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# Fat Burning SOUPS



**Presented by  
Mike Geary**

# 9 FAT BURNING SOUPS

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](mailto:help-desk@truthaboutabs.com)

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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 Soup?

Soups are one of the most nutrient-dense meals you can prepare. And often times, even people that don't like to eat veggies like them.

A fat burning soup starts with a ton of veggies, herbs and spices – which all support your health and fat loss. Then, if you use soups as a complete meal, they need to include a source of protein (legumes, meat, fish, etc.) to keep you full longer.

## The One Ingredient You Should Always Buy Organic

If I had to choose a single organic ingredient for my soup, it would be stock. Regular chicken, beef or vegetable stock like Bovril is basically made of refined salt, MSG, cheap protein and other chemicals. The bottom line – it's terrible.

You'll do just fine if you use regular stock once in a while – but if soup is a staple meal for you, make sure to always use organic stock or to prepare your own stock at home.

## Homemade Bone Broth

Bone broth is packed with a ton of minerals and vitamins, and does not contain any undesired ingredient. Bonus: It will save you a ton of money in the long run.

Unlike what most people think, making it at home is very easy and is a great way to make the most out of your quality meat. If you don't have access to pasture-raised or grass-fed bones (ask your butcher), stick with pre-made organic stock.

- 1.** Place the grass-fed beef bones or pasture-raised chicken carcass in a large soup pot. Add vegetable scraps and spices if you want.
- 2.** Cover bones and scraps with water. Set water level about one-inch above the bones.
- 3.** Add 2 tbsp. of apple cider vinegar. This will help draw more minerals from the bones.
- 4.** Cover the pot and set let simmer for 12-24 hours.
- 5.** Keep the lid slightly ajar as the broth warms up to avoid boiling (make sure your liquid doesn't boil out or you will be left with burned bones).
- 6.** Strain the broth. It will stay fresh for days in the fridge and for months in the freezer.
- 7.** Add water to the bones again and make a second batch of broth. Keep doing this until you are tired of it or your bones have disintegrated.

## A Recipe Is Just A Guideline

Always tweak recipes to meet your calories and macro-nutrients (fat, protein, carbs) needs. Feel free to add more chicken or use less oil to make sure your recipe is just perfect for you.

# Coconut And Chicken Soup



## Each serving provides:

Calories: 485

Fat: 20 g

Protein: 29 g

Carbs: 51 g

+ Anti-inflammatory

+ Antioxidants

+ Speeds up metabolism

Serves: 2

Prep time:  
15 minutes

Cooking time:  
15 minutes

## Ingredients

3 green onions, finely chopped

2 cloves of garlic, finely chopped

1 tbsp. fresh ginger root, finely chopped

1 tbsp. coconut oil

2 lemongrass sticks, finely chopped

1 can (400 ml) light coconut milk

3 cups organic chicken stock

8 oz. chicken breast

4 oz. rice noodles

2 tbsp. fish sauce

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

Fresh coriander, chopped

## Instructions

1. Brown the green onions, garlic and ginger in oil for about 4 minutes on medium heat. Add lemongrass, coconut milk and stock.

2. Bring to a boil, reduce heat, add diced chicken breast and let simmer for 10 minutes uncovered.

3. Meanwhile, cook rice noodles in boiling water.

4. Add fish sauce, chopped coriander and lime juice to the soup. Add salt and pepper to taste. Add the hot soup to the noodles and serve.



# Sweet & Sour Red Cabbage and Bacon Soup

Prep time:  
15 minutes

Cooking time:  
20 minutes

## Each serving provides:

Calories: 493

Fat: 25 g

Protein: 24 g

Carbs: 47 g

+ Antioxidants

+ Vitamin C

+ Vitamin K

Serves: 2

## Ingredients

4 oz. pasture-raised bacon

1 onion, finely chopped

½ red cabbage, shredded

1 apple, peeled and diced (with core removed)

2 tbsp. apple cider vinegar

2 tbsp. honey

2 cloves

½ tsp. ground nutmeg

5 cups organic chicken stock

Sea salt and pepper



## Instructions

1. Heat a large pan over medium heat. Add the bacon and the chopped onion, and cook for 5 minutes.
2. Add the cabbage, apple, vinegar, honey, cloves and nutmeg.
3. Add the stock and mix well.
4. Bring to a boil, cover, and let simmer over low to medium heat for 15-20 minutes. Add salt and pepper to taste.

# The Lazy Man's Hearty Soup

Prep time:  
15 minutes

Cooking time:  
20 minutes

## Each serving provides:

Calories: 458

Fat: 29 g

Protein: 30 g

Carbs: 17 g

+ Fat burner CLA

+ Vitamin A

+ Potassium

Series: 2

## Ingredients

1 onion, finely chopped

1 tbsp. expeller-pressed coconut oil

10 oz. grass-fed ground beef

1 28 oz. can of diced tomatoes (or 2 ½ cups of diced fresh tomatoes and 1 cup of water)

2 large carrots, sliced

4 cups chicken stock

1 tbsp. of each: dried thyme, dried oregano, dried basil

Sea salt and pepper



## Instructions

1. Heat a large pan over low to medium heat. Add the onion and oil and cook for 2 minutes.

2. Add the ground beef. Cook for 5 more minutes.

3. Add the tomatoes, carrots, stock and spices. Bring to a boil and simmer until the carrots are tender.

4. Season with salt and pepper.



# Winter Squash Soup With Olive Salsa

Prep time:  
10 minutes

Cooking time:  
30 minutes

## Each serving provides:

Calories: 521

Fat: 22 g

Protein: 16 g

Carbs: 75 g

+ Vitamin A

+ Antioxidants

+ Anti-inflammatory

Series: 2

## Ingredients

1 onion, chopped

2 cloves of garlic, finely chopped

1 tbsp. expeller-pressed coconut oil

4 cups butternut squash cubes

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

4 cups organic vegetable or chicken stock

Sea salt and pepper

### Olive salsa

¾ cup chopped black olives

1 organic lemon (for the zest)

1 tbsp. extra virgin olive oil

Fresh or dried parsley

Sea salt and pepper



## Instructions

1. Brown the onion and garlic for about 3 minutes on medium heat. Add the diced squash, white beans and stock. Add salt and pepper to taste.

2. Bring to a boil, cover and simmer over low heat for 30 minutes, or until squash is soft.

3. Meanwhile, prepare the olive salsa. Mix the chopped black olives, lemon zest, olive oil, parsley, salt and pepper.

4. Blend the soup using an immersion blender, and serve with the black olive salsa on top.

# Spinach And Coconut Soup



## Each serving provides:

Calories: 436

Fat: 29 g

Protein: 46 g

Carbs: 8 g

+ Vitamin A

+ Antioxidants

+ Anti-inflammatory

Serves: 2

Prep time:  
15 minutes

Cooking time:  
15 minutes

## Ingredients

1 onion, finely chopped

2 cloves of garlic, finely chopped

2 tbsp. coconut oil

1 tbsp. ground cumin

1 tsp. ground coriander

1 tsp. turmeric

1 tsp. ground ginger

3 cups organic chicken stock

14 oz. chicken breast

1 can (400 ml) light coconut milk

5 oz. organic spinach

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

Sea salt and pepper

## Instructions

1. Brown the onion and garlic for about 2 minutes on medium heat. Add cumin, coriander, turmeric and ginger, and then the stock, diced chicken breast and coconut milk.

2. Bring to a boil, lower heat and let simmer for 10 minutes uncovered. Add spinach and cook for 2 more minutes, until it's soft.

3. Blend using an immersion blender until smooth.

4. Add lemon juice, salt and pepper to taste.

# Seafood Soup



## Each serving provides:

Calories: 467

Fat: 19 g

Protein: 61 g

Carbs: 11 g

+ Powerful antioxidants

+ Selenium

+ Omega-3

Serves: 2

Prep time:  
10 minutes

Cooking time:  
15 minutes

## Ingredients

1 onion, finely chopped

3 cloves of garlic, finely chopped

2 tbsp. expeller-pressed coconut oil

1 28 oz. can of diced tomatoes (or 2 ½ cups of diced fresh tomatoes and 1 cup of water)

3 cups organic chicken or vegetable stock

¼ tsp. dried hot pepper

1 tbsp. dried thyme

10 oz. white fish (sole, pangasius, tilapia, etc.)

10 oz. shrimp, peeled and deveined

Fresh parsley, chopped (optional)

Sea salt and pepper

## Instructions

1. Brown the onion and garlic in oil for about 3 minutes on medium heat. Add tomatoes, stock, hot pepper and thyme.
2. Bring to a boil, cover and simmer for 10 minutes over low heat.
3. Add the white fish and shrimp, and cook for 3-4 more minutes, or until their flesh is cooked.
4. Add salt and pepper to taste and sprinkle with fresh parsley.

# Winter Squash and Bacon Soup

Prep time:  
10 minutes

Cooking time:  
30 minutes

## Each serving provides:

Calories: 513

Fat: 33 g

Protein: 20 g

Carbs: 44 g

+ Vitamin D

+ Vitamin A

+ Antioxidants

Serves: 2

## Ingredients

4 cups butternut squash cubes

1 tbsp. extra virgin olive oil

3 oz. pasture-raised bacon

1 large onion, chopped

2 cloves of garlic, finely chopped

1 tsp. paprika

Sea salt and pepper

1 tbsp. expeller-pressed coconut oil

5 cups organic chicken stock



## Instructions

1. Preheat oven to 400°F.

2. Cut the squash in 1 inch cubes and mix with 1 tbsp. olive oil in an oven dish. Set in oven.

3. Cook bacon until crispy. Drain, chop and set aside.

4. Meanwhile, gently brown the onion, garlic, paprika, salt and pepper in coconut oil for about 10 minutes on low heat.

5. Add the cooked squash and the stock. Bring to a boil and cook 5 minutes over medium heat.

6. Blend the soup using an immersion blender. Sprinkle bacon on top.



# Carrot And Coriander Soup



That's What Happens When  
You Use Purple Carrots...

Prep time:  
10 minutes

Cooking time:  
25 minutes

## Each serving provides:

Calories: 427

Fat: 17 g

Protein: 44 g

Carbs: 31 g

+ Vitamin A powerhouse

+ Vitamin C

+ Antioxidants

Serves: 2

## Ingredients

2 tbsp. expeller-pressed coconut oil

1 onion, chopped

1 large potato, diced

1 tbsp. ground coriander

4 large carrots, diced

6 cup organic vegetable or chicken stock

14 oz. chicken breast, cooked and diced

Sea salt and pepper

Fresh coriander, chopped

## Instructions

1. In a large pot, heat the oil over medium. Brown the onion for 3 minutes. Add the potato, coriander and carrots and cook for 2 more minutes. Add the stock.

2. Bring to a boil, lower heat and simmer 15 minutes, uncovered. Potatoes must be tender.

3. Blend soup using an immersion blender. Add the diced chicken breast. Add salt and pepper to taste. Sprinkle chopped coriander on top.



# Vietnamese Pho Soup



Prep time:  
10 minutes

Cooking time:  
15 minutes

## Each serving provides:

Calories: 503

Fat: 20 g

Protein: 33 g

Carbs: 46 g

+ Fat burner CLA

+ Vitamin K

+ Antioxidants

Serves: 2

## Ingredients

4 oz. rice noodles

6 cups chicken stock

2 tbsp. fresh ginger, finely chopped

Hot sauce, to taste

Sea salt and pepper

Fresh coriander

3 green onions

1 lime

16 oz. thinly sliced grass-fed beef

2 tbsp. fish sauce

## Instructions

1. Boil water and let rice noodles sit in it. Stir them often to make sure they don't stick.
2. Bring the stock to a boil. Add the ginger and hot sauce. Adjust taste with salt and pepper. Cover and let simmer for 10 minutes over low heat.
3. Meanwhile, chop the coriander, slice the green onions and cut the lime in 4. Put these ingredients in a serving plate on the table. Also, cut the raw beef in thin strips.
4. Assemble your soup: Put 1 tbsp. fish sauce in each bowl, put hot rice noodles on top, add the raw beef strips, and then the boiling stock. The beef will cook in the bowls.
5. Let guests add chopped coriander, sliced green onions and lime juice to their bowl.