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Fat Burning **BREAKFASTS**



**Presented by
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9 FAT BURNING BREAKFASTS

Presented By Mike Geary, "The Nutrition Watchdog"

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The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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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.

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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 Breakfast?

It depends on a ton of factors. First, let's address the very controversial question that's in everyone's mind: Do I NEED to eat breakfast?

Option #1: No Breakfast

That's right. Breakfast is optional.

I know you heard about how eating breakfast "stokes" your metabolism and puts your body in fat burning mode, but science proves that there's very little difference between people that eat breakfast and people that do not – when you stay within your daily calorie needs.

Here are a few reasons you might chose to skip breakfast:

- + It helps you reduce the amount of food you eat in a day (if you don't compensate by snacking or overeating at launch and dinner...)
- + Your usual breakfast is two white toasts, Nutella and a tall glass of orange juice – totalling more than 100 g of fattening blood sugar-spiking carbs – and you don't feel like making smarter choices
- + You're not hungry in the morning
- + You simply don't feel like eating in the morning
- + You don't have time to eat in the morning

Skipping breakfast won't destroy your metabolism, impair your muscle gains or destroy your health – even on days you workout in the morning. I'm sure our ancestors did just fine if they didn't have their bowl of rainbow Froot Loops before having to flee from hungry predators.

Option #2: Having Breakfast

While skipping breakfast IS an option, it might not be the best one for you right now. There are a lot of reasons why it could help you burn more fat:

- + It prevents you from overeating at lunch or throughout the day
- + You feel terrible if you don't eat it
- + It gives you better workouts
- + It gives you energy – which means you actually tested how you feel when you skip it

Don't forget that hunger is regulated by habits, not by genetics. If you want to stop being hungry in the morning, simply stop eating breakfast. After just a couple of days, the hunger will be gone.

What Should I Eat For Breakfast?

It's not rocket science. Focusing on whole foods is way smarter than the usual bagels, cream cheese and sugar-laden coffee drinks most people consume.

These ingredients should be a staple of any breakfast – with careful portion control:

- + Eggs
- + Meat, including delicious pasture-raised bacon
- + Nuts
- + Veggies
- + Fruits
- + Other healthy fats like coconut milk

What About Carbs, Fat and Protein?

It's get a little more complicated, but understand this: You need to experiment.

Once you find what works best for you, stick with it or try something else to see if you lose more fat, build more lean muscle or feel better with certain ratios of calories, carbs, fat and protein – and even certain food choices.

My guidelines for fat burning breakfasts will vary depending on if you workout in the morning or not.

If you work out:

- + High protein
- + Moderate carbs to help you fuel your workouts better (you'll have to test it and see how you feel)
- + Low calories if you eat right before your workout (test it as well – some people can eat a lot before their workouts, while some others will feel bloated)

If you DON'T work out:

- + High protein
- + Low carbs (more carbs is fine if you're very active or very lean)
- + Moderate calories

Warm and Nutty Cinnamon Quinoa

Each serving provides:

Calories: 445

Fat: 27 g

Protein: 11 g

Carbs: 39 g

Serves: 2

+ Antioxidant powerhouse

+ Gluten-free

+ Essential minerals

Ingredients

1 cup unsweetened almond milk

¼ cup quinoa, rinsed

½ cup fresh berries

1 tsp. ground cinnamon

1 oz. pecans

1 tsp. raw honey



Prep time:
10 minutes

Cooking time:
20 minutes

Instructions

1. Combine almond milk and quinoa in a medium saucepan.
2. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.
3. Stir in berries and cinnamon; transfer to a bowl and top with pecans and honey.

Breakfast Bacon And Maple Meatballs

Prep time:
10 minutes

Cooking time:
10 minutes

Each serving provides:

Calories: 495

Fat: 30 g

Protein: 32 g

Carbs: 13 g

+ Healthy fats

+ Vitamin D

+ Vitamin A

Serves: 1

Ingredients

3 slices of bacon (optional – add more ground pork if you skip bacon)

½ sweet potato, shredded

½ onion, finely chopped

3 oz. pasture-raised ground pork or chopped sausage

1 tbsp. maple syrup

2 cloves of garlic, finely chopped



Instructions

1. Cook bacon until crispy. Drain excess fat, chop and set aside.
2. In a bowl, mix all the ingredients.
3. Roll the meat mixture in balls.
4. Cook in a pan for 10 minutes, or until fully cooked (verify by cutting one meatball in two).

Hearty Flourless Pancakes

Prep time:
5 minutes

Cooking time:
10 minutes

Each serving provides:

Calories: 524

Fat: 43 g

Protein: 27 g

Carbs: 15 g

+ Metabolic booster

+ Potassium

+ Gluten-free

Series: 1

Ingredients

2 bananas

2 eggs

3 tbsp. coconut flour

1 tsp. vanilla extract

¼ tsp. baking soda

1 tsp. cinnamon

A pinch of salt

1 tbsp. maple syrup or your favorite topping (use in moderation)



Instructions

1. Place banana in a food processor and purée until smooth.
2. Crack eggs into food processor and mix together. Add the coconut flour, vanilla extract, baking soda, cinnamon, and salt, and purée until smooth.
3. Heat up a large non-stick skillet over medium-high heat. Pour around 2-3 tablespoons of the mixture into skillet.
4. Wait until each pancake begins to form bubbles on the surface, then flip. Make all pancakes with the batter. Serve with maple syrup.

Note: you may have to adjust consistency of the batter with a little bit of water.

Perfect Steak & Eggs



Prep time:
5 minutes

Cooking time:
10 minutes

**Each serving provides
(with bacon):**

Serves: 1

Calories: 567
Fat: 39 g
Protein: 49 g
Carbs: 6 g

+ Fat burner CLA
+ Vitamin A
+ Omega-3

Ingredients

1 4 oz. grass-fed steak (lean cut)
2 slices of bacon (optional)
1 egg
2 tsp. expeller-pressed coconut oil
½ onion, finely chopped
½ tsp. dried basil
Sea salt and pepper
½ avocado

Instructions

1. Heat up 2 small skillet over medium heat.
2. Add a teaspoon of coconut oil to one of your skillets and add your onion. Add salt and pepper to taste. Stir while the onions are caramelizing.
3. Season your steak with salt, pepper and basil. Put in your second pan with the bacon. Cook to your preferred doneness.
4. Just before your steak is ready, crack your egg in the pan.
5. Assemble your plate: Put the steak first, then the egg, onions and bacon on top, and serve sliced avocado on the side.

5-Minute Stovetop Coconut Flour Cookies



Cooking time:
5 minutes

Each serving provides:

Calories: 524

Fat: 43 g

Protein: 27 g

Carbs: 15 g

+ Metabolic booster

+ Immune support

+ Gluten-free

Serves: 1

Ingredients

2 tbsp. coconut oil

2 eggs

2 tbsp. coconut flour

1 scoop protein powder (can be replaced by 2 tbsp. coconut flour)

1 tsp. sweetener (I recommend erythritol)

Instructions

1. Set a pan over medium heat, and add 1 tbsp. coconut oil.
2. In a bowl, add all the other ingredients. Add 1 tbsp. coconut oil to the bowl, and mix with a fork till well combined.
3. Roll the dough into balls with your hands and flatten (they won't rise or change shape in the pan).
4. Place the cookies in the pan and brown on each side.

Note: you may have to adjust consistency of the cookie "dough" with a little bit of water.

Easy Breakfast Scramble



Prep time:
10 minutes

Cooking time:
10 minutes

Each serving provides:

Calories: 547

Fat: 38 g

Protein: 38 g

Carbs: 14 g

+ Fat burner CLA

+ Vitamin A

+ Omega-3

Serves: 1

Ingredients

½ onion, chopped

2 cloves of garlic, finely chopped

1 tbsp. coconut oil

½ sweet potato, cut in small dices

3 oz. grass-fed ground beef

2 eggs

1 tbsp. fresh or dried oregano

Sea salt and pepper

Instructions

1. Brown the onion and garlic in oil over medium heat, for about 2 minutes.
2. Add the diced sweet potato. Cover and let cook for around 2 minutes.
3. Add the beef, cover and let meat cook through for 4 more minutes.
4. Once beef is almost cooked through, crack yours eggs directly into the pan and add oregano, salt and pepper.
5. Scramble your eggs. Add salt and pepper to taste before serving.

Fat Burning Granola Cereals

Prep time:
10 minutes

Each serving provides:

Calories: 550

Fat: 40 g

Protein: 26 g

Carbs: 32 g

- + Healthy fats
- + Essential minerals
- + Vitamin E

Serves: 1

Ingredients

- 1 oz. raw almonds
- 4 tbsp. shredded coconut
- 1 oz. raw sunflower or pumpkin seeds
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tsp. sweetener (raw honey or erythritol)
- ½ tsp. vanilla extract

Instructions

1. Preheat a pan on the low to medium setting.
2. Coarsely chop the almonds and seeds.
3. Add the chopped nuts, seeds and shredded coconut to the pan, and dry cook them for about 5 minutes, or until the mix starts to slightly roast. Set aside.
4. In a blender, mix the almond milk, protein powder, sweetener and vanilla extract. Serve with the granola in a bowl.



Chocolate-Raspberry Protein Muffins

Prep time:
5 minutes

Cooking time:
20 minutes

Serves: 12 muffins

**Each muffin provides
(without honey on top):**

Calories: 104

Fat: 4 g

Protein: 7 g

Carbs: 11 g

+ Metabolic booster

+ Omega-3

+ Vitamin C

Ingredients

1 cup coconut flour

½ cup light coconut milk

4 (80 g) scoops protein powder

3 whole eggs

1 tsp. baking powder

1 tsp. vanilla extract

2 tbsp. cocoa powder

2 cups frozen (or fresh) raspberries (or your favorite berries)



Instructions

1. Preheat oven to 350°F.

2. In a large bowl, combine all the ingredients until just mixed (don't overwork the batter). Distribute evenly between 12 muffin cups.

3. Bake for 18-20 minutes or until a toothpick inserted comes clean. Allow to cool before eating. Add 1 tsp. raw honey on top of each muffins if you like them to be sweeter.

Note: you may have to adjust consistency of the muffins "dough" with a little bit of water.

The Perfect Omelet



Prep time:
5 minutes

Cooking time:
5 minutes

Each serving provides:

Serves: 1

Calories: 481

Fat: 31 g

Protein: 43 g

Carbs: 7 g

- + Omega-3
- + Antioxidants
- + A and B vitamins

Ingredients

5 asparagus spears, cut in 1 inch sticks

1 tbsp. coconut oil

3 eggs

4 oz. pastured-raised deli ham, roughly chopped

¼ onion, chopped

Sea salt and pepper

Instructions

1. Chop and prepare your ingredients. Put asparagus spear sticks in boiling water.
2. Whisk your 3 eggs. Add coconut oil to a pan over medium heat, and add the eggs.
3. Add the cooked asparagus spears, ham, onions, salt and pepper.
4. Cook for 2-3 minutes and fold the omelet in half. Cook for 1 more minute (or until desired texture is attained) and serve.