

Guide: How to eat for Effortless Fat Loss

Includes 3 day meal plan + recipes

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Start your day as follows:

1 tablespoon of Apple Cider Vinegar in half a glass of room temperature water + 1 glass of pure water

OR

1/2 fresh lemon squeezed into a glass of room temperature water + 1 glass of pure water

as soon as you wake up, before you eat breakfast

This will kickstart your metabolism and get your digestion going for the day, preparing your stomach for the delicious breakfast you're about to feed it.

Then, follow the 3 day meal plan on the following page. You can swap and change meals as you please, but try to stick to 3 meals and 1-2 snacks every day.

3 Day Sample Meal Plan + Recipes

	Day 1	Day 2	Day 3
Breakfast	Veggie Omelette	Protein Smoothie	Quinoa Porridge
Lunch	Salmon Salad	Steak Salad	Grilled Fish Salad
Dinner	Steak + Roast Veg + Rocket salad	Grilled Fish + Quinoa Salad	Chicken Stir Fry
Snacks	1 apple + tablespoon nut butter Choc-Berry Smoothie	Veggie Sticks with Hummus Seed Crackers + 1/2 Avo	Green Smoothie or Fresh Veggie Juice 2 Protein Balls

Recipes

Day 1

Breakfast: Veggie Omelette

Ingredients:

2 eggs
3 mushrooms
1/2 avocado

Lightly grease a small frying pan with olive or coconut oil. While it is heating up, chop the mushrooms and crack open the eggs. Beat the eggs with a fork and add salt and pepper.

Once the pan has heated, add the mushrooms and move them around to ensure they cook evenly. Then, spread them out in the pan and pour the egg mixture on top. When the omelette

begins to firm up, either flip it or fold it over and continue cooking until it starts to brown a little.

Remove the omelette from the pan and serve with the avocado on top.

Lunch: Salmon Salad

Ingredients:

1 Salmon fillet (bake in oven with salt, pepper + lemon) or 1 small can of salmon
1-2 cups of a mix of butter lettuce, cos lettuce & spinach leaves
1 cucumber
1 tomato or 5 cherry tomatoes
½ capsicum
Handful of sunflower seeds

Method:

Chop lettuce, cucumber, tomatoes and capsicum and mix through the sunflower seeds and salmon. Add lemon juice, olive oil and apple cider vinegar if desired.

Recipes

Day 1

Dinner: Steak, Roast Veggies and salad

Ingredients:

2 palm sized portions of steak – season with salt and pepper
Handful of rocket leaves
Green beans
1 tablespoon of sesame seeds
1 zucchini
1 small eggplant
1 carrots
5 mushrooms
½ leek
Olive oil and rosemary to taste

Method:

Grill steak on BBQ or cast iron pan. Toss rocket, green beans and sesame seeds together for a side salad. Chop zucchini, eggplant, carrots, mushrooms and leek and place on pan with rosemary to roast in the oven with olive oil drizzled on top at 180 degrees Celsius for 30 mins.
Serve half the roast veggies with salad and 1 steak and save the second steak for lunch the next day mixed with leftover roast veggies and more salad.

Snack: Apple with Nut Butter

Ingredients:

1 green or red apple
1 tablespoon nut butter (such as almond, cashew, Brazil nut)

Method:

Slice apple and dip into nut butter.

Recipes

Day 1

Snack: Choc-Berry Smoothie

Ingredients:

½ cup frozen blueberries

1 tablespoon cacao powder (or cocoa powder)

1 scoop rice or pea protein powder

Handful of raw cashew nuts

5 ice cubes

Coconut milk and water to blend

Method:

Throw everything into a high-powered blender and blend on high until a smooth consistency is formed.

Recipes

Day 2

Breakfast: Protein Smoothie

Ingredients:

1 cup coconut water
1/2 cup strawberries
1 scoop protein powder

Method:

Place all ingredients into a high-powered blender and blend until a smooth consistency is achieved

Lunch: Steak Salad

Ingredients:

Steak and salad from previous night's dinner

Method:

Slice steak into thin strips and mix through rocket, beans and roast veggies.

Recipes

Day 2

Dinner: Grilled Fish and Quinoa Salad

Ingredients:

1 egg
½ cup quinoa flakes
½ lemon
Dried Italian Herbs
Any white fish
Coconut oil
1 cup quinoa (uncooked)
1 red onion
1 cucumber
1 tomato
Half bunch of parsley

Method:

Preheat oven to 180 degrees C. Crack egg into a bowl and whisk. Place quinoa flakes and Italian herbs in a separate bowl. Make sure fish is dry - take the pieces of fish and dip them into the egg first, then into the quinoa and herb mix. Place them on a pre-greased baking dish (rub the bottom of the dish with coconut oil to grease).

Repeat this process until all fish has been coated, then melt some coconut oil and brush over the fish (for extra crispiness!).

Bake in oven for about 20 minutes.

Cook quinoa as per instructions on packet (or in the rice cooker). Chop onion, cucumber, tomato and parsley and mix together with quinoa.

Recipes

Day 2

Snack: Veggie sticks with hummus

Ingredients:

- 1 carrot
- 1 cucumber
- 1 celery stalk
- Handful of snow peas
- 2 tablespoons hummus

Method:

Chop the carrot, cucumber, celery and snow peas into sticks and dip into the hummus.

Snack: Seed Crackers with avocado

Ingredients:

- 1 cup raw pumpkin seeds
- 1/3 cup sesame seeds
- 1/2 cup shredded zucchini
- 1 tsp salt
- 1 clove of garlic, crushed
- 1 tbsp olive oil
- 1/2 avocado

Method:

Preheat oven to 180 degrees C

In a food processor, combine the pumpkin seeds, sesame seeds and zucchini. Process until a dough is formed, then add the salt, garlic and olive oil and pulse to combine.

Roll out the dough thinly onto a tray with baking paper and score with a knife.

Bake for 15 minutes & allow crackers to cool before breaking them up. Serve with 1/2 avocado mashed up as a dip.

Recipes

Day 3

Breakfast: Quinoa Porridge

Ingredients:

Quinoa from previous night's dinner (without the veggies)

½ teaspoon cinnamon

½ cup blueberries

Almond or coconut milk to serve

Method:

Mix quinoa with blueberries and almond or coconut milk for a delicious alternative to breakfast cereal – sprinkle with cinnamon to taste. If you'd like it warm like porridge, heat it up in a pan with your choice of dairy free milk for a couple of minutes.

Lunch: Grilled Fish Salad

Ingredients:

Fish from previous night's dinner

Parsley, chopped

Cherry tomatoes

Olives

Pine nuts or raw sunflower seeds

Method:

Mix together chopped parsley, cherry tomatoes, olives, pine nuts and grilled fish – squeeze half a lemon over salad if desired.

Recipes

Day 3

Dinner: Chicken Stir fry

Ingredients:

1 teaspoon coconut oil

Chicken breast

Coconut flour

1 egg, whisked

½ purple cabbage, chopped

Snow peas

2 heads of broccoli, chopped

2 carrots, chopped

Method:

Cut the chicken breast into bite sized pieces, dip each piece into the egg and then into the coconut flour. Once you have done this with all of the chicken, heat the coconut oil in a pan and add the chicken to stir fry until all the chicken is white throughout and fully cooked. Then, add all the vegetables and continue to stir fry, adding salt and pepper to taste.

Recipes

Day 3

Snack: Green Smoothie or Fresh Veggie Juice

Green Smoothie

Ingredients:

1 cup spinach leaves
1 cup coconut water or filtered water
1 banana
juice of 1 lime
1 tablespoon of soaked chia seeds

Method:

Blend in a high speed blender – add more water as liquid if needed.

Fresh Veggie Juice

Ingredients:

Spinach leaves
Cucumber
Parsley
Beetroot
Lemon

Method:

Feed vegetables one at a time into a juicer until all vegetables are juiced – drink immediately if made using a standard juicer, or can keep up to 3 days if made using a cold press juicer.

Recipes

Day 3

Snack: 2 protein balls

Ingredients: (makes 12 balls)

- 3 Medjool dates (pitted)
- 1 scoop pea protein powder
- 2 tablespoons tahini
- 4 tablespoons coconut butter (melted)
- 1 tablespoon shredded coconut
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- pinch of sea salt
- 4 tablespoons coconut water
- 2 tablespoons sesame seeds for coating

Method:

In a food processor, combine all ingredients except the sesame seeds, until smooth. Roll mixture into 1 inch balls, flatten and coat each ball in sesame seeds. Set balls on a plate and freeze to solidify.

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Follow this guide, but make adjustments for you.

Following a whole food diet means eating foods as close to nature as possible, in their whole and unprocessed state. If you need a reminder of foods that fit into this definition, re-watch the videos.

If you look at the 3 day meal plan, most meals are simple to prepare, with leftovers for the next day.

You are welcome to chop and change the meals - or repeat them as you like - whatever you need to do to make it fit your lifestyle.

The goal is to keep eating this way, after your initial 3 days - and to find your own recipes with specific foods that you enjoy.

Don't forget - preparation and planning are the keys to success.