

FLAT BELLY FLUSH

**Fat-Flushing
Lunch Cookbook**



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Cod Piccata

Ingredients

1 lb. cod fillets
1/3 cup almond flour
1/2 tsp garlic salt or Mr. Dash Seasoning
2 tbsp grapeseed oil, divided
3/4 cup chicken stock
3 tbsp lemon juice
1/4 cup capers, drained
2 tbsp fresh parsley, chopped

Instructions

Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.

Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.

Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.

To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.



Turkey & Basil Meatballs

Ingredients

2 lbs. ground turkey
1/2 cup almond flour
1/2 cup fresh basil chopped
2 egg whites
1/2 tsp garlic salt or Mr. Dash Seasoning
1/4 tsp freshly ground pepper

Instructions

Preheat the oven to 375 degrees F. Line a baking sheet with aluminum foil and then place a wire cooling rack on top of the baking sheet. Coat the wire rack well with coconut oil spray.

In a large bowl, mix together all of the ingredients. Roll the mixture into small balls using your hands and place on the wire rack. Bake for 20-25 minutes until cooked through.



Shrimp and Grits

For the shrimp

15 pieces raw shrimp, shelled and de-veined
6 garlic cloves minced, divided
Zest from one lemon
2 tsp dried oregano, divided
2 slices turkey bacon
1/2 large onion, diced
2 tbsp ghee or butter
1 tbsp white wine vinegar
1 tsp red pepper flakes
1 tbsp lemon juice
1 tbsp chopped fresh oregano
Salt and freshly ground black pepper, to taste

For the grits

1 large head of cauliflower, cut into florets
1/4 cup almond milk
4 garlic cloves, minced
1 tbsp ghee or butter
1/4 tsp cayenne pepper
Salt and pepper, to taste

Instructions

In a medium bowl mix together the olive oil, 2 cloves of garlic, lemon zest, and 1 teaspoon dried oregano. Place shrimp in the bowl and marinate for 1-3 hours.

Place a couple inches of water in a large pot. Once water is boiling, place steamer and add cauliflower florets into the pot and cover. Steam for 12-14 minutes until completely tender. Drain and return cauliflower to pot.

Add the milk, ghee, and garlic to the cauliflower. Using an immersion blender, combine ingredients. The cauliflower should be fairly thick to resemble the consistency of grits. Season with salt and pepper to taste.

Cook the bacon in a large skillet over medium heat until crispy. Reserving the bacon fat in the pan, set the bacon aside to cool and break into pieces.

Add the butter to the bacon fat in the pan and melt. Add the onion and sauté for 4-5 minutes until softened. Add in the remaining 4 garlic cloves, dried oregano, and the red pepper flakes. Sauté for 1-2 minutes, stirring frequently.

Stir in the white wine vinegar, and then add the shrimp. Stirring frequently until the shrimp is cooked for 3-4 minutes. Remove from heat and stir in the lemon juice. Season with salt and pepper. Serve shrimp and onions over grits, with bacon and fresh oregano for garnish.



Lamb Chops with Mustard Sauce

For the tomatoes

2 pints cherry tomatoes, halved
2 tbsp balsamic vinegar
2 tbsp honey
Salt and freshly ground pepper

For the cauliflower rice

1/2 head of cauliflower, chopped coarsely
1/2 small onion, finely diced
1 tbsp coconut oil
1 tbsp fresh parsley, chopped
Salt and freshly ground pepper, to taste

For the lamb

4 double lamb rib chops, Frenched
Balsamic vinegar
Salt and freshly ground pepper
Coconut oil, for the pan

For the sauce

1/4 cup red onion, finely diced
1/4 cup white wine vinegar
1 cup chicken stock
1 tbsp mustard
Salt and freshly ground pepper, to taste

Instructions

Preheat the oven to 400 degrees F. Place the tomatoes on a baking sheet and drizzle with olive oil and honey. Sprinkle with salt and pepper and toss to coat evenly. Bake for 15-20 minutes until soft.

While the tomatoes are roasting, prepare the cauliflower rice. Place the cauliflower into a food processor and pulse until reduced to the size of rice grains. Melt the coconut oil in a nonstick skillet over medium heat. Add the onion and cook for 5-6 minutes until translucent. Stir in the cauliflower, season with salt and pepper, and cover. Cook for 7-10 minutes until the cauliflower has softened, and then toss with parsley.

To make the lamb, preheat the oven to 325 degrees F. Pat the lamb chops dry and rub with olive oil. Generously season both sides with salt and pepper. Heat one tablespoon of coconut oil in a cast iron skillet. When the pan is hot, add the ribs to the pan and sear for 2-3 minutes on all sides until golden brown.

Place the skillet in the oven and bake for 5-8 minutes until the lamb reaches desired doneness. Let rest for 10 minutes before serving.

While the lamb is resting, add the red onion to the skillet with the pan drippings from the lamb. Sauté for 3-4 minutes, then add the white wine vinegar. Turn the heat to high and cook until the vinegar has mostly evaporated. Add the stock and bring to a boil, cooking until the sauce reduces by half. Stir in the mustard, and season to taste with salt and pepper. Pour over lamb rib chops to serve.



Keto Ground Beef and Spinach Skillet



Ingredients:

- 2 tbsp coconut oil
- 1 king oyster mushroom, chopped
- 2 tbsp raw almonds, chopped
- 150g grass-fed ground beef
- 1/2 tsp chili pepper flakes
- Pinch Dash seasoning or garlic powder
- 1 tbsp capers
- 1 tbsp all natural roasted almond butter (or make your own)
- 150g baby spinach leaves, roughly chopped

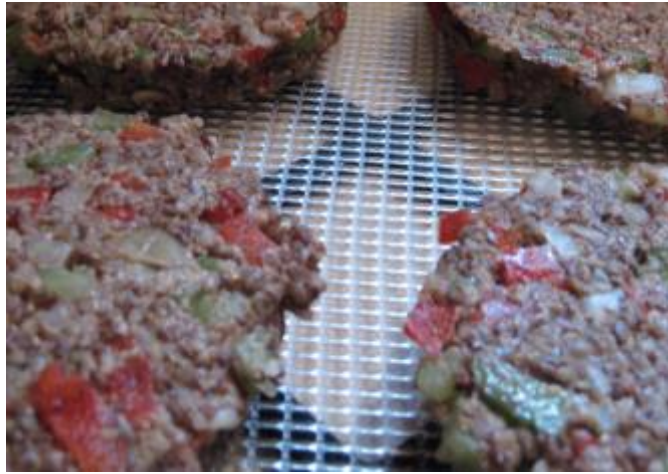
Instructions:

Melt the coconut oil in a heavy skillet (cast iron preferred) set over medium-high heat. When the fat is nice and hot, add the chopped mushroom and cook until golden and fragrant, about 2-3 minutes.

Add the chopped almonds and continue cooking for about a minute, then throw in ground beef, salt, and chili pepper flakes and cook until the meat is completely browned and cooked through, about 5-6 minutes.

Add capers and almond butter and stir until well combined. Finally, toss the chopped spinach right in and stir delicately until it's completely wilted and well distributed. Transfer to a bowl and serve immediately.

Sun Burgers



Ingredients:

2 stalks celery, chopped, about $\frac{3}{4}$ cup
 $\frac{1}{4}$ cup yellow onion chopped
 $\frac{1}{2}$ cup red bell peppers, chopped
1 teaspoon garlic salt or Dash seasoning
2 teaspoons oregano, fresh or dried
1 cup sunflower seeds, ground
 $\frac{1}{2}$ cup flax seeds, ground
 $\frac{1}{2}$ cup water

(Sun Burgers Instructions):

To make burgers, place celery, onions, bell peppers seasoning, oregano, sunflower seeds, and flax seeds in a bowl, add water last. Mix well. Form four balls and flatten into burger patties.

Bake in oven at 350 degrees for 20 minutes.

To serve, enjoy between slices of Ezekial bread, served with Lettuce, Tomato, and mustard.

Quick and Easy Broccoli Chicken



Ingredients:

- 3 boneless, skinless chicken thighs
- Salt and pepper to taste
- 2 tbsp coconut oil or coconut milk (no sugar)
- 1 cup broccoli florets
- 1/2 cup light chicken stock
- 2 tbsp balsamic vinegar
- 1 tbsp Dijon mustard
- 1 tbsp tapioca starch
- 1 tsp chili pepper flakes

(Broccoli Chicken Instructions):

Sprinkle the chicken thighs with salt and pepper and then melt the coconut oil or coconut milk in a skillet set over high heat. When the pan is hot enough, add the pieces of chicken, nice looking side down, and cook them without moving them for about 4 minutes, until they turn opaque about half way up and develop a nice golden crust.

Flip the pieces of chicken and cook them for another 3 to 4 minutes, until the meat cooked

all the way through and the juices run clear. Remove to a plate.

Put the skillet back over the heat source, lower the heat to medium and add the broccoli.

Cook it for about 3 minutes, until slightly softened.

Meanwhile, mix the chicken stock, vinegar, mustard, chili pepper flakes and tapioca starch together in a large glass measuring cup or other container, preferably one that is equipped with a spout.

Pour this over the broccoli as soon as it's cooked to your liking; bring to the boil and continue cooking until the sauce thickens, about 2 minutes.

Add the chicken thighs, along with their cooking juices, back into the pan and spoon some sauce over them.

Turn off the heat, cover and allow the meat to sit in the hot sauce for about 5 minutes, then serve.

Beef Stroganoff on Zucchini Ribbons



Ingredients:

- 1 pound lean ground beef
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- ½ tsp Himalayan or fine sea salt
- ½ tsp freshly cracked black pepper
- 6 cups water, divided
- 2 tbsp Dijon mustard
- 1 tbsp fresh rosemary, finely chopped
- 1 cup mushrooms, chopped
- ½ cup chopped onions
- 1 tbsp fresh parsley, finely chopped
- ½ cup fat free Greek yogurt
- 8 yellow and green zucchinis in ribbons*

(Beef Stroganoff and Zucchini Ribbons Instructions):

Preheat a large pan coated with olive over high heat and sear the pieces of beef to form a nice golden crust on all sides.

Add onions, garlic, salt, pepper, lower heat to medium and continue cooking until the onions are softened.

Add 2 cups of water, Dijon mustard and fresh rosemary and stir until the mustard is well incorporated. Cover loosely, lower heat and simmer until the liquid is almost completely evaporated then add another 2 cups of water and repeat the process.

At this point, you want to add your mushrooms, pearl onions and another 2 cups of water. Bring back to a simmer and continue cooking until you're left with a nice, thick sauce; Turn off the heat.

In a mixing bowl, add yogurt, and about a cup of your cooking liquid. Mix with a whisk until fully combined and add that to the pan. Add fresh parsley and stir delicately until all is well combined.

Serve over zucchini ribbons

Salmon with Spring Vegetables



Ingredients:

4 (6-ounce) boneless, skinless salmon fillets
Kosher salt, to taste
Freshly ground pepper, to taste
2 large eggs
1 small shallot, minced
1 small garlic clove, minced
2 tablespoons red wine vinegar
8 ounces asparagus, trimmed and halved crosswise
1 cup shelled English peas
1/2 cup coarsely chopped and loosely packed herbs such as basil, mint, tarragon, chervil, and/or flat-leaf parsley

(Salmon with Spring Vegetables Instructions):

1. Line a baking sheet with lightly greased parchment paper. Season salmon with kosher salt and pepper. Bake at 325° for 12 to 15 minutes or until salmon is no longer translucent but still moist-looking in center. Set aside.
2. Place eggs in small saucepan, and cover with water. Bring to a boil; remove from heat, cover, and let stand 15 minutes. Rinse eggs with cold water, and let cool. Peel, dice, and set aside.
3. Whisk together shallot and next 3 ingredients in a medium bowl. Season with kosher salt and pepper.
4. Bring a 2-quart saucepan of salted water to a boil. Cook asparagus 30 to 60 seconds or

until crisp-tender; lift out with a slotted spoon, rinse with cold water, and add to vinaigrette. Cook peas in same boiling water until just cooked, about 1 minute. Drain in a colander, rinse with cold water, and add to asparagus and vinaigrette. Sprinkle in herbs, and toss gently.

5. Transfer salmon to plates using a spatula. Spoon asparagus mixture evenly over salmon. Sprinkle diced eggs over vegetables. Serve warm or at room temperature

Fresh Salmon Salad



Ingredients:

- 100g Mixed leafy greens
- Baby spinach leaves, chopped
- 3 Large mushrooms, sliced
- 1 Mini seedless cucumber, diced
- 1 Medium endive, sliced
- 1/2 Green peppers, diced
- 1/4 Cup radicchio, shredded
- 1/4 Cup raw walnuts, chopped
- 1 tbsp Preserved lemon, chopped (*or 2 tablespoons lemon juice*)
- 1 tsp Herbs de Provence
- 1/2 tsp freshly cracked black pepper
- 1 Can wild pacific sockeye salmon, drained

(Fresh Salmon Salad Instructions):

Add all the ingredients except for salmon to a large mixing bowl and toss delicately until well combined.

Add half of the salmon to the salad and gingerly mix it in. Crumble the rest all over the salad.

Rustic Tomato Soup



Ingredients:

- 2 cloves garlic
- 1 leek
- 3 carrots
- 1 red bell pepper
- 1 head of broccoli
- 1 zucchini
- 2 Tbsp olive oil
- 3 Tbsp liquid aminos (Bragg's is a good one to use)
- 1 bunch of washed and chopped Swiss chard
- 4 tomatoes, cut into pieces
- 1/2 tsp ground cumin
- 1 tsp ground oregano
- 1-1/2 tsp garlic salt
- 1/2 tsp pepper
- 1 pinch (careful, a very small pinch) of cayenne pepper
- 2 or more cups of water

(Rustic Tomato Soup Instructions):

Chop garlic, leek, carrots, red pepper, broccoli, and zucchini into small bite-sized pieces. In medium saucepan, sauté the leek, carrots, and garlic in olive oil over medium heat for approximately 5 minutes. Add red pepper, zucchini, and broccoli. When vegetables

begin to soften, add liquid aminos. Cook until vegetables are tender. Turn off heat. Set aside.

In separate large soup pot, add chopped chard, tomatoes, and spices (cumin, oregano, salt, pepper, and cayenne) and turn to medium heat. Keeping the lid mostly on, but stirring occasionally, let the vegetables cook until the tomato skin starts peeling away and the chard has reduced in size (approximately 10 to 15 minutes).

Add all vegetables from the saucepan to the pot of tomatoes and Swiss chard. Add the 2 cups of water, or more if you prefer a thinner soup. Turn to high heat, stirring occasionally until almost boiled. Turn off heat and serve.