

HEALTH HAXOR
presents:



SPECIAL BONUS:

10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES



You May Give Away This Report As Long As You Do Not Make Any Changes To It, Nor Make False Claims Concerning The Content Contained Herein.

All rights Reserved

Copyright © 2015 HealthHaxor.com.

The information in this special report is for educational purposes only. The information in this special report is based on Health Haxor personal experiences and our own interpretation of available research. It is not medical advice and we are not medical doctors.

The information within this book is meant for healthy adult individuals. You should consult with your physician to make sure it is appropriate for your individual circumstances.

Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet.

If you have any health issues or concerns please consult with your physician. Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Introduction

Wondering what you can eat to optimize leptin and fat burning?

If you think that your diet has to consist of nothing but chicken breasts, broccoli, with the occasional serving of brown rice added in, think again.

Below you'll find 10 delicious and highly nutritious recipes that will make sure that your body stays in fat burning mode all day long.

Try these for breakfast, lunch, dinner, or a quick snack—or even dessert—when you need it.

With a little smart planning, you really can have a tasty diet and a fit, healthy body.

A handwritten signature in a cursive script, reading "Michelle Candaya". The signature is written in a dark green color and is positioned in the lower right quadrant of the page.

10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Note:

If you haven't downloaded the companion special report,
“How to Defeat the Hormone that Starves You Fat So You Look Long, Lean, and Luscious...This Year!”

Get It Here Now!

P.S. Want more delicious recipes and see how quickly you could be losing weight if you follow the entire system I use? Go check out some of the Before and After Success Stories...

Click Here to see the Magic!

Recipes

High Protein Apple Cinnamon Waffles

A protein packed breakfast is the perfect way to help kick-start leptin levels and keep you in fat burning mode all day long. Classic waffles are high in simple carbs, which can only contribute to excess fat gain and negatively impact your leptin hormonal levels.

You'll still satisfy your craving for something sweet with this dish all while keeping your diet in check.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

- 1.5 tbsp. coconut flour
- 1/8 cup vanilla protein powder
- 1/2 cup egg whites
- 1/2 tsp. cinnamon
- 1/4 tsp. baking powder
- 1/4 cup unsweetened applesauce
- 1 tbsp. walnuts

Directions:

1. Combine together the coconut flour, protein powder, cinnamon, and baking powder.
2. Add the egg whites and mix until well combined.
3. Spray a waffle maker with some non-stick cooking spray and then pour batter into maker.
4. Cook for about 5-7 minutes or until finished and then top with some unsweetened applesauce along with walnuts.
5. Serve immediately.

Nutritional Information:

- Servings:** 1 serving
- Calories:** 303 calories
- Carbohydrates:** 23 grams
- Fat:** 11 grams
- Protein:** 34 grams

Creamy Salmon Filets

Getting enough omega-3 fatty acids into your day is important to promote optimal leptin sensitivity, meaning your body's cells and tissues react well when leptin is released.

Salmon is the perfect source of omega-3 fatty acids and will also provide you with the lean protein you need to fire up your metabolic rate.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

1/2 cup rice vinegar
1/4 cup minced shallots
2 tbsp. brown sugar Splenda
2 tbsp. minced fresh ginger
1 tbsp. minced garlic
3 tbsp. low sodium soy sauce
1 1/2 tsp. wasabi paste
4, 4 oz. salmon fillets
4 tbsp. fat free Greek yogurt
1 tsp. wasabi paste
1/2 tsp. rice vinegar
1 clove minced garlic
4 cups spinach leaves

Directions:

1. Combine the rice vinegar, minced shallots, Splenda, ginger, garlic, soy sauce, and wasabi paste in a bowl.
2. Add salmon and let stand for an hour to marinate being sure to turn once.
3. Next, in a small bowl, combine the Greek yogurt, wasabi paste, vinegar, and garlic to make topping for salmon.
4. Grill the fish on the BBQ or oven for 10 minutes or until it flakes easily.
5. Place the salmon fillet over spinach leaves and add on a dollop of yogurt topping.

Nutritional Information:

Servings: 4 servings with bun

Calories: 348 calories

Carbohydrates: 14.25 grams

Fat: 5 grams

Protein: 13.75 grams

Chicken and Brown Rice Casserole

Keeping your meals well-balanced, eating an appropriate amount of lean protein along with complex carbohydrates will keep blood sugar stable, helping you avoid unwanted insulin which can negatively impact both your body weight and leptin status.

Try this casserole that also contains asparagus and will act as a natural diuretic in your body.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

- 1 cup raw uncooked brown rice
- 10 spears asparagus
- 1 large tomato, diced
- 1/2 cup salsa
- 12 oz. chicken breasts
- 1 tbsp. olive oil
- 1 tsp. oregano
- 1 minced garlic
- 1 diced onion

Directions:

1. Preheat the oven to 400 degrees.
2. Prepare the rice according to package directions, stopping 5 minutes prior to being finished.
3. Next, heat the olive oil in a skillet over medium heat with garlic.
4. Add chicken breast, and onions and cook until chicken is almost done.
5. In a large oven-safe dish, combine rice, chicken, diced tomato, salsa, oregano, and layer asparagus on top.
6. Place in the oven and bake for 10-15 minutes.

Nutritional Information:

Servings: 4 servings

Calories: 287 calories

Carbohydrates: 34.5 grams

Fat: 6 grams

Protein: 26 grams

Squash Minestrone

A hearty bowl of minestrone soup is perfect for satisfying your appetite and with the added beans in this recipe, it'll also be ideal for improving leptin concentrations in your body. Beans work overtime to stabilize blood glucose thanks to their high-fiber, high-protein content, so this is perfect for a snack or quick meal any day of the week.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

- 1 tsp. olive oil
- 1 cup sliced onion
- 2 tsp. chopped fresh oregano
- 2 garlic cloves, minced
- 2 cups butternut squash
- 2 cups sliced zucchini
- 1/2 cup chopped carrots
- 1/2 cup corn kernels
- 1 can diced tomatoes
- 4 cups low sodium chicken broth
- 1 cup spinach leaves
- 1 cup white beans
- 1/2 cup black beans
- salt and pepper to taste

Directions:

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, oregano, and garlic and cook for 2-3 minutes.
3. Next add the squash, zucchini, carrots, corn, diced tomatoes, and chicken broth, reduce heat, and simmer for 10-15 minutes or until vegetables are tender.
4. Add in the spinach leaves and beans, stir once again and then let stand for 1-2 minutes prior to serving.

Nutritional Information:

Servings: 3 servings

Calories: 240 calories

Carbohydrates: 44 grams

Fat: 2.7 grams

Protein: 11.6 grams

Chicken and Broccoli

This delicious chicken and broccoli recipe will be sure to please even the pickiest of eaters. It offers a delicious peanut flavor that when combined with ginger, will make you feel like you're eating something unhealthy. But, you're actually eating a great dish that will help promote maximum fat loss while optimizing your leptin levels.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

- 1 tbsp. olive oil
- 4 cups broccoli florets
- 1 tbsp. fresh ginger, minced
- 2 tbsp. water
- 1/2 tsp. crushed red pepper
- 4, 3 oz. chicken breasts
- 1/2 cup low sodium chicken broth
- 2 tbsp. hoisin sauce
- 2 tbsp. rice wine vinegar
- 2 tbsp. low sodium soy sauce
- 1 tsp. coconut flour
- 4 garlic cloves, minced
- 2 tbsp. salted peanuts, chopped

Directions:

1. Heat half the olive oil in a non-stick skillet over medium heat. Add chicken breasts and garlic, stir frying until tender.
2. Remove chicken and add in the broccoli, fresh ginger, and water, continuing to cook for 3-5 minutes longer.
3. Remove and add to chicken.
4. In the pot, combine the chicken broth, hoisin sauce, rice wine vinegar, soy sauce, and coconut flour.
5. Heat for 1-2 minutes and then add the chicken and broccoli back in.

10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

6. Cook for 2-3 minutes and then serve on top of a bed of rice or whole wheat noodles if doing a refeed, sprinkling peanuts on top.

Nutritional Information:

Servings: 4 servings

Calories: 169 calories

Carbohydrates: 8 grams

Fat: 6 grams

Protein: 20.7 grams

Coconut Seafood Salad

When aiming to balance your blood sugar levels to optimize leptin, healthy fats are essential. That said, you'll still need to be taking into consideration your energy level. Coconut fat provides a fast acting source of energy, similar to what carbohydrates would, but without the spike in insulin. That makes this salad perfect for energizing you for the day ahead, all while helping you maintain optimal fat burning.



10 DELICIOUS AND HIGHLY NUTRITIOUS FAT BURNING RECIPES

Ingredients:

2 cups shrimp, peeled and thawed
1/8 cup low sodium chicken broth
1 cup corn kernels
1/3 cup finely chopped onion
1/3 cup cilantro
1/4 cup diced avocado
1/4 cup imitation crabmeat
2 tbsp. fresh lemon juice
1 tsp. olive oil
1/8 cup flaked unsweetened coconut
large iceberg lettuce leaves

Directions:

1. Heat a non-stick skillet over medium heat.
2. Add chicken broth and shrimp and cook for 3-4 minutes or until shrimp are done.
3. Remove and finely dice.
4. Combine the corn, onion, cilantro, avocado, and finely diced crabmeat in a bowl.
5. Add the shrimp and coconut. Toss.
6. Serve wrapped inside large iceberg lettuce leaves.

Nutritional Information:

Servings: 3 servings

Calories: 230 calories

Carbohydrates: 21.5 grams

Fat: 18 grams

Protein: 28.5 grams

Chocolate Mint Smoothie

As part of your effort to optimize your leptin levels, it's important that you're staying away from high levels of fructose. This means that higher amounts of fruit in your diet should be minimized. This does not mean, however, you need to avoid protein smoothies.

As smoothies can be a great way to get much-needed protein in quickly, they are an ideal part of any healthy diet plan. This particular recipe eliminates fruit and gives you a powerful dose of protein without many calories. Perfect for keeping you lean!



Ingredients:

- 1/2 scoop chocolate casein protein powder
- 1 cup almond milk
- 1/2 cup Greek yogurt
- 2-3 drops of mint flavor extract
- 1-2 ice cubes
- 1/2 tsp. xanthan gum

Directions:

1. Place all ingredients in a blender and pulse blend until desired consistency is reached.
2. Serve immediately.

Nutritional Information:

Servings: 1 serving

Calories: 192 calories

Carbohydrates: 6 grams

Fat: 1 grams

Protein: 38 grams

Coconut Chocolate Protein Bars

If you're craving a chocolate bar but don't want all the sugar that typically comes with it, opting for a protein bar is your best bet. The problem? Most store-bought bars are still loaded with sugar and high-fructose corn syrup, which will have a negative impact on leptin levels.

Not this recipe however. This recipe will provide lean protein, healthy energizing fats, and just a hint of sugar from the chocolate used to coat. Finally you can indulge without guilt!



Ingredients:

- 1/2 cup whey protein (chocolate or vanilla)
- 1/4 cup coconut flour
- 1/4 cup dried coconut
- 1/4 cup almond milk
- 2 squares chocolate

Directions:

1. Combine all ingredients but the chocolate squares together in a bowl.
2. Shape into four balls and then melt the chocolate in another bowl in the microwave on medium for about 30-45 seconds or until melted.
3. Dip the bars into the chocolate, one by one to coat.
4. Once finished, place in the freezer for 30 minutes before transferring to the fridge until you're ready to serve.
5. Makes 4 bars

Nutritional Information:

Servings: 1 bar per serving

Calories: 155 calories per bar

Carbohydrates: 7.6 grams

Fat: 8.5 grams

Protein: 12 grams

Peanut Butter Cookies

Craving cookies but don't want to derail your diet? Try this delicious peanut butter cookie recipe. It's filled with protein and healthy fats and contains virtually no sugar at all.

It'll do the trick at both satisfying that craving while also keeping your leptin levels optimized.



Ingredients:

- 1/2 cup vanilla whey protein powder
- 1/8 cup ground almonds
- 3/4 cup peanut butter
- 1 whole egg

Directions:

1. Mix all ingredients together and then place by spoonful on a baking sheet.
2. Bake at 375 degrees for about 10 minutes. Be sure not to over bake.
3. Makes 15 small cookies.

Nutritional Information:

- Servings:** 1 cookie per serving
- Calories:** 99 calories per cookie
- Carbohydrates:** 3.1 grams
- Fat:** 7.2 grams
- Protein:** 7 grams

Poppy Seed Lemon Muffins

Another great recipe you can whip up for a quick snack on the go, these lemon poppy seed muffins are delicious and nutritious. They'll provide just a hint of sweetness from the banana used, but will also pack a good dose of dietary fiber thanks to the oatmeal and coconut flour.

Don't have casein protein powder? No problem. Just use another 1/4 cup of whey protein and add another tablespoon of coconut flour to the mix.



Ingredients:

- 3/8 cup of rolled oats
- 1/8 cup vanilla whey
- 1/4 cup of vanilla casein
- 1 ripe banana
- 3/4 cup of liquid egg whites
- 1 tbsp. poppy seeds
- 1/2 cup of almond milk
- 2 tbsp. of coconut flour
- 1 tsp baking powder
- 1 tbsp. of lemon zest

Directions:

1. Blend all ingredients together and bake at 355 degrees for 30-35 minutes
2. Makes 9 muffins

Nutritional Information:

- Servings:** 1 muffin per serving
- Calories:** 86 calories per muffin
- Carbohydrates:** 7.2 grams
- Fat:** 1.2 grams
- Protein:** 11.2 grams