stick skillet over medium-high heat. Add onion and capsicum, season with salt and pepper and cook, stirring often, until softened, but not browned, about 5 minutes.
2. Add lean meat and cook 1 minute to heat.
3. Add remaining ingredients, bring to a low simmer, cover and cook until well heated through, about 2 minutes. Serve immediately.

Makes 1 serving

Calories: 276.3

Fat: 9.2 g

Carbs: 10.1 g

Protein: 32.4 g

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Flounder Florentine with Sun Dried Tomatoes

Spinach adds great nutrition while sundried tomatoes add a flavour zing in this easy to make dish that can utilise any popular white fish fillets.

Ingredients:

2 tsp. olive oil
2 (4 oz/125g) flounder fillets
Salt and pepper to taste
1 TB pine nuts
2 TB chopped unmarinated sun-dried tomatoes
4 cups baby spinach



Directions:

1. Heat 1 teaspoon of oil in a large non-stick skillet over medium-high heat. Season fillets with salt and pepper and sauté, turning over once, until golden and cooked through, about 5 minutes. Transfer to two heated serving plates.
2. Heat remaining oil in skillet, add pine nuts and sun-dried tomatoes, and cook, stirring often, for 2 minutes. Add spinach, season with salt and pepper, and continue to cook, tossing to coat, until wilted, about 3 minutes.
3. Transfer to plate with fish and serve immediately.

Makes 2 servings

Calories: 185.7

Fat: 8.1 g

Carbs: 5.8 g

Protein: 31.3 g

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Baked Shellfish Paella

This healthy version of a Spanish classic made with brown rice is a snap to put together and will provide terrific leftovers for busy nights.

Ingredients:

1 TB olive oil
1/2 medium onion, chopped
1/2 medium green capsicum, seeded and diced
Salt and pepper to taste
2 garlic cloves, minced
1/2 cup uncooked brown basmati rice
1 1/2 cups low-sodium chicken or vegetable broth
1 1/2 cup tinned diced tomatoes, drained
1 bay leaf
Pinch crushed saffron threads
1 lb(500g) uncooked large shrimp, peeled and deveined
1 dozen clams, scrubbed
1 1/2 dozen mussels in shell, scrubbed
1/4 cup frozen green peas, thawed
1 tsp. finely chopped fresh parsley leaves
Lemon wedges for serving



Directions:

1. Preheat the oven to 180 dg. C.
2. Heat the oil in a Dutch oven or other heavy-bottomed oven proof pot over medium-high heat. Add onion and capsicum, season with salt and pepper, and cook, stirring often, until somewhat softened, about 3 minutes. Add garlic and cook a further minute.
3. Add rice and stir to coat with onion mixture. Add broth, tomatoes, bay leaf, and saffron, and bring to a boil, stirring occasionally. Remove from heat, cover, and transfer to the oven. Cook until most of the liquid is absorbed, about 35 minutes.
4. Remove from oven, stir, and place shrimp, clams, mussels, and green peas on top. Cover and return to oven, and cook until rice is tender, shrimp is opaque, and clam and mussel shells have opened, about 20 minutes.
5. Let stand, covered, for 5 minutes. Discard any unopened clams or mussels. Sprinkle with parsley, and serve immediately with lemon wedges.

Makes 4 servings

Calories: 289.2

Fat: 4.9 g

Carbs: 12.5 g

Protein: 25.9 g

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Jumbo Prawns with Spinach and Soba Noodles

Delicious gluten-free soba noodles made from buckwheat flour highlight this Asian-style shrimp dish that's quick and easy to create.

Ingredients:

1 tsp. peanut oil
4 oz. (125g) uncooked jumbo prawns, peeled and deveined
Salt and pepper to taste
2 cups raw spinach, chopped
1 garlic cloves, minced
Dash red pepper flakes
1 tsp. low-sodium soy sauce
1/4 cup low-sodium chicken broth or water
1 cup cooked soba noodles*



Directions:

1. Heat the oil in a medium non-stick skillet over medium-high heat. Add shrimp, season with salt and pepper, and cook, stirring constantly, until shrimp is pink, about 2 minutes. Transfer shrimp with a slotted spoon to a clean bowl and set aside.
2. Add chopped spinach to skillet and cook over medium-high heat, stirring occasionally, until slightly wilted, 1 to 2 minutes. Add garlic and pepper flakes and cook a further minute.
3. Pour in soy sauce and broth and stir well. Add soba noodles and reserved shrimp and cook over medium heat, stirring often, until noodles and shrimp are heated through, about 2 minutes. Season with salt and pepper and serve immediately.

Makes 1 serving

Calories: 298.2

Fat: 4.9 g

Carbs: 25.4 g

Protein: 30.8 g

***Note: Replace soba noodles with Slim Pasta for even less carb content.**

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Lean Mean Meatloaf Supreme

Ingredients:

1 lb.(500g) lean mince
1 large egg white, slightly beaten
1 small onion, finely chopped
1 small carrot, grated
1/2 cup bread crumbs
1 TB plain protein powder
2 TB no-sugar-added ketchup
1 tsp. prepared mustard
1 tsp. dried mixed herbs
Salt and pepper to taste



Directions:

1. Preheat the oven to 180 dg. C. Lightly spray an 8 x 4-inch loaf pan.
2. In a large mixing bowl combine all the ingredients. Mix well with a fork or your hands. Transfer to the loaf pan and pat down firmly.
3. Cover with aluminium foil and bake for 30 minutes. Remove foil, drain off some of the accumulated fat and bake, uncovered, a further 15 to 20 minutes or until top is browned and an instant read thermometer inserted in the centre reaches 160 dg. F.
4. Allow to rest for 10 minutes, loosen sides with a knife, and transfer to a heated serving platter.

Makes 4 servings

Calories: 238.9

Fat: 6.2 g

Carbs: 2.7 g

Protein: 30.2 g

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Creamy Italian Dip

You'll want to keep this super creamy and satisfying dip on hand for quick, healthy snacking when the urge for afternoon munching hits.

Ingredients:

1/4 cup low fat ricotta cheese
1/4 cup low fat cottage cheese
1/4 cup non-fat plain Greek yogurt
4 sun-dried tomatoes, softened and chopped
1 garlic clove, minced
1/2 tsp. dried Italian herbs
Salt and pepper to taste

Raw veggies for dipping



Directions:

1. In a food processor or blender, combine all the ingredients and process until smooth. Serve immediately and refrigerate remaining portion.

Makes 2 servings

Calories: 154.5

Fat: 8.7 g

Carbs: 6.2 g

Protein: 13.2 g

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Tangy Tuna Spread

Nutritious tuna teams up with low fat cottage cheese and fat burning cayenne pepper for a tempting snack spread.

Ingredients:

1 (3 oz.) can solid white tuna in water, drained
1/3 cup low fat cottage cheese
1 tsp. small capers, drained
Dash paprika
Dash cayenne pepper
Salt to taste



Directions:

1. Place all ingredients in a small food processor or mixing bowl and combine until smooth. Cover and chill or serve immediately.

Makes 2 servings

Calories: 105.2

Fat: 4.3 g

Carbs: 2.5 g

Protein: 15.1 g

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Tuna lettuce wrap

Ingredients:

Tin of tuna in water
2 tbsp of fat free mayo
1/2 cup chopped celery
1/4 cup chopped onion or shallots
Any other salad you want to include
Pepper to taste

Directions:

Drain tuna.
Combine all ingredients and spoon into a lettuce leaf.

Makes 1 serving



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Thai beef salad

Ingredients:

400gms of rump steak
100g baby spinach
1 red capsicum finely sliced
1/2 cup bean sprouts
4 spring onions finely sliced
1/2 cup coriander leaves
2 tsp chopped mint

Dressing:

2 tbsp lime juice
1 tbsp fish sauce
1 tbsp soy sauce
1 clove garlic crushed
1 chilli seeded and chopped.



Directions:

Cook meat to your liking, cover in foil and leave to rest for 5 minutes.
Meanwhile, mix all dressing ingredients into a bowl.
Thinly slice meat across the grain and combine all ingredients

Makes 4 servings

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Steak or chicken shish kebabs

Ingredients:

100gms of meat cut into cubes
Zucchini
Cherry tomatoes
Capsicum
Mushroom
Pineapple



Directions:

Cut all ingredients into small similar sizes. Thread alternatively onto skewers. Marinade in your choice of sauces (no oil). Cook on BBQ.
Serve on its own or with salad.

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Fish or chicken and chips (my lazy cook's version)

Ingredients:

Ingham's low fat frozen chicken (I like sweet chilli), but any frozen chicken with no batter or crumbs ok.
Or a frozen fish fillet (no flavouring added)
100 grams of McCain healthy choice fries.

Directions:

Oven bake as per instructions.
Serve with a side salad or some veggies.

Note: Leave out fries if on a fat flush day



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Chicken parmigiana (again lazy cook's version)

Ingredients:

Chicken breast fillets
Low fat ham
Leggo's 97% fat free Italian chicken parmigiana sauce
Low fat cheese, grated

Directions:

Panfry chicken breast fillets and place into an ovenproof dish.
Top with low fat ham and Leggo's sauce.
Sprinkle with small amount of cheese.
Bake for 10 mins or until cheese is melted.
Serve with side salad or veggies (delicious)



Note: You can add 100 grams of oven baked McCain's healthy choice fries, if not on a fat flush day

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Veggie and lentil soup

Ingredients:

Range of vegetables
1 large onion
1 tin of tomatoes
1 tin lentils/beans
Water
Balsamic vinegar (optional)

Directions:

Panfry onions and garlic in a large pot
Then add as many veggies as you like (celery and leek are great to reduce fluid retention)
Add tomatoes and lentils/beans
And water
Simmer on the stove for an hour.
Add a dash of balsamic vinegar to taste (optional)

serving size approx 2 cups per person



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Balsamic Beef & Sweet Potato and Cauliflower Mash

Ingredients:

Beef steak
Balsamic vinegar
Garlic
Cracked Pepper
Sweet potato
Potato
Cauliflower
Salad



Directions:

Combine balsamic vinegar, garlic and cracked black pepper and pour over beef steak and marinate for 15 minutes. Cook on BBQ and serve with sweet potato, potato and cauliflower mash and salad.

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Balsamic Chicken

Ingredients:

Chicken breast
Balsamic vinegar
Garlic
Cracked pepper
Limes

Directions:

Combine balsamic vinegar, garlic and cracked black pepper and pour over chicken breast and marinate for 15 minutes. Halve limes and grill on BBQ with the chicken and serve with salad. Squeeze over the caramelised limes when serving. Serve with 100 grams of McCain's healthy oven baked fries.



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Spaghetti Bolognese

Ingredients:

Mince
Lentils/beans
Carrot
Celery
Zucchini
1 tin tomatoes
Garlic

packet of Slim Pasta

Directions:

Brown mince and add lentils or beans for fibre,
also add grated up veg – carrot, celery, zucchini etc.
Add one tin of tomatoes and garlic and any other
herbs and spices to taste.

Cook pasta as per packet instructions

Serving size is one fist size portion of meat, plus one fist size portion of pasta

Serve with a side salad



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Vegetable frittata

Ingredients:

Vegetables
3 whole eggs
3 egg whites
Low fat cheese, grated
Light ham, diced

Directions:

Combine veggies (frozen veg is also fine) with eggs and egg whites into a baking tray.
Top with small amount of cheese and ham.
Bake in oven until golden.
Can be served hot or cold.

*** add a tin of salmon for extra flavour and protein ***

Makes 6 servings



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Shepherd's Pie

Ingredients:

1 tbs olive oil
1 brown onion, finely chopped
1 carrot, peeled, finely chopped
500g lean mince
Half packet of lentils or beans (for fibre)
2 zucchini, trimmed, finely chopped
500ml (2 cups) beef stock
1/3 cup tomato paste
1 1/2 tbs Worcestershire sauce
2 dried bay leaves
2 potatoes, peeled, chopped
1 sweet potato, peeled chopped
Half a cauliflower, chopped
1/3 cup milk
1/2 cups coarsely grated low fat cheese



Directions:

1. Heat oil in a large saucepan over medium-high heat. Cook onion and carrot, stirring, for 1 minute or until tender. Increase heat to high. Add mince and lentils and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour. Add the zucchini. Cook, stirring, for 1 minute. Gradually add the stock, stirring constantly, until combined. Add the tomato paste, Worcestershire sauce and bay leaves. Reduce heat to medium. Simmer for 15 minutes or until thick.
2. Meanwhile, cook potato, sweet potato and cauliflower in a saucepan of boiling water for 10 minutes or until tender. Drain and return to the pan. Mash until smooth. Stir in the milk. Season with salt and white pepper.
3. Preheat grill on high. Divide lamb mixture among four 375ml (1 1/2-cup) capacity ovenproof dishes. Top with mash and cheddar. Cook under grill for 3 minutes or until golden and the cheddar melts.

*Works well with any leftover mince.

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Shepherd's pie surprise

My young daughter refused to eat anything "lumpy" so this is my trick.

Directions:

Cook any healthy slow cooker, stew, casserole
Add as many cut up veg as you like
Add beans, lentils and chickpeas (they are all high in fibre).
(Don't tell your family and they'll probably never know, the flavour usually hides them)
Packet flavourings are usually fine; just don't add too much oil or cream.

Top with mashed sweet potato, pumpkin and cauliflower and a little grated cheddar cheese
And bake in oven like a shepherd's pie.

(Of course if you like stews and casseroles, you don't have to do this last step)

You can also top with a small amount of filo pastry or mountain bread. Just don't layer the pastry with butter or oil



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Pumpkin Salad

Ingredients:

Baby spinach leaves
Tin of 4 bean mix
Shallots – diced
Cherry tomatoes
Grated carrots
Roasted pumpkin (keep separate until serving)
Balsamic vinegar

Directions:

Serve with a different protein each day.



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Lean meat (or substitute) and packet salad

Directions:

Choose a palm sized serve of lean protein,
*tinned tuna works well or frozen fish with no crumbs or
batter

Grill or BBQ if necessary and serve with a packet salad (choose a
different variety)

Season with balsamic vinegar or lemon juice.

* Less than 5 minutes



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Chicken (or any protein) stir fry.

Ingredients:

Directions:

Cook lean chicken pieces in a wok or pan with a (very) small amount of oil.

Add in broccoli, carrots, snow peas, bok choy (optional), shallots (optional)

And at the last minute or two, add shredded cabbage (it should stay crunchy) The cabbage takes the place of noodles / rice.



** lazier option – use a packet of dry coleslaw salad mix.

For sauce / flavour use 2 tbsp lime juice, 2tsp fish sauce, garlic, chilli, 2 tbsp soy sauce.

** lazier option – use a bottle of sauce / marinade, but halve the amount, add some water and garlic.

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Bangers and mash

Ingredients:

Lean sausages – I like organic chicken

Mashed cauliflower, pumpkin and potato –
equal portions

Directions:

Serve with any vegetables.



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Make your own pizza

Ingredients:

1 whole meal pita bread
Tomato paste
Diced chicken
Light ham
Prawns
Mushrooms
Capsicum
Tomatoes
Pineapple (small serve)
Olives

Directions:

Top with tomato paste
Add all ingredients to top.
Add a little low fat grated cheese
Cook in oven until cheese is golden
Half a pizza is one serve,



Makes 2 servings

I used my left over healthy taco mince (with hidden veg) here in this pizza - YUM

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Fried rice – meal makeover

Ingredients:

Directions:

1 packet of brown microwave rice
As many grated up vegies as you can add
E.g. Carrots, zucchini, broccoli, peas, cabbage,
shallots
Diced up protein, e.g. ham, chicken, prawns
Cooked egg
Keep adding until equal amounts of protein and veg
to rice.
Dry fry and add low salt soy sauce.



Serves 4 – out of 1 brown rice packet

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Baked dinner

Ingredients:

Lean meat portion
Vegetables (excluding potato or add just a small serve)
Peas
Carrot
Broccoli
Cauliflower

Directions:

Bake the meat and vegies with a tiny bit a spray oil
Serve with steamed peas, carrot, broccoli, cauliflower



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San choy bow

Ingredients:

- 1 iceberg lettuce
- 1 tablespoon olive oil
- 3 green onions, thinly sliced diagonally
- 500g pork mince
- 1 small carrot, peeled, grated
- 1 zucchini, grated
- 1 small red capsicum, deseeded, finely diced
- 125g can corn kernels, drained
- Half a packet of bean sprouts
- 1/3 cup Lee Kum Kee Panda brand Oyster Sauce

Directions:

1. With core of lettuce facing down, bang core on a flat surface. This will make it easy to remove whole core by twisting and pulling out. Remove damaged outer leaves. Discard. Separate leaves and place in a large bowl of icy cold water. Refrigerate until required.
2. Heat oil in a frying pan over medium heat. Add green onions. Cook for 1 minute. Increase heat to high. Add pork. Cook, stirring, for 4 minutes or until browned.
3. Add carrot, zucchini, capsicum, corn and bean sprouts. Stir well. Combine oyster sauce and tomato sauce in a jug. Add to mince mixture. Stir well. Bring to the boil. Reduce heat. Simmer for 2 minutes.
4. Drain lettuce leaves. Pat dry with paper towel. Place lettuce cups on a platter. Spoon mince mixture into lettuce cups. Serve

Makes 4 servings



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Rice paper rolls

Ingredients:

Any lean meat, e.g. Chicken, tuna, salmon with diced shallots, carrots, zucchini, bean sprouts, and chopped up Slim Pasta. Coriander optional.

Wrap in rice paper. Follow instructions on packet.



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Protein Shake

Healthy, shake flavoured with fruit and blended to perfection.

Ingredients:

1 cup skim milk
1 egg or 1 spoon protein powder
Berries
Ice
Vitarium sugar free drinking chocolate

Directions:

1. Place all ingredients in a blender and process until smooth.
2. Pour and enjoy.

Makes 1 serving



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Yoghurt and berries

Directions:

Add low fat low sugar yoghurt with mixed berries.

Optional: Vitarium sugar free drinking chocolate.



My sweet treat emergency items



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Some snack suggestions

Any vegetable

Cut up veg sticks with low fat ricotta plus taco seasoning (dip)

Low fat, low sugar yoghurt - I like forme or natural Greek

Protein bars - I like Aussie bodies mini lo-carb - YUM

Protein shake

Low sugar fruit - berries are best

Frittata

Small serve of your left over meal

Cruskits with lean protein and salad, eg. tuna and tomato

One piece of grain toast with lean protein and salad

Boiled egg - really filling

Tinned veg soup

Tin of tuna

Tin of baked beans

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Obviously I cannot list every recipe that follows the Fat Flush rules.
One handful of protein, one handful of carb and lots of salad / veg.

Please check these great websites for lots more ideas

<http://www.mountainbread.com.au/UserFiles/PDF/MountainBreadCookbook.pdf>

<http://www.taste.com.au/recipes/collections/low+carb>

<http://www.healthyfoodguide.com.au/>

<http://www.thebikinicookbook.com/>

<http://slimpasta.com.au/blog/category/recipes/>

and of course our closed Facebook group too.

Happy Cooking.

Chriss
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