

3 Fat Burning Recipes to Help Kick Sugar



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1. Taco Meat Bowl

What you will need:

1lb ground beef
1 tbsp of butter
2-3 tbsp Taco seasoning (the recipe we use is included below)
½ Yellow onion
1-2 garlic cloves or adjust to your liking
Salsa (the recipe we use is included below)
Full Fat plain Greek yogurt
Cheddar cheese

Taco Seasoning Ingredients:

- 1/4 tsp chili powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1.5 tsp of ground cumin- 1 tsp of Redmond's real salt or pink Himalayan salt- 1 tsp of black pepper

Salsa:

- dice 3 tomatoes
- dice 2 onions
- squeeze half a lime
- 1 tbsp of fresh basil
- 1/4 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/2 can of tomato paste
- 1 green pepper
- 1/2 jalapeno pepper
- 1/2 cup of cilantro
- pulse in food processor or cut by hand

Directions:

Add butter to skillet and add onions and garlic until translucent.
Add beef and desired amount of taco seasoning.
Cook thoroughly
Remove from skillet and separate desired amount of beef into bowls.
Add shredded cheddar cheese (or cheese of your preference)
Add desired amount of salsa and Greek yogurt and mix.

You can use pork rinds for scooping to eat or crumble onto your beef bowl for added crunch.

2. Egg Salad:

What you will need;

12 eggs
White Vinegar
½ - 1/3 cup of plain full fat greek yogurt
1 tbsp Dijon Mustard
½ tsp onion powder
½ tsp garlic powder
½ tsp paprika (sweet paprika works nicely as well)
Salt and pepper to taste

Directions;

Fill a pot half way with water, add a few splashes of white vinegar
Bring water to a boil. Once at a boil, add in eggs and let continue to boil for 12-15 mins
Remove pot from burner and empty hot water. Fill With cold water and ice and let eggs sit in an ice bath for 15 mins.
Remove shells and place eggs in a separate bowl.
Add all ingredients and mix well and refrigerate.

Egg salad can be enjoyed on its own, as a side or even as a topping on burgers.

3. Meatza Pizza:

What you will need;

1lbs of ground chicken
1 egg
½ cup of shredded romano cheese
1 tbsp dried oregano
Tomato sauce (tomato sauce with no added sugar)
Any toppings you will like for your pizza (pepperoni, cheese, mushrooms, olives, peppers etc)

Directions;

Blend ground chicken, cheese, egg and oregano in a food processor until dough like consistency.
Heat oven as hot as it will go and then place a sheet tray upside down in oven to heat up for 5-10 mins.
While oven is heating up, spread dough on parchment paper into pizza crust. Place another piece of parchment paper on top of dough and use rolling pin to spread out into a thinner crust.
Place dough with parchment paper on sheet in oven and bake for 10 mins or until crust is golden brown.

Remove dough from oven and place toppings on as desired and then broil for 5 mins.
Enjoy your Meatza!