

FLAT BELLY FLUSH

**Fat-Flushing
Dinner Cookbook**



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Avocado Stuffed Burger



Ingredients

- 2 pounds grass fed ground beef
- 2 avocado
- 1 cup sun-dried tomato
- 1 tbsp. black pepper
- 2 tsp. sea salt

Directions

- Preheat your grill to medium heat
- Put the ground beef in a large mixing bowl, add black pepper, and 1 tsp. sea salt
- Mix well and with your hands form them into thin patties that are the same size
- In another mixing bowl, combine avocados, sun dried tomatoes, and 1 tsp. sea salt
- Mash the avocado and mix the ingredients together
- Place your avocado mixture on top of the “bottom” burger patties, make sure you leave enough room to seal each burger without the mixture leaking out
- Put your other patty over the top of the mixture and pinch the edges of your burgers to form a seal all around
- Place on the grill and cook to your liking

Beef Stew

Ingredients

- 2 pounds grass fed beef, cubed
- 1 onion, diced
- 1 tomato, diced
- 1 cup chopped carrots
- 2 garlic cloves, minced
- 1 15 oz. can tomato sauce
- 1 6 oz. can of tomato paste
- 2 cups beef broth
- 3 bay leaves
- 1 tbsp. paprika
- 2 cups green beans, sliced
- 1 red pepper, sliced
- 1 orange pepper, sliced

Directions:

- Combine all ingredients in a large pot and cook on medium heat for 45 minutes

Chicken Meatballs



Ingredients:

- 1 pound ground chicken
- 1 egg
- ¼ cup almond flour
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 tbsp. green onions, chopped
- 1 tbsp. ground cumin
- 1 tbsp. ground coriander
- 1 tsp. turmeric
- 1 tsp. garlic powder

Directions:

- Combine all ingredients in a large bowl and mix thoroughly. Form into 16 meatballs.
- Heat 1 tbsp. coconut oil in a large nonstick pan
- Add the meatballs and cook thoroughly

Spicy Lime Chicken

Ingredients:

- 4 chicken breasts
- Olive oil
- Ground coriander
- Ground cumin
- Sea salt
- Garlic powder
- Black pepper
- Red pepper flakes
- 2 limes, quartered

Directions:

- Preheat oven to 350 degrees
- Rinse chicken and brush both sides with olive oil. Then sprinkle on the coriander, cumin, salt, black pepper, and garlic powder evenly on both sides.
- Place chicken in a baking dish and bake for 12 minutes.
- Flip the chicken and cook for another 10 minutes
- Once the chicken is done, remove from the oven and squeeze fresh lime juice on top.
- Let cool for 5 minutes, then serve and enjoy!

Loaded Sweet Potato



Ingredients:

- 2 sweet potatoes
- Coconut oil
- 1 pound of lean ground beef
- Sea salt

Directions:

- Preheat your oven to 350 degrees
- Brush the sweet potatoes generously with coconut oil
- Cut the sweet potatoes in half, length wise
- Bake for 20 minutes
- Flip the sweet potatoes and bake for another 15 minutes
- Brown the lean ground beef on the stovetop over medium heat. Sprinkle in sea salt for taste
- Remove the sweet potato from the oven and cover with lean ground beef on top.
- Add whatever condiments you'd like and enjoy!

Best Fat-Burning Dinner Ever



Ingredients:

- Four 6 oz. top sirloin steaks
- Worcestershire sauce
- 1 bunch of fresh asparagus
- Olive oil

Directions:

- Coat the sirloin steak in Worcestershire sauce
- Grill on medium heat until cooked to your liking
- Drizzle olive oil on the fresh asparagus
- Grill for 5 minutes or until slightly browned

Chickpea Taco Salad

Ingredients:

- 2 cans chickpeas
- Taco seasoning
- Soy sauce
- Romaine lettuce, chopped
- Shredded Mexican cheese
- Salsa
- 1 can black olives
- 1 tomato
- 1 avocado

Directions:

- Preheat oven to 350 degrees
- In a medium bowl, add 3 tbsp. soy sauce with 2 tbsp. taco seasoning and mix together.
- Rinse the chickpeas, add to the medium mixing bowl, and mix together
- Place the coated chickpeas on a baking sheet, bake for 25 minutes
- In a bowl, add chopped romaine lettuce, chopped black olives, chopped tomato, sliced avocado, and shredded cheese.
- Add a few spoonfuls of the cooked chickpeas on top of your salad, add salsa, and enjoy!

Turkey Meatloaf



Ingredients:

- 2 pounds ground turkey
- 1 tbsp. garlic powder
- 1 tbsp. chopped onion
- 2 eggs
- 1 handful baby spinach, chopped
- Coconut oil

Directions:

- Preheat oven to 350 degrees
- Coat a 5x8 baking dish with coconut oil
- In a large mixing bowl, combine the rest of the ingredients
- Mix together and add to the baking dish
- Bake for 50 minutes

Fried Egg Turkey Burgers

Ingredients:

- 2 pounds ground turkey
- Eggs
- Romaine lettuce
- Tomato
- Avocado
- 1 tbsp. coconut oil

Directions:

- With your hands, form the ground turkey into 4 oz. patties
- Place on the grill or stovetop and cook to your satisfaction
- Warm up a pan on the stove over medium heat. Add 1 tbsp. coconut oil and spread through the pan so the eggs don't stick
- Fry up the same number of eggs as turkey burgers you have grilling on the grill. There should be one fried egg for each burger
- Once the burgers are done, remove from the grill. Take one burger, put it on your plate, and add a fried egg on top.
- Add a slice of avocado, tomato, romaine lettuce leaf, and enjoy!

Burrito Bowl

Ingredients

- 1 pound lean ground beef
- 1 green pepper, chopped
- 1 red pepper, chopped
- Romaine lettuce, chopped
- 1 can black beans
- 1 avocado, sliced
- 1 tomato, sliced
- Black olives, sliced
- Shredded cheese
- Salsa (optional)

Directions:

- On the stove over medium heat, cook the ground beef to your satisfaction.
- In a separate pan, cook the red and green peppers for 5 minutes.
- Rinse the black beans and set aside.
- In a bowl, combine ground beef, cooked peppers, chopped lettuce, black beans, sliced avocado, sliced tomato, black olives, and shredded cheese.
- Add salsa on top (optional) and enjoy!