

FLAT BELLY FLUSH

**Fat-Flushing
Breakfast Cookbook**



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Breakfast Scramble

A breakfast that would make *anyone* happy to get out of bed.

Makes 1 serving

Ingredients:

- 1 teaspoon butter
- 2 eggs
- 2 green onions, white and pale green parts, sliced
- 1 ounce cheddar cheese, chopped
- ½ avocado
- 2 slices turkey bacon
- 2 tablespoons salsa

Directions:

1. Over medium heat melt butter and add eggs and green onion. Scramble until almost set, and add cheese. Cook a few more minutes until eggs are set and cheese is melted. Turn off heat.
2. Cook turkey bacon over medium heat for 2-3 minutes.
3. Combine eggs, turkey bacon and avocado on a plate. Add salsa on top.

Breakfast Zucchini Pie

Serving Comment: 1/2 of recipe
 Recipe Gram Wt: 1656.95g/3.65lb
 Servings: 2
 Serving Size: 828.48g/29.22oz Calories/Serving: 390.42

EGG WHITE, CHICKEN, RAW - fresh	6 large
EGG, CHICKEN, RAW - whole, fresh	2 large
ONION, RAW	3 small
OLIVE OIL - salad or cooking	1 1/2 tsp
PEPPER, BLACK, GROUND	1 dash
TURMERIC, GROUND	1 tsp
PARSLEY, RAW	1 tbsp
ZUCCHINI W/SKIN, RAW - chopped	5 cups
GREEN PEPPER, SWEET, RAW (BELL) - chopped	3 cups
GARLIC, RAW	2 cloves
BASIL, FRESH	2 tbsp
OREGANO, DRIED, GROUND	1 tsp
MOZZARELLA CHEESE - 1 slice	2 oz

In medium non-stick skillet sauté pan cook all vegetables and spices except turmeric in 1/2 tsp olive oil until tender. In mixing bowl, whip all eggs and turmeric. In second sauté pan heat 1 tsp olive oil, add 1/2 egg mixture and cook until omelette is formed. Repeat until 2 omelettes are made. Place 1 omelette on plate and fill with 1/2 of the vegetable mixture. Repeat for 2nd omelette. Sprinkle with cheese and serve hot.

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	390.42	780.84
Protein (g)	31.49	62.99
Carbohydrates (g)	36.11	72.21
Fat (g)	15.39	30.78
Saturated Fat (g)	5.90	11.80
Cholesterol (mg)	226.62	453.24
Sodium (mg)	425.36	850.72
Dietary Fiber (g)	9.54	19.08

Cocoa Smoothie

Serving Comment: 1 serving
Recipe Gram Wt: 119.40g/4.21oz
Servings: 1.0
Serving Size: 119.40g/4.21oz Calories/Serving: 94.31

TOFU, SILKEN, FIRM 4 oz
COCOA, UNSWEETENED, EUROPEAN, POWDER - dry 1 tbsp
SUGAR SUBSTITUTE, SPLENDA 1 pkt

Add all ingredients in a blender. Blend until smooth

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	94.31	94.31
Protein (g)	8.82	8.82
Carbohydrates (g)	6.72	6.72
Fat (g)	3.56	3.56
Saturated Fat (g)	0.46	0.46
Cholesterol (mg)	0.00	0.00
Sodium (mg)	40.82	40.82
Dietary Fiber (g)	1.11	1.11

Cottage Cheese, Blueberries and Flax Breakfast

Not up for cooking a hot breakfast? This instant meal hits the spot with appetite-taming protein and fiber, and just the right amount of juicy sweetness from the berries.

Makes 1 serving

Ingredients:

- 1 cup 1% cottage cheese
- 1 tablespoon milled flaxseed
- ½ cup fresh blueberries

Directions:

1. Combine cottage cheese, flaxseed and blueberries in a bowl, stirring to combine if desired. Eat with a spoon.

Per serving: 275 calories, 7 g total fat, 3 g saturated fat, 7 mg cholesterol, 20g total carbohydrate, 6 g dietary fiber, 33 g protein, 918 mg sodium.

Cottage Cheese, Strawberries, Apples and Almonds

Cottage Cheese, Strawberries, Apple and Almonds - 1 serving

Recipe Gram Wt: 321.45g/11.34oz

Servings: 1.0

Serving Size: 321.45g/11.34oz Calories/Serving: 366.46

COTTAGE CHEESE, 1% MF	2/3 cup
STRAWBERRIES, FROZEN,	1/2 cup
ALMONDS, WHOLE - natural	1 oz
APPLE, RAW W/SKIN	1/2 fruit
CINNAMON, GROUND	1 tsp

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	366.46	366.46
Protein (g)	27.76	27.76
Carbohydrates (g)	26.05	26.05
Fat (g)	15.45	15.45
Saturated Fat (g)	1.69	1.69
Cholesterol (mg)	6.67	6.67
Sodium (mg)	480.69	480.69
Dietary Fiber (g)	5.81	5.81

Garden Omelette

Recipe Gram Wt: 219.00g/7.72oz
Servings: 1.0
Serving Size: 219.00g/7.73oz Calories/Serving: 104.80

EGG WHITE, CHICKEN, RAW - fresh 3 large
OLIVE OIL - salad or cooking 2 tsp
ONION, SPRING OR SCALLIONS, RAW chopped 1/4 cup
MUSHROOM, RAW 2 small
ASPARAGUS, RAW - extra large, 8.75" to 10" long 3 spears

Chop onions, mushrooms and asparagus. Saute in olive oil until tender. Add egg whites to pan and continue to cook on low heat until egg is well cooked

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	104.80	104.80
Protein (g)	13.45	13.45
Carbohydrates (g)	6.01	6.01
Fat (g)	3.37	3.37
Saturated Fat (g)	0.47	0.47
Cholesterol (mg)	0.00	0.00
Sodium (mg)	170.84	170.84
Dietary Fiber (g)	2.36	2.36

Mexican Omelette

Serving Comment: 1/2 of recipe
 Recipe Gram Wt: 959.60g/2.12lb
 Servings: 2
 Serving Size: 479.80g/16.92oz Calories/Serving: 398.62

EGG WHITE, CHICKEN, RAW - fresh	10 large
EGG, CHICKEN, RAW - whole, fresh	2 large
ONION, RAW	2 small
CHICKPEAS, CANNED (GARBANZO)	1/2 cup
KIDNEY BEAN, CANNED	1/2 cup
GREEN PEPPER, SWEET, RAW (BELL) - chopped	1/2 cup
MUSHROOM, RAW	1/2 cup
OLIVE OIL - salad or cooking	3 tsp
PEPPER, BLACK, GROUND	1 dash
HOT PEPPER SAUCE, RTS	1 tsp
TURMERIC, GROUND	1 tsp
CHILI POWDER	1 tsp
GARLIC, RAW	3 cloves

In medium non stick skillet sauté' pan cook onion, garlic, chickpeas, kidney beans, red and green peppers and mushrooms in 1 tsp olive oil until tender. In mixing bowl, whip all eggs and seasoning. In second sauté' pan heat 1 tsp of the olive oil, add 1/2 egg mixture and cook until omelette is formed. Fill with 1/2 of the vegetable mixture, fold over and serve. Repeat for 2nd omelette.

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	398.62	797.23
Protein (g)	32.64	65.28
Carbohydrates (g)	36.81	73.61
Fat (g)	13.61	27.21
Saturated Fat (g)	2.73	5.47
Cholesterol (mg)	211.50	423.00
Sodium (mg)	793.41	1586.83
Dietary Fiber (g)	7.97	15.94

Sausage Stir-Fry Breakfast

Makes 2 Servings

Ingredients:

- 1 tsp coconut oil
- 1/2 yellow onion, diced
- 1/2 lb sausages (nitrate/nitrite free), sliced
- 4 cups of spinach or other greens

Directions:

1. Heat a skillet over medium heat, and add coconut oil when hot.
2. Add diced onions and sauté until slightly translucent.
3. Add sausage and cook until browned, tossing frequently.
4. Add greens, reduce heat to medium-low, and cover.
5. Serve when the greens are wilted and soft (about 5 minutes).

Eggs With Avocado And Salsa

Makes 2 Servings

Ingredients:

- 4 eggs
- 1/2 avocado, sliced
- 1/2 cup sliced or slivered almonds
- 4 Tbs salsa

Directions:

1. Heat non-stick skillet over medium-high heat.
2. Beat eggs in a small bowl, and pour into skillet.
3. Cook for 1 minute and turn heat to medium-low. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa.

Tex-Mex Breakfast Scramble

Makes 2 Servings

Ingredients:

- 1 tsp coconut oil, tallow, lard, or bacon drippings
- 4 eggs
- 1/2 tsp cumin
- 1/2 tsp chili powder (or ground chipotle)
- 1/4 tsp sea salt (optional)
- 1 Tbs water
- 1/4 red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional)
- 12 oz chicken breasts, chopped
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped

Directions:

1. Heat coconut oil in a medium skillet over medium-high heat.
2. Meanwhile, break eggs into a small bowl. Add cumin, chili powder, sea salt, and water. Scramble with a fork until fully combined.
3. Add onions, bell peppers, and jalapeno to the hot skillet. Saute 3-5 minutes, or until slightly softened.
4. Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
5. Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

Savory Zucchini Fritters

Makes 5-5 inch or 10-2 inch Fritters

Ingredients:

- 2 cups shredded zucchini (about 2 medium zucchini)
- 3 eggs
- 1 Tbs coconut flour
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- coconut oil or bacon grease

Directions:

1. Shred zucchini by hand or in a food processor (rough chop) and set aside (if it is very wet, lightly blot it dry with a paper towel).
2. In a large bowl, beat eggs together.
3. Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.
4. Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.
5. Meanwhile, set a large cast iron skillet over medium-low heat. When hot, add coconut oil or bacon grease to coat the bottom of the pan.
6. Spoon the mixture into the pan in desired sized fritters.
7. Serve warm or at room temperature.
8. Optional: add other spices or fresh herbs to the recipe in step 4.

Fruit Salad With Cinnamon

Makes 2 Servings

Ingredients:

- 1 orange, peeled and diced
- 1 apple, diced
- 1/2 cup pecans or walnuts, chopped (optional)
- 1/2 tsp cinnamon

Directions:

1. Place the fruit into bowls.
2. Sprinkle with chopped nuts (optional) and/or cinnamon.
3. Optional: add canned coconut milk for more calories if desired.

Breakfast Smoothie

Makes 2 Servings

Ingredients:

- 2 cups frozen berries
- 2/3 cup unsweetened shredded coconut
- 1 cup almond milk (canned coconut if you want more calories/fat)
- 1-2 eggs (safest if from pastured chickens)

Directions:

1. Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
2. Add shredded coconut, eggs, and almond milk.
3. Continue to blend until smooth, and divide into two glasses.

Note: you may have to cut the recipe in half and blend two smoothies separately, depending on the size of your blender.

Sautéed Sweet Potatoes & Egg

Makes 2 Servings

Ingredients:

- 1 Tbs coconut oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon
- 2 eggs

Directions:

1. Heat a skillet over medium heat. Add coconut oil.
2. Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
3. Sprinkle with cinnamon and mix well.
4. Cook 2 eggs any style and serve with the sweet potato

Smoked Salmon Scrambled Eggs

Makes 2 Servings

Ingredients:

- 1 tsp coconut oil, bacon grease, lard, or tallow
- 4 eggs
- 1 Tbs water
- 4 oz smoked salmon, sliced or broken into small pieces
- 1/2 avocado
- freshly ground black pepper, to taste
- 4 chives, minced (or use 1 green onion, thinly sliced)

Directions:

1. Heat a medium skillet over medium heat. Add coconut oil to pan when hot.
2. Meanwhile, crack eggs into a small bowl. Add water and scramble with a fork.
3. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy.
4. Remove from heat. Top with black pepper, avocado, and chives to serve.

Grain Free Breakfast Cookies

Makes 24-36 Cookies

Ingredients:

- 3 cups almond flour
- 1/2 cup coconut oil, melted
- 1/2 cup raw honey
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp vanilla extract
- 1 1/2 cups Enjoy Life Semi-Sweet Chocolate Chips

Directions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop Tablespoon size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.

Scrambled Eggs with Mushrooms

Recipe Gram Wt: 91.47g/3.23oz

Servings: 1.0

Serving Size: 91.47g/3.23oz

Calories/Serving: 81.22

EGG WHITE, CHICKEN, RAW - fresh

2 large

MUSHROOM, RAW

2 small

OLIVE OIL - salad or cooking

1 tsp

PEPPER, BLACK, GROUND

1/4 tsp

OREGANO, DRIED, GROUND

1/4 tsp

Mix eggs together. Chop mushrooms. Stir in with eggs, pepper, and oregano. Coat a non-stick skillet with olive oil. Cook eggs.

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	81.22	81.22
Protein (g)	7.92	7.92
Carbohydrates (g)	1.77	1.77
Fat (g)	4.74	4.74
Saturated Fat (g)	0.65	0.65
Cholesterol (mg)	0.00	0.00
Sodium (mg)	110.95	110.95
Dietary Fiber (g)	0.53	0.53

Western Omelette

Recipe Gram Wt: 134.00g/4.73oz
Servings: 1.0
Serving Size: 134.00g/4.73oz Calories/Serving: 134.38

TURKEY BACON GRILLED	1 slice
EGG WHITE, CHICKEN, RAW - fresh	2 large
ONION, RAW - chopped	1/4 cup
OLIVE OIL - salad or cooking	1 tsp

Coat non stick skillet with olive oil. Chop onion and bacon. Mix with eggs and fry in skillet until done.

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	134.38	134.38
Protein (g)	13.26	13.26
Carbohydrates (g)	4.84	4.84
Fat (g)	6.63	6.63
Saturated Fat (g)	1.30	1.30
Cholesterol (mg)	13.63	13.63
Sodium (mg)	474.16	474.16
Dietary Fiber (g)	0.56	0.56

Beet -Apple Juice

Makes 16-20 Ounces

Ingredients

1 beet
1-2 apples (use Granny Smith for a nice tartness)
1 cucumber
1 stalk celery
3 Swiss chard leaves
10 parsley sprigs

Directions

Juice as per your juicer's instructions and enjoy.

Pear-Orange Juice

Makes 16-20 Ounces

Ingredients

1-2 pears
2 oranges
1/2 a cucumber
1/2 a zucchini
6 kale leaves
1 lemon
1/2 a lime
A handful of mint

Directions

Juice as per your juicer's instructions.

Spicy Pineapple Juice

Makes 16-20 Ounces

Ingredients

2 cups fresh pineapple
1 apple
5 kale leaves
1 stalk celery
1 cucumber
½ a Jalapeno (use more if you like it spicy)

Directions

Juice as per your juicer's instructions and serve.

Chocolate Peanut Butter Shake

Makes 1 Serving

Ingredients

2 scoops protein powder
1 cup unsweetened almond chocolate milk
1.5 tsp natural creamy peanut butter
¾ cup blueberries
1 tbsp of chia seeds (whole or ground)

Directions

Combine in blender and blend until smooth.

Breakfast Smoothie

Makes 2 Servings

Ingredients

2 cups frozen berries
1 cup unsweetened almond milk (canned coconut if you want more calories/fat)
4 tbsp hemp seeds
2 tbsp chia seeds
2 servings of protein powder

Directions

Fill a blender with the frozen berries.

Add almond milk, hemp seeds, chia seeds and protein powder.

Continue to blend until smooth and divide into two glasses.

Cashew Strawberry Cream Smoothie

Makes 1 Serving

Ingredients

½ cup raw cashews
½ cup coconut water
½ cup of water
½ cup ice cubes
¼ cup frozen strawberries
1/8 tsp pure vanilla extract
2 dates

Directions

Place the cashews along with the coconut water , water , ice cubes, strawberries, vanilla and dates in a blender and blend until smooth.

Chocolate-Cherry Smoothie

Makes 1 serving

Ingredients

¾ cup nonfat milk or unsweetened soy or almond milk

12 frozen cherries

1 scoop chocolate whey protein powder (⅓ cup)

Directions

Add milk, cherries and whey protein to blender and blend until smooth.

Optional: Add 2-5 ice cubes (before blending) for a thicker smoothie.

Mellow Cranberry Smoothie

Makes 2 Servings

Ingredients

½ cup frozen cranberries

1 medium frozen banana, peeled and sliced

2 clementines, peeled, seeded, and broken into sections

2 Medjool dates, pitted (or substitute 2 tbsp sweetener of your choice)

½ cup cranberry juice (or water)

¼ tsp vanilla extract

¼ tsp ground cinnamon

½ cup ice

Optional: Splash of sparkling water

Directions

Combine cranberries, banana slices, clementine sections, dates (or sweetener), cranberry juice (or water), vanilla, cinnamon and ice in a blender and puree until perfectly smooth.

Divide between two tall glasses and, if desired, stir a good splash of sparkling water into each.

Serve immediately.

Kiwi Mango Cooler

Ingredients

2 kiwi fruit, peeled
1 cup mango pieces
3 ice cubes
1 cup mineral water
4 frozen strawberries
1 tbsp chia
2 tbsp water

Directions

Peel the kiwis and cut into small pieces. Place in blender with all the other ingredients and blend until smooth.

Carrot Tomato Blast

Ingredients

3 small ice cubes
2 apricots (sliced and pitted) or 2 dried
1 carrot, peeled
6 cherry tomatoes
1 tsp honey
1 tbsp fresh basil
1/4 cup hemp seeds
1/2 cup ice cubes
Sea salt and pepper to taste

Directions

Place all the ingredients in a blender and blend until smooth.

Blueberry Maca Smoothie

Ingredients

1 cup frozen blueberries
1 cup coconut milk
1 tbsp unsweetened coconut, sulphite-free
1 tbsp maple syrup
1 banana
1/2 tsp cinnamon powder
1 tbsp maca

Directions

Place all the ingredients in a blender and blend.

Strawberry Orange Banana Smoothie

Ingredients

1 cup milk or coconut milk
1/4 cup hemp seeds
1/2 cup Greek yogurt
1/2 cup frozen strawberries
1 banana
1/3 cup ice cubes

Directions

Blend all ingredients in blender until smooth and enjoy.

Date Almond Smoothie

Ingredients

1/2 cup chopped dates
1 banana, sliced, (about 1/2 cup)
6 natural almonds
1 orange, juiced
1/2 cup Greek yogurt
1/2 cups crushed ice

Directions

Combine dates, banana slices, and almonds and orange juice in a blender and puree until dates are finely chopped.

Add yogurt and ice, blend until just combined.

Mango Lassi

Makes 4 Servings

Ingredients

2 mangos, partially frozen
1 cup plain yogurt

Directions

Peel and dice mangos. Place in freezer to partially freeze for about 30 -45 minutes (or use frozen mangos, partially thawed).

Puree in food processor. Add plain yogurt slowly to the desired consistency (approximately 1 cup) and puree. Serve at once in chilled glasses.

Coffee Banana Morning Shake

Ingredients

½ small frozen banana
½ cup fat-free milk or unsweetened soy milk
½ cup brewed coffee (cold)
½ cup low-fat yogurt
¼ tsp cinnamon
1 scoop protein powder
1 tsp flaxseed oil

Directions

Combine all ingredients in a blender and blend for about 90 seconds.

Flat Belly Breakfast Bowl

Ingredients

½ cup blueberries
½ cup raspberries
1 oz. chopped walnuts
2 tbsp. flax seed
1 scoop whey protein powder
1 pinch cinnamon
1 cup unsweetened almond milk

Directions

Combine all ingredients in a bowl, mix and enjoy!