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Fat Burning SALADS



Presented by
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9 FAT BURNING SALADS

Presented By Mike Geary, "The Nutrition Watchdog"

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MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

For support: help-desk@truthaboutabs.com

Table of Contents

Why “ 9 ” ?	4
What’s A Fat Burning Salad?.....	5
Chorizo And Avocado Salad	6
Thai Salad With Steak	7
Broccoli And Eggs Salad	8
Beef And Mango Salad With Ginger Sauce	9
Honey Chicken Salad	10
Spicy Chicken On Crunchy Coleslaw	11
Italian Beans And Artichoke Salad	12
Tangy Bacon Salad	13
Grilled Chicken With Tomato And Cucumber Salsa	14

Why "9"?

According to statistics, the majority of people cook the same 9 meals over and over again. It's just human nature: Our brains are wired to create routines and habits.

Now, that's not necessarily a bad thing – except when those 9 meals you eat all the time are NOT supporting your fat loss and health.

It's just a fact: Most recipes ask for the wrong ingredients, the wrong quantities, take too much time to prepare and aren't designed to satisfy your taste buds at all.

That's probably why studies show that most people use only 5% of the recipes in their cookbooks – and end up craving something tastier than their bland and boring 9-meal routine.

What I propose is to change things up a little bit, and give you 9 new meals to try. You might decide to incorporate some of them in your rotation, but they are so tasty, healthy and easy to prepare that you just might use them all.

Remember – the key to becoming both stress-free AND fat-free is HABITS. And success starts with having the right fat burning recipes. Needless to say, you're at the right place.

What's A Fat Burning Salad?

One that you can actually enjoy.

Forget about the repetitive crispy lettuce with Italian dressing or the all-time classic Caesar salad. You need salads that are going to fill you up – and that you might just find yourself addicted to.

Fresh ingredients and all the fat loss nutrition you need – with the best taste in the world... that's the bold promise I feel confident making.

Warning: Once you discover that you can prepare these kinds of salads at home, most restaurants salads – including your favorite one – will instantly become boring and bland.

You've been warned.



Chorizo and Avocado Salad



Each serving provides:

Calories: 531

Fat: 44 g

Protein: 16 g

Carbs: 23 g

+ Antioxidants

+ Vitamin A, E and K

Serves: 2

Prep time:
20 minutes

Ingredients

4 oz. pasture-raised chorizo or hot sausage

1 cup cherry tomatoes

2 tbsp. balsamic vinegar

1 tbsp. raw honey

Sea salt and pepper

Mixed greens

1 ripe avocado

1 tbsp. extra virgin olive oil

Instructions

1. Chop the chorizo or sausage in thin slices. Add to a hot pan, and grill for 2 minutes.

2. Add tomatoes and continue cooking for 2 more minutes. Add vinegar, honey, salt and pepper.

3. Put the mixed greens and slices of avocado in plates. Add olive oil.

4. Add the hot chorizo and tomatoes mix on top. Season to taste.

Thai Salad With Steak



Prep time:
15 minutes

Each serving provides:

Calories: 463

Fat: 13 g

Protein: 70 g

Carbs: 12 g

+ Fat burner CLA

+ Vitamin C

+ Potassium

Serves: 2

Ingredients

2 8 oz. grass-fed steak

Sea salt and pepper

1 tbsp. fish sauce

1 freshly squeezed lime (or lime juice), to taste

1 tbsp. raw honey

1 large carrot

Mixed greens

A handful of bean sprouts

Instructions

1. Season steak with salt and pepper, and grill it to your taste.
2. Prepare sauce: Mix fish sauce, lime juice, salt, pepper and honey.
3. Shred the carrot and mix with sprouts and mixed greens. Add sauce and split in 2 plates.
4. Cut the steak in thin strips and add to salad. Serve.

Broccoli And Eggs Salad

Prep time:
15 minutes

Each serving provides:

Calories: 443

Fat: 26 g

Protein: 21 g

Carbs: 38 g

+ Omega-3

+ Vitamin K

+ Immune support

Serves: 2

Ingredients

4 eggs (pastured-raised, if possible)

4 cups broccoli in florets

1 leek, sliced

1 freshly squeezed lemon (or lemon juice), to taste

2 tbsp. extra virgin olive oil

1 tbsp. raw honey

1 tbsp. capers (optional)

2 tbsp. dried tarragon

Sea salt and pepper



Instructions

1. Cook the eggs in boiling water for 8 minutes, and then rinse them in cold water until warm. Set aside.

2. Meanwhile, steam the broccoli and sliced leek for 3-4 minutes or until tender.

3. Prepare the sauce: Mix olive oil, honey, capers, dried tarragon, salt and pepper.

4. Remove eggs from shells and cut them in half. Mix the eggs, veggies and sauce. Season to taste and serve warm.

Beef and Mango Salad With Ginger Sauce

Prep time:
10 minutes

Each serving provides:

Calories: 479

Fat: 17 g

Protein: 55 g

Carbs: 26 g

+ Fat burner CLA

+ Vitamin A

+ Antioxidants

Serves: 2

Ingredients

12 oz. grass-fed steak

2 tbsp. fish sauce

1 tbsp. fresh ginger root, finely chopped

2 cloves of garlic

1 freshly squeezed lime (or lime juice), to taste

1 tbsp. raw honey

Mixed greens

1 mango

1 small red onion, finely chopped

1 tbsp. coconut oil

Sea salt and pepper



Instructions

1. Cut the raw steak in pieces. Put in a bowl and mix with the fish sauce and some ground pepper.
2. Prepare the ginger sauce: In a bowl, mix the finely chopped ginger, garlic, lime juice and honey.
3. Put some mixed greens in each plate. Peel the mango and dice it. Chop the onion. Put them both on top of your salad.
4. Put 1 tbsp. of coconut oil in a wok or large pan. Brown the steak pieces until medium. Add to your salad, and top with the ginger sauce. Add salt and pepper to taste.

Honey Chicken Salad



Prep time:
15 minutes

Each serving provides:

Calories: 479

Fat: 20 g

Protein: 44 g

Carbs: 36 g

- + Vitamin A
- + B vitamins
- + Antioxidants

Serves: 2

Ingredients

- 1 potato, diced
- 2 cups green beans, cut in 1 inch sticks
- 3 oz. pasture-raised bacon
- 3 tbsp. old style Dijon mustard
- 1 tbsp. raw honey
- Sea salt and pepper
- 8 oz. cooked chicken breast
- Mixed greens

Instructions

1. Boil the diced potato for 8-10 minutes or until cooked. Remove from water. Put beans in the same boiling water, and cook for 3 minutes. Drain and rinse with cold water.
2. Meanwhile, cook bacon strips until crisp. Drain, chop and set aside.
3. Prepare the sauce: Mix the Dijon mustard, honey, salt and pepper.
4. Put the mixed greens, potatoes and green beans in plates. Dice chicken and add it to the mix. Top it off with the honey sauce and crispy bacon. Add salt and pepper to taste.

Spicy Chicken On Crunchy Coleslaw

Prep time:
20 minutes

Each serving provides:

Calories: 453

Fat: 24 g

Protein: 50 g

Carbs: 18 g

- + Vitamin K
- + Antioxidants
- + Vitamin A

Serves: 2

Ingredients

16 oz. chicken breasts, diced

1 tbsp. expeller-pressed coconut oil

½ red or green cabbage, shredded

2 carrots, shredded

Sauce

Fresh coriander, chopped

1 tbsp. extra virgin olive oil

1 organic lime (for zest and juice)

2 tbsp. cumin powder

1 tbsp. turmeric

Sea salt and pepper



Instructions

1. Prepare the sauce: Mix half the fresh coriander, olive oil, lime zest, lime juice, cumin, turmeric, salt and pepper.
2. Brown the chicken for 4-5 minutes in oil. Add half the sauce and continue cooking for 5 more minutes or until fully cooked.
3. Meanwhile, mix the rest of the coriander, the shredded carrots and cabbage.
4. Put the coleslaw in 2 plates, and add chicken on top with the rest of the sauce.

Italian Beans And Artichoke Salad

Prep time:
10 minutes

Each serving provides:

Calories: 360

Fat: 14 g

Protein: 14 g

Carbs: 48 g

- + Detoxifying
- + Appetite control
- + Antioxidants

Serves: 2

Ingredients

1 tbsp. apple cider vinegar

2 tbsp. olive oil

1 tsp. Dijon mustard

1 tsp. honey

Fresh parsley (optional)

Sea salt and pepper

1 can artichoke hearts

Mixed greens

1 small red onion, finely chopped

1 15 oz. can of white beans (or 2/3 cup dried beans, prepared)



Instructions

1. Prepare sauce: Whisk the vinegar, olive oil, mustard, honey and parsley. Add salt and pepper to taste.
2. Drain artichoke hearts. Mix with the mixed greens, onion and white beans.
3. Add sauce and serve.

Tangy Bacon Salad



Prep time:
20 minutes

Each serving provides:

Calories: 444

Fat: 37 g

Protein: 28 g

Carbs: 2 g

+ Omega-3

+ Vitamin D

+ Immune support

Serves: 2

Ingredients

4 oz. pasture-raised bacon or sausage, diced

2 eggs

1 tbsp. olive oil

1 tbsp. Dijon mustard

2 tbsp. red wine vinegar

Sea salt and pepper

Mixed greens

Instructions

1. Set a pan over medium heat. Cook the diced bacon until crispy.
2. Meanwhile, boil eggs for 8 minutes. Rinse them in cold water and remove shells.
3. Prepare the sauce: Mix the olive oil, Dijon mustard, red wine vinegar, salt and pepper. Set aside.
4. Place mixed greens in 2 plates. Top with eggs cut in halves, the crispy bacon and the sauce. Add salt and pepper to taste.

Grilled Chicken With Tomato And Cucumber Salsa

Prep time:
15 minutes

Each serving provides:

Calories: 428

Fat: 24 g

Protein: 48 g

Carbs: 11 g

+ Anti-inflammatory

+ Vitamin A

+ Vitamin K

Serves: 2

Ingredients

16 oz. chicken breasts

Sea salt and pepper

1 tbsp. expeller-pressed coconut oil

Tomato and cucumber salsa

1 tbsp. extra virgin olive oil

½ red onion, finely chopped

½ cucumber, diced

1 red bell pepper, diced

Fresh coriander, chopped

2 tomatoes, seeds removed and diced

1 freshly squeezed lime (or lime juice), to taste

Sea salt and pepper



Instructions

1. Preheat a hot grill.
2. Cut chicken breasts horizontally, stopping 1 inch from the end. Season with salt and pepper. Grill in coconut oil for about 5 minutes each side, or until fully cooked.
3. Meanwhile, mix the olive oil, onion, cucumber, bell pepper, coriander, tomatoes and lime juice. Add salt and pepper to taste.
4. Serve the grilled chicken on top of the salsa.